

A Marathon Cake with LOLcat Frosting



UDLS – MARCH 20, 2008

JEN FERNQUIST

An Ultramarathon Pie with Doge Glaze

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Marathon: The Summary

Marathon

From Wikipedia, the free encyclopedia

For other uses, see [Marathon \(disambiguation\)](#).

The **marathon** is a long-distance race, completed by running, walking, or a run/walk strategy. The marathon has an official distance of 42.195 kilometres (26.219 miles; 26 miles 385 yards),^[1] usually run as a [road race](#). The event was instituted in commemoration of the fabled run of the [Greek](#) soldier [Pheidippides](#), a messenger from the [Battle of Marathon](#) to Athens, who reported the victory.

Marathon: The Summary



Marathon: The Summary

Marathon, Greece


From Wikipedia, the free encyclopedia

Marathon (**Demotic Greek**: Μαραθῶνας, *Marathónas*; **Attic/Katharevousa**: Μαραθῶν, *Marathṓn*) is a town in **Greece** and the site of the **battle of Marathon** in 490 BCE, in which the heavily outnumbered **Athenian** army defeated the **Persians**. Legend has it that **Pheidippides**, a Greek **herald** at the battle, was sent running from Marathon to Athens to announce the victory, which is how the **marathon** running race was conceived in modern times.^[n 1]



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Marathon, Ontario

From Wikipedia, the free encyclopedia

Marathon is a town in the Canadian province of Ontario, located in Thunder Bay District, on the north shore of Lake Superior north of Pukaskwa National Park, in the heart of the Canadian Shield.



Marathon: The Summary

Marathon (2005 film)
From Wikipedia, the free encyclopedia

Marathon (Hangul: **말아톤**; RR: *Maraton*) is a 2005 South Korean film directed by Jeong Yoon-cheol, and starring Cho Seung-woo and Kim Mi-sook.^[3] It received 5,148,022 admissions, making it the 4th most attended Korean film of 2005.^{[4][5]}

Based on the true story of Bae Hyeong-jin, an autistic marathon runner,^{[6][7]} the film popularized the South Korean term for autism (Hangul: 자폐증; RR: *japyejeung*), which can be translated as "self-closed syndrome."^{[8][9]}

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3 Remake
4 Awards and nominations
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Marathon: The Summary

M **Marathon (video game)**
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This article **needs additional citations for verification**. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed.

 *Find sources:* "Marathon" video game – news · newspapers · books · scholar · JSTOR (March 2010) *(Learn how and when to remove this template message)*

Marathon is a first-person shooter video game developed and published by Bungie, and released in December 1994 for the Apple Macintosh. The game takes place several centuries into the future in outer space and sets the player as a security officer attempting to defeat an alien invasion aboard a colony ship named the *Marathon*.

Although *Marathon* is a first-person shooter, the game is known

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imgflip.com

Ultramarathons

- Any foot race longer than 42.195 km
 - 50 km
 - 50 miles
 - 100 km
 - 100 miles
 - 6 hours
 - 12 hours
 - 24 hours
 - 48 hours
 - ...



Ultramarathons

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- Subset: Multi-day races
 - Not continuous
 - Runners can take breaks, eat, sleep, sometimes even leave track
 - Usually still require very high running volume per day



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- “Normal” road races less common than for marathons
- Two (unofficial) categories
 - “Loopy” runs
 - Start-to-finish runs



Some (Sparse) History

- Ultramarathons are as old as marathons
 - So about 120 years in their modern form



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 - Big boost in popularity around 2005-2015
 - Now more than 100 events per year just in Canada
- Interest in multi-day races and more extreme distances (1000 miles and more) started in 1980s



Are These People Crazy?

- Some are for sure
 - ... and they will be significantly overrepresented in this talk



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- More focus on endurance over fast pace
 - More accessible for older people



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- More focus on endurance over fast pace
 - More accessible for older people
- Less crowded, commercialized, mainstream
 - Often more interesting/unique events
 - Less optimized, therefore an “easier” target for notable accomplishments
 - More tight-knit community of runners



“Loopy” Runs

- Fixed track
 - Sometimes even indoor
 - Certain number of required laps



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Backyard Ultra

- Unlimited time available
- But: Runners must continuously run 6706 m/hour to stay in the race
 - That's 100 miles in 24 hrs
 - Excess distance can be used to recover later
- Record: 68 laps (283 miles / 456 km) by Johan Steene in 2018



Intermission: Running Vests

- The front part of a backpack
- Mostly designed to transport water or small food items (e.g. energy bars)
 - Running consumes about 1 l of water/hr



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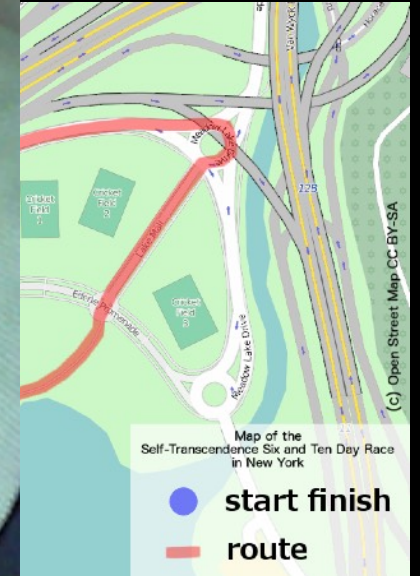
Self-Transcendence 6/10 Day Race

- Annual race in New York since 1977
- 1.28 km long course
- Records:
 - 821 km in 6 days, 2001 by Dipali Cunningham
 - 1330 km in 10 days, 2018 by Ashprihanal Aalto
- Remarkable:
 - Ted Corbitt, age 81, ran 380 km in 6 days in 2001



Self-Trans

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Self-Transcendence 3100 Mile Race

- Longest foot race of the world
- 5649 laps of 883 m around a single block in New York
- Cut-off time is 52 days (96 km per day)
- Record: 40 days, 9 hours by Ashprihanal Aalto in 2015
 - His 13th time finishing the race



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Start-to-Finish Runs



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- One-way outdoor course
 - Often not paved (trail running)
 - Terrain conditions and elevation may make race easier or harder
 - Sometimes hard to compare different races or even multiple instances of the same race



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- Often less competitive, more about the experience



Two Oceans Marathon

- 56 km course through Cape Town
 - Half-marathon (21k) available as well
- Considered the world's most beautiful marathon
- 11,000 runners (+16,000 for 21k)
 - As mainstream as ultramarathons get
- Record: 3:03:44,
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The Kepler Challenge

- 60 km trail run in New Zealand
- 1350 m elevation gain
- Around 500 participants per year
- Record: 4:33:37
by Martin Dent



Spartathlon

- 246 km from Athens to Sparta
- 1200 meters elevation gain
- Capped to 400 participants
 - Lottery-based and very strict minimum entry requirements
- Record: 20:49:04 by Yiannis Kouros
 - Achieved during the first Spartathlon in 1990



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4 Deserts

- Series of 4 annual 250 km races with extreme conditions
 - Non-continuous with 7 fixed stages
 - Only pure race-time between stages counts
 - Runners need to carry gear for the whole duration

4 Deserts

- Series of 4 annual 250 km races with extreme conditions
- Atacama Crossing
 - Driest place on earth
 - High altitude
 - Difficult terrain



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- Atacama Crossing
- Gobi March
 - Difficult terrain
 - Temperature changes



4 Deserts

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- Atacama Crossing
- Gobi March
- Sahara Race
 - 50°C during the day
 - Mostly on sand
 - 100-meter-high dunes



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- Gobi March
- Sahara Race
- The Last Desert
 - -20°C
 - Ice and snow
 - Blizzards



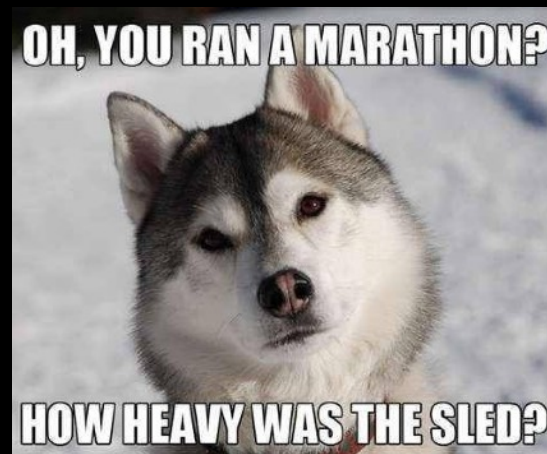
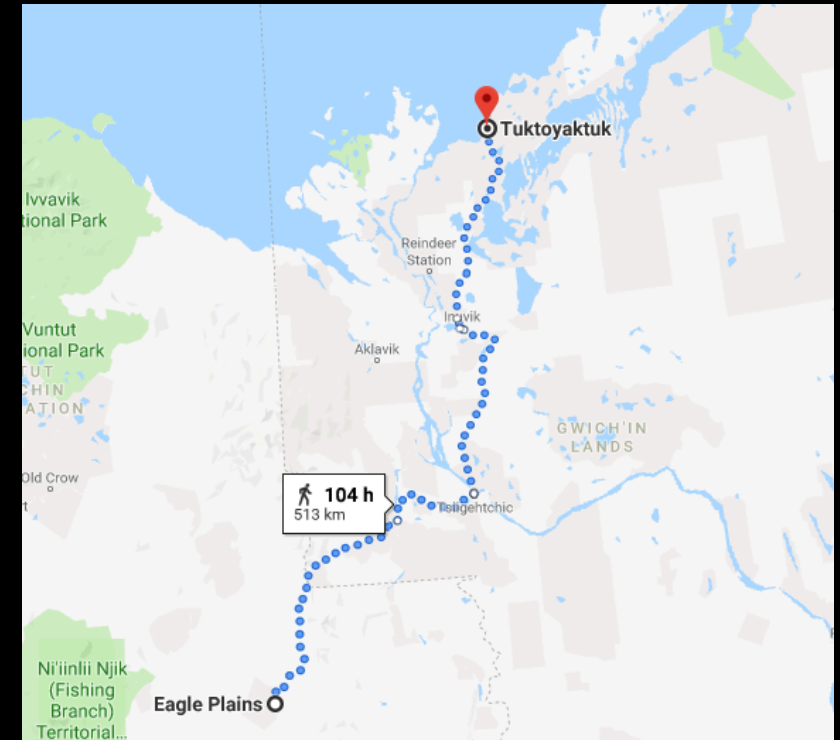
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6633 Arctic Ultra

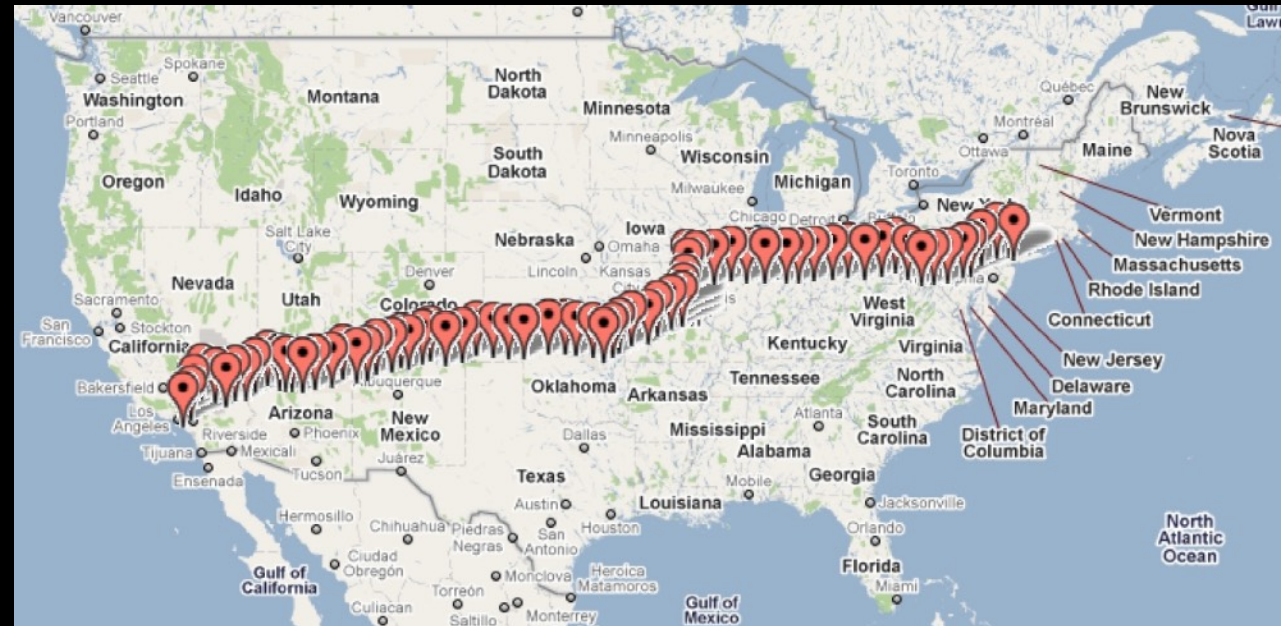
- 611 km through Yukon, Canada
 - "Casual" 190 km version also exists
- Participants need to carry their own gear for the whole way in sleds
- Around 25 participants per year
 - approx. 5 finish
- Record: 172 hrs, 2018 by Tiberiu Useriu





Trans-American Footrace

- From Los Angeles to New York
- Multi-day race over 80+ days
- Route changes every iteration (but always approx. 5400 km)
 - Started 1928 with 199 runners
 - Only 55 finished back then
 - Nowadays only a single runner per iteration
 - Finishing times vary from 550 to 750 hours on trail



Marathon of Hope

- Terry Fox ran 5373 km through Canada after losing a leg to cancer
- Originally wanted to run from coast to coast to raise money for cancer research
 - Ran about a marathon per day
 - Had to stop after 143 days because his cancer spread and health declined
- Died 9 months later
- Considered a Canadian national hero





WOW

much run

such cardio

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WOW

such athlet

so impress