

The Sri Chinmoy 24-Hour Race

The history of the Sri Chinmoy 24-Hour Race is both inspiring and enduring. Before 1980 only a handful of 24-hour races had been held since the turn of the 20th century worldwide. Those events had been contested in England, the US, Canada and South Africa. Running had all but been neglected after the pedestrian era in the 1880s, where walking and running feats by professional athletes had dominated the free time of a Post-Industrial era that sought ways to amuse itself. Only Olympic athletes would consider training as runners for many decades. It was not until the running boom hit the US and Europe in the 1970s that athletes looked for longer challenges. Ultramarathons were new, the fields in such races were still small, but like any event, new limits were defined, and the drive to reach and surpass them was created.

Today, the 24-hour event is common in nearly 50 nations, and the event even boasts a world championship, held under the auspices of the IAU (International Association of Ultrarunners). The IAU has held world championships since the early 1990s.

This humble, early history of the SCMT and its discovery of ultra-marathon races paints a progression of athletic endeavors that fueled our involvement in running races that eventually defied description in length and distance. Sri Chinmoy, as our teacher and guide, inspired us to sponsor running races for the public in 1977. He said that offering, and even doing long races goes hand in hand with his philosophy of a fit body, and a search for greater capacity within ourselves. He called this 'self-transcendence,' going beyond, beyond our known barriers.

1980-Our First Ultra for the Public

Our first 24-Hour event was held in 1980 on a cinder track in Greenwich, CT, an affluent hamlet outside the boundaries of New York City, and a world apart from our home and enclave in Queens, NY. It was perhaps a twist of fate that this event became reality. A 24-hour race to be held on the East coast of the US was cancelled. Some local runners of whom the Marathon Team had befriended were sad that had happened. Sri Chinmoy got word of this situation and suggested we offer a 24-Hour race to fill the hole left by cancellation. I remember three of us officials heading to Greenwich, CT a day or two later after the decision was made. A disciple whose local business was willing to sponsor the event, procured permission from Greenwich City Hall to clean and rake the grounds behind it and make measurement of the inner ring around the track. It was measured just slightly less than a standard 440-yard track at that time (before tracks were designed at 400 meters, the current worldwide standard). The Athletics Congress (TAC) and our friend Ted Corbitt approved of the work, and distance splits were recorded and marked. Official marks were to be given at 50 miles, 100 km, 100 miles and of course, total distance. We found out later the track had a name- the Havenmeyer Track.

The athletes were informed of the opportunity, and five stalwarts promised participation. We looked to add one more male participant just to even the ranks of gender.

With the preparation of the track and the construction of a few tents for counting, food, and medical supervision, we welcomed the runners to the track on November 1, 1980. The most heralded runner was Marcy Schwam, 27, from Queens, who had dazzled ultras on the east and west coasts, and was hoping for a fast 100 miles. She had reached 113 miles in 24 hours running in a 24 hour in 1979, but her record had been broken by Sue Ellen Trapp, who reached 123 miles, 596 yards. Her training partner Jackie Stack, 30, had been a consistent runner who was looking for new abilities at longer distances. She was rumored to be the niece of famous fitness figure Walt Stack, who caught the fancy of sports enthusiasts in the San Francisco area with his daily exploits of swimming, biking and running, bare-chested, near Golden Gate Bridge and Park- at age 50+.

The third female was Sharon Yeter, a member of Cahits Pacers, a Bronx, NY running club led by the irrepressible Cahit Yeter, her husband, a Turkish ex-pat turned Bronx bus driver who

was a very good local runner and former 2:13 marathoner. Wes Emmons, 52, from Pennsylvania, was the senior runner of the group who was willing to push himself to new distances in a long fitness career. The third male was 19 year-old Yasu Shimizu, a courier, working inter-agency for the UN, who had never run more than 14 miles at a time!

Sri Chinmoy, in his traditional style, meditated with the athletes and assembled helpers just before the start at 9:00am on a crisp, fall morning. This was our first ultra-marathon for the public, and the Marathon Team was hoping to meet the challenge just as much as the athletes. Six runners answered the command from American Olympian and the fabled 'Father of Ultrarunning,' Ted Corbitt, to begin.

Marcy Schwam left no doubt of her fitness level by ripping through the 50 mile split in 6:43:23, a new world female track best, reducing the previous best by mere seconds (6:44:43 by Judy Ikenbery in 1977). Cahit Yeter was behind her by over 20 minutes, marveling at her speed and determination. At the 100 km split, Marcy passed a second world best in 8:46:35, nearly an hour faster than any mark known at that time.

Undaunted, she moved towards the female all-time 100-mile mark, set by American Natalie Cullimore in 1971, at 16:11:01. Marcy, ignoring intestinal issues and stiffening legs, reached deep down to pass the world best with a sterling run in 15:44:27. Her World, American, and course records would last for a few years until a new generation of female runners who graduated from the marathon moved up to ultras to test their abilities.

But, there were still over eight hours left in the race, and the irony and agony of this ordeal had not fully played out. Marcy rested and grabbed some downtime in a tent while helpers massaged tired, cramping legs. With the primary inspiration-engine off the track, the other runners' efforts became less constant. Except for one competitor. Young, inexperienced Yasu Shimizu had jogged past his first marathon in 4:40, and somehow reached 100 km in 11:28:43. At 3:00am on the track, he was the only one still moving, trying to unlock every bit of energy from his thin, shocked frame and muscles. Perhaps his meditation practices or his genetic disposition as a suspected samurai helped his forward movement. He reached 100 miles in 21:21:22, running confidently if not competently. Marcy emerged from her tent again with three hours to go and dragged her body along, hoping to hold off the young Japanese stalwart. Alas, in an epic effort, Yasu Shimizu held on for the overall win with 111miles 1462yds.

Marcy, three records in her pocket, reached 111 miles, happy, exhausted, but surely amused and bewildered by the 24-hour time frame. She was about 12 miles away from the womens' 24-hour record. I think it was proven in this race that the 24-hour event separates itself from a competitive 100 mile in so many ways. They appear to be two separate kinds of events. Running through the night is a puzzle that must be solved by the athlete. Even more remarkable is the determination by the athlete to face difficult barriers, and to cross them, without undue damage, injury or harm to their psyche. Having optimal conditions and dedicated support from friends and the race helpers contributed immensely.

After returning to New York from the race after the clean-up, I met up with fellow helpers and shared a common thread- it was much more inspiring helping out at ultras than our shorter events. The inner satisfaction we received, while not even running a step, was worth all the planning, helping and working for hours and hours. It was not adulation that we were seeking, it was something deeper. I am sure Sri Chinmoy was delighted by the outcome. In the months and years that followed, we began to muse- 'what might be next?'

Sri Chinmoy 24-Hour Race November 1-2, 1980 Greenwich,CT cinder track

PL	Name	100 km	100 miles	Total-24 hr	Comments
1	Yasumasa Shimizu, 19, Tokyo Japan	11:28:43	21:21:22	111 mi 1462yd	Overall

winner, first ultra

2 Marcy Schwam, 27, Jamaica,NY	<u>8:46:35</u>	<u>15:44:27</u>	111 mi
WWR,NR,CR-50 mi-6:43:23; 100k;100miles			
3 Jackie Stack, 30, Queens,NY	11:20:38		80 mi 1320yd
4 Sharon Yeter, 38, Bronx,NY	13:16:19		78 mi 577yd
5 Wes Emmons, 52, PA	12:37:52		70 mi 1702yd
6 Cahit Yeter, 45, Bronx,NY	9:35:20		62 mi 241yd

Marcy Schwam recalls the ordeal of this 24-hour adventure.

Quotes taken from an article by ultra-marathon historian Nick Marshall, himself a respected, very good ultra-runner for over four decades. His words are in italics.

(Marcy) “At 75 miles I had to make a decision about whether to concentrate on the 24 hours or throw what I had left into getting a good 100-mile time. I was in a great position to break 16 hours. Even feeling so bad, I thought I could last to 100 miles OK. It felt like it was going to be rough past there no matter what I did, so I just concentrated on breaking the 100-mile record.”

“Then it happened. As soon as I reached 100 miles I stopped. Immediately. In a split second- instant, instant pain.....The pain ended it right there. The 24-hour record was out.....

I tried walking with blankets around me, just trying to move around the track, but it was nothing I could control.”

(Nick Marshall) *The remaining eight hours to the official end of the race were an uncomfortable blur of resting, sleeping, and stumbling around the track, always cold, always cold. When the full 24 hours had expired, Schwam had a total distance of 111 miles.*

Six months later Marcy tried a six-day event.

(Nick Marshall) *Marcy Schwam..... became the first woman in the 20th century to try a six-day race.....*

The Edward Payson Weston Six Day in Pennsauken,NJ was strictly a modern athletic endurance contest. All 13 starters had at least 100-miler under their belt. Twelve of them were men. Hampered by a sore tendon the last two days, and facing a hot summer sun every day, Schwam nonetheless logged a total of 384 miles by the expiration of the sixth day. Park Barner’s winning total was 430 miles but the second-place man wound up more than 40 miles behind Schwam

Indeed, Marcy Schwam was a tough, dedicated runner who pushed herself through 140-mile training weeks, testing herself and setting a great example to female runners invested in the marathon to try longer races. As we follow the Sri Chinmoy Marathon Team with this history of its 24-Hour events brought to life, we shall encounter many new talents and the movers and shakers that have made our sport what it is today, worldwide.

1981-An Amazing Outcome, An Historical Result

The Second Annual Sri Chinmoy 24-Hour Race was held on the same cinder track in Greenwich, Connecticut, from September 26–27, 1981. This race became the focus of the SCMT for nearly a whole year, even with our schedule packed with shorter races, half-marathons, full marathons and triathlons as well as a 70-mile event later in November on a road course. The field

had grown from six to then 40 very good to excellent ultra-runners of all sizes and shapes. Bob Van Deusen, 33, from Portland, OR, held the US national record of 145 miles, and was primed to accent his first visit to the east coast with a win. George Gardiner from Hope Valley, RI, 39, was a fast runner and reigning US 100 mile record holder (13:22:09) looking to reach new plateaus. Cahit Yeter and Sue Medaglia, both from the Bronx, both at age 46, were primed to do well after good training, although Sue had only been able to run for two weeks prior to the event due to an injury in August.

The 40 runners were off from the start-line after a brief moment of meditation from Sri Chinmoy. The atmosphere was cordial in the beginning as the big field passed the counting area, with a pack of five fast runners continually lapping the rest of the field. The pack was left behind by George Gardiner, as he led everyone through 50km- 3:46:08; and 50 miles- 6:07:08- the latter a single-age US best. He even had the fastest time through 100 km- 8:09:39.

Ron Bomberger from Mannheim, PA was closest pursuer at the time, and looked very smooth three laps back. Jim Roser, 50, of Beaver Falls, PA stayed close to Ron, but was a mile and a half behind his friend as early places changed and shifted as heat and humidity grew a little in the afternoon. Bob Van Deusen tried to stay with the four or five easterners, but they were too fast for his pace, and any attempts to follow Gardiner in front seemed ill advised. Ron Berby from Ann Arbor, Michigan had stayed outside the five but kept his distance. Cahit Yeter, however, was in that pack and allowed the other runners to set the pace, his smooth style wasting little precious energy as the setting sun was covered with a few clouds.

When Yeter had reached the 100-mile mark (13:49:24- best US 45-49 of the year) he had assumed the lead, with only Ron Bomberger, Jim Roser, Ron Berby and a slowing George Gardiner in formation behind him. One of three women in the race, Sue Medaglia, was moving quite well and had begun following the faster male runners as the evening set in. She would get to 100 miles in an age leading 18:41:42 with no signs of distress. She was passing men and climbing up the scoreboard from fourteenth to eighth to fifth.

Cahit Yeter was rolling during the dark, small hours of the night, focused on taking a new record for 200 km. The old record belonged to Bob Van Deusen (19:40:59). Cahit reached the mark in 18:10:56. He set his sights on new goals. 150 miles seemed possible, with 5 hours 49 minutes left. He passed Al Howie's North American record of 149 miles 706 yards with over an hour remaining. He held on for the whole 24-Hour duration, reaching 155 miles 1182 yards as the horn sounded, ending the event. With his wife and daughters looking on, Cahit basked in the lights of a North American 24 Hour record, national record, course and event record, and he moved into sixth place all time in the world for 24 hours.

Ron Bomberger held on for second place with a fine effort of 138 miles 1509 yards, a personal best and single –age national record. Ron Berby was able to hold off any challengers for third place with 133 miles 1093 yards, a huge personal best.

Sue Medaglia laid claim to a new women's world track record with 126 miles 763 yards. She eclipsed the mark set by Sue Ellen Trapp of 123 miles 593 yards. Sue also became the first woman in history to pass the 200 km barrier, reaching the mark in 23:41:08.

As the race came to an end and the dust settled, 24 runners had passed 100 miles, the most ever in a 24-hour event. Numerous records were set, and the experiment of a race for a full day on a cinder and dirt track proved to be as surprising, challenging, difficult, silly, painful, breath-taking and wonderful, all in one full day of running.

Below are some words from competitors who had their eyes and ears open to the whole experience.

Bob Marshall-(in an article he wrote on the race, published in Ultrarunning magazine November

1981).

“There is always something special about Sri Chinmoy and his group. Through ultra-marathoning I have found what I consider to be an unparalleled inner contentment, yet I can only wonder in awe at the peace and love radiating from each of the Sri Chinmoy followers. At the far corner of the track two young women sang beautiful lyric songs about running and living. On nearly every lap I was greeted and cheered by name. When it was dark, the track was lighted with dozens of candles in white bags, which cast a mystical glow around the far turns. “

“The combination of the 24 Hour event and Sri’s race support group produced an unforgettable event, and fitting surroundings for the world class performances which resulted.”

“At the award ceremony I felt as we were all winners; it was tremendous! We sat in a circle and shared the moment- perhaps the first time that 24 runners bested 100 miles in a 24-hour race. World and national records were set by masters and junior performers. Sri Chinmoy composed a song that the group sang to us. Van Deusen and Yeter shook hands; Cahit had broken Bob’s American record for 200 km, as well as his national 24-hour record. Sri Chinmoy presented the awards. I had my brief moment, barely able to stand and accept Sri’s hand. Suddenly it was over- the greatest 24-hour race ever held on American soil. I’ll be back”

Ron Berby- wrote an article for *The Michigan Runner* a running newspaper that circulated throughout the state and the region.

“ Sue Medaglia and I mumbled at each other where previously we waxed wit and frivolity. Survivors must consider survival.

“The chants of some of the support people began to mention self-pity and doubt. They sure knew where I was. At least someone knew. A couple girls held up a huge drawing of a smile. I needed a boost and got it by mugging an equally bright grin as I went by- still crazy after all those hours. 7:30am and 130 miles came nearly together. Suddenly, time changed. For 23 and one-half hours we had been trying to kill it. Now we couldn’t get enough of it. Runners ran faster. Walkers trudged. Limpers limped faster.

With 10 minutes left, Steve Vargo, a 5’7” stump of muscle from Erie, PA pulled up to me. He announced ‘You and I are going to go fast.’ “We are? I exclaimed”. He answered by accelerating. He was right. We went fast.....it took great concentration on form for me to go with Vargo. We ran the last mile in under 6 minutes!

Moments before I was going to sag, I heard a distant whistle and dropped the sandbag with my race number penned on it- and thankfully stumbled to a stop. I found myself part of one of the clumps of humanity scattered around the favored quarter mile. There was a moment of profuse handshaking, hugging, laughing and crying. Vargo’s hug was like that of a shaved gorilla. I walked toward the official’s tent with arms raised and fists clenched. I heard someone screaming, “Wasn’t that something?!!! Wasn’t that something?!!! It turned out to be me.”

The 24-hour event was catching on, not only around the US but worldwide, as athletes chose to test themselves a various distances and in set-time events, like the one-day and even 48-hour affairs. On the extreme end of the sport existed the revival of the six-day races from the late 19th century, as well as point-to-point races from cities, or across states, or even across countries, as history would later reveal. Our humble 24-hour races began serving the running community by offering inspiration to the athletes, as well as building standards for race administration and implementation, especially in the care of the athletes during the races. Sri Chinmoy begged us to treat the athletes with the utmost respect and with a sincere concern for their endeavors. To this day, the ounce of care has been essential in the formation of good feelings among athletes in sport.

Sri Chinmoy 24 Hour Run September 26-27, 1981

Greenwich CT

Track

Pl	Name	Marathon	50km	50 mi	100km	100mi	200km	Final distance
1	Cahit Yeter	46	3:36:19	4:14:55	6:43:14	8:18:16	13:49:24	18:10:56 155mi 1182yds
2	Ron Bomberger	39	3:28:29	4:04:20	6:36:40	8:24:48	15:08:14	20:49:43 138mi 1509yds
3	Ron Berby	39	3:40:29	4:21:55	7:13:12	8:56:12	16:03:55	22:18:26 133mi 1093yds
4	Sue Medaglia	46	4:13:57	5:04:29	8:22:53	10:27:36	18:41:42	23:41:08 126mi 749yds
5	Steve DeAngelo	29	3:58:58	4:50:30	8:12:30	10:37:28	17:49:40	23:49:16 125mi 80yds
6	James Sheridan	25	3:45:43	4:30:47	7:41:04	9:50:39	18:30:22	122mi 966yds
7	Yasu Shimizu	20	3:54:39	4:42:49	7:59:15	10:44:27	19:27:45	121mi 1308yds
8	Jim Roser	50	3:32:41	4:12:08	6:56:38	8:50:08	15:48:58	113mi 440yds
9	George Gardiner	39	3:10:56	3:46:08	6:07:08	8:09:39	16:07:12	111mi 1748yds
10	Howard Poupko	36	4:22:16	5:15:25	9:00:20	11:26:40	21:24:15	111mi 325yds
11	Marvin Skagerberg	43	4:11:08	4:57:07	8:37:35	11:28:00	21:54:52	108mi 992yds
12	Harry Berkowitz	41	3:59:17	4:49:46	8:28:16	10:56:55	21:49:10	107mi 1137yds
13	John Kenul	37	4:57:18	5:54:23	9:45:35	12:17:26	21:13:57	107mi
14	Bob Marshall	39	4:20:39	5:12:50	8:51:56	11:34:00	22:50:24	106mi 1054yds
15	Robert Sweetgall	33	4:53:53	5:47:46	9:23:07	11:40:33	19:43:28	106mi 546yds
16	Nathan Whiting	35	3:36:20	4:15:00	7:03:34	8:55:41	20:09:25	106mi
17	Steve Vargo	34	4:20:46	5:12:39	8:51:42	11:28:20	22:39:58	105mi 644yds
18	Ted Massa	24	3:45:45	4:29:06	7:37:55	9:47:13	20:04:35	104mi 1432yds
19	Dieter Dauberman	26	4:29:06	5:19:35	8:40:44	10:47:43	23:38:40	102mi 1412yds
20	Trishul Cherns	24	4:17:31	5:07:21	10:17:33	13:33:37	23:39:36	102mi 1057yds
21	Don Heimiller	50	4:30:53	5:19:37	9:08:36	12:01:36	22:22:09	100mi 880yds
22	Ernest Medaglia	46	5:07:58	6:10:16	10:26:26	13:40:04	23:19:18	100mi
23	Marty McGehean	37	4:15:31	4:53:10	8:07:48	10:37:18	19:42:48	100mi
24	Stanley Leventhal	19	3:28:58	4:11:31	7:29:00	9:35:23	19:43:09	100mi
25	Al Branson	36	3:40:54	4:46:18	7:52:46	10:37:27		99mi 1217yds
26	Bob Van Deusen	33	3:24:36	4:05:33	7:05:43	9:39:30		95mi 218yds
27	Dave Peabody	52	5:18:24	6:29:33	11:01:33	14:44:07		90mi
28	William Piper	35	4:33:40	5:29:50	9:18:12	14:35:17		84mi 880yds
29	Chanakhya Jakovic	27	4:13:32	5:13:14	9:51:30	13:03:21		83mi
30	Beverly Nolan	47	5:25:47	6:50:34	12:12:30	16:16:47		80mi 709yds
31	James Robertson	19	3:46:46	4:34:57	7:48:34	9:59:49		80mi 440yds
32	Norman Allen	42	5:25:40	6:21:12	10:46:42	14:53:30		76mi 1148yds
33	Wes Emmons	53	5:17:37	6:19:19	11:11:16	15:17:03		76mi
34	Kim Cavanagh	30	7:02:30	8:39:43	12:24:16	19:17:10		75mi 1148yds
35	Mick Midkiff	36	5:09:55	6:07:18	9:46:30	12:29:11		75mi 880yds
36	Martin Yecies	37	4:11:02	5:04:33	9:18:12	11:47:22		71mi
37	Bill Peck	42	3:52:15	4:46:02	8:35:22	11:54:47		63mi
38	Sam Elpern	50	4:48:43	5:47:23	10:55:18	15:26:52		62mi 241yds
38	Gordan Bruce	47	4:35:19	5:36:21	10:10:26			51mi
40	Paul Soskind	26	3:23:42	4:12:50				37mi

*Cahit Yeter- age group 45-49 NR,CR

*Sue Medaglia-women WR,NR,CR

*Age group single marks

The second 24-hour event that the SCMT held in New York also had positive repercussions and emanations within our international group. Within a few years 24-hour races happened in England, Australia, and Canada, all sponsored by our members from the Sri Chinmoy Marathon Team within those countries.

1982: Not One, But Two Races

The third running of the Sri Chinmoy 24-Hour Race took place on September 25-26, 1982 on the same cinder and dirt Havenmeyer Track located behind the current town hall of the affluent city of Greenwich, CT. The field that year was limited to 40 very good runners, seeking their fortunes in an ultra pursuit that was gaining a bit of popularity in the country. The list of attendees was filled three months before the start. At that time new full day adventures were popping up in the Midwest, Southwest and west coast, so we were fortunate to have another great group of athletes take the challenge.

The two main principles in the 1981 race were back for more adventure. Cahit Yeter from the Bronx was focused on advancing his North American title with even higher mileage. Silver medalist Ron Bomberger from Mannheim, PA was finely trained and looking to chase Mr. Yeter all the way this time. Jim Roser, 51, from Beaver Falls, PA had his sights set on at least a podium finish, his age-group record would subsequently be transcended. Sterling, Virginia native Ed Foley, 33, had considered the race a perfect spot to contend for a 150- mile episode. And newly crowned world record holder Sue Medaglia, 47, Bronx, NY was even in better shape than she thought possible.

The cool morning start gave way to late summer warmth and periodic clouds as the field stayed in tact for the first several hours. Cahit Yeter made a move to stay out in front in his focused pursuit. Jim Roser tried to match the leaders with reasonable lap splits but found himself weak and unable to handle the deceptive heat and humidity. After 38+ miles, the masters juggernaut gave up and drove home. Apparently his wife was later shocked to see him home a day earlier than expected. But, as some often say, there is always another day.

The depth of the field was striking. There were many runners attempting a 24-hour race for the first time, yet they brought such solid credentials from testing themselves up to 100 miles that the possibility of equaling the record of 24 runners past 100 miles was virtually in play.

As the sun began its decent into night, the race picked up intensity. Mr Yeter kept a brilliant pace, working his way around the remaining 33 runners after a few defected from the race. Just before 2:00am Cahit Yeter reached 200km in 17:44:27, knocking nearly 25 minutes off his previous national record. Soon after that he pulled off the track and went into his tent for a long rest. At this time Ed Foley had moved into second place, Ron Bomberger held third, and Paul Soskind from Brooklyn and Neil Weygandt from Ardmore, PA came close at fourth and fifth position. All four men eventually reached Yeter's mileage totals and assumed positions one through four. Sue Medaglia resembled a machine, smooth strides and continual movement showing a tremendous steadiness. She passed her own national record at the 200 km mark by just over four minutes, reaching it in 23:36:42.

When the whistle blew, the sand bags were dropped, and the courageous athletes came to halt. Whether exhilaration or disappointment or sheer pain showed on their faces, once again great triumphs had occurred by being there, on the track, for a whole day. Fully 20 runners had clicked past 100 miles. At least 15 people had set personal bests, at least 3 national records at various distances were created.

Ed Foley, in his first 24-hour, finished first with 143 miles, 238 yards. His steadiness and good speed for nearly all the race were a pleasant surprise to him as well as us. Ed's run became the top US performance for the year at 24 hours. Ed had moved from sixth place at halfway to first at the end. Ron Bomberger again finished second with 135 miles, 255 yards, but you had to admire his focus and consistency, especially during the late afternoon heat. Paul Soskind finished third with 134 miles, 81 yards, a great redemption from last year's dropout after a few miles.

Sue Medaglia missed her national and former world 24-hour record by less than 500 yards, reaching the whistle-blow with 126 miles, 256 yards. And Marvin Skagerberg reached 118 miles, 471 yards to cop a national mark for age group 40-44.

Sri Chinmoy 24 Hour Race September 25 - 26, 1982 Greenwich, CT

Place	Name	Total Mileage	
1	Ed Foley, 33 VA.	143mi 238yds	personal best
2	Ron Bomberger, 40 PA	135mi 255yds	
3	Paul Soskind, 37 NY	134mi 81yds	
4	Neil Weygandt, 35 PA	132mi 480yds	
5	James Sheridan, 26, AUS	127mi 1337yds	
6	<u>Sue Medaglia, 47, NY</u>	126mi 256yds	NR-200k-23:36:42
7	Cahit Yeter, 47, NY	125mi 1306yds	NR-200k-17:44:27
8	Gary Novickij, 46, NJ	123mi 889yds	
9	John Kenul, 38, NY	122mi 1569yds	
10	Richard Kaye, 40, CA	119mi 895yds	
11	Ted Massa, 25, PA	118mi 1013yds	
12	Marvin Skagerberg, 44, NJ	118mi 471yds	US 45-49 record
13	Nathan Whiting, 36, NY	115mi 841yds	
14	Howard Poupko, 37, NY	105mi 355yds	
15	Al Prawda, 35, NY	103mi 813yds	
16	Arpan DeAngelo, 30, NY	102mi 136yds	
17	<u>Kim Cavanagh, 31, MA</u>	102mi 116yds	second female
18	Harry Berkowitz, 42, NJ	100mi 1748yds	
19	Robyn Hanscom, 31, MN	100mi 676yds	
20	Phil Hirschi, 31, NY	100mi 473yds	
21	Chanakhya Jakovic, 28, NY	89mi 1750yds	
22	Dave Peabody, 53, CT	88mi 884yds	
23	Dieter Dauberman, 27, PA	84mi 1750yds	
24	<u>Anita Byrnes, 36, NJ</u>	81mi 1351yds	third female
25	Ernie Medaglia, 52, NY	80mi 698yds	
26	Al Branson, 37, NJ	79mi 487yds	
27	<u>Judy Adelman, 30, Que CAN</u>	76mi 416yds	fourth female
28	Trishul Cherns, 25, NY	76mi 336yds	
29	Joe Schieffer, 31, CA	75mi 1311yds	
30	Steve Vargo, 35, PA	69mi 865yds	
31	Al Byrnes, 29, NY	68mi 473yds	
32	<u>Bev Nolan, 48, MA</u>	61mi 914yds	fifth female
33	Bob Cannata, 49, MA	60mi 914yds	
34	Ron Berby, 40, MI	60mi 433yds	
35	Al Wilson, 33, NY	44mi 1748yds	
36	Jim Roser, 51, PA	38mi 875yds	

It was not exactly clear when a second Sri Chinmoy 24-Hour Race for the following

month was announced, but Sri Chinmoy and the organizers from the SCMT gave runners another chance, since some runners were not able to attend the September race due to space limitations. Eighteen athletes came to the cinder track at Francis Lewis High School on a cool morning in Springfield Gardens, Queens. Within the field of 18, eleven runners had run the previous month's event, some at an especially hard effort. One would think that it would be remarkable to toe the line again so soon after such a difficult race- just 5 weeks prior.

Jim Roser, the Beaver Falls, PA native, was a prime suspect. He had pointed to the September race in Greenwich as the prime target for the year, and had even taken vacation time to accommodate the race in his family and work lives. His problem with that 24-hour was intense afternoon heat and dehydration. He barely made it 38 miles, the first dropout of three 'favorites'.

The October race was a different story. Moderate temps in the early going allowed good paced running sections for many people in the morning and afternoon. And having two or three 'fast' athletes at the head of the group would set an honest pace, or better. Arguably one of the fleetest ultra runners in the four-state area was Stu Mittleman, the NYRRC 100 Mile Champ and record holder. Stu hammered out a 6:27:02 for the 50 miles. Some will recall that Stu won our inaugural Sri Chinmoy 70 Mile Race in early November 1981, beating a strong field around the nearly 3-mile road course at Rockland Lake State Park in upstate NY. Cahit Yeter was also doing the back-to-back 24-hour journey, having run all three previous Sri Chinmoy 24-Hour runs. Cahit was 12 minutes arrears of Stu Mittleman at the 50-mile split. Former world and current American 24-hour and 200km champ Sue Medaglia was also on the track, with three runners total representing the ladies. She was over an hour behind Stu, still dressed in singlet and shorts as the late fall chill started to creep into the area. Cahit Yeter was only five minutes behind Stu at 100 km. Stu Mittleman stopped just before 100 miles to change clothes, but then went into his tent for nearly two hours. Cahit reached the 100-mile time in a careful 16:29:34. He took a long break, affected by the cold air and the effort put forth.

Jim Roser had paced himself well and somehow assumed first place on the scoreboard. He reached 100 miles in 17:44:54, scarcely 70 seconds ahead of Sue Medaglia, with both of them now ahead of the faster Mittleman and Yeter. Sue tried hard to stay close to Jim Roser, but the veteran felt this was the race he really had inside. With less than an hour to go he hit 200k(23:00:08), and held on for the victory. Sue could not maintain good momentum as a frost had come into the area, with the many helpers chilled almost as much as the runners.

When the horn sounded, Jim Roser had won the race with personal best marks, his 128 miles 531 yards being a 50-54 age-group record, as well as his 200km mark. Trishul Cherns, 25, the Canadian runner living locally, slipped passed Sue for second place, pushing hard to try to get to 200km. He reached 123 miles, 535 miles to set his own new best. Sue Medaglia hit 122 miles 789 yards, winning the women's championship and her third straight 24-hour race. John Kenul added another 24 hour to his resume with 119 miles 1562 yards. Howard Poupko ran his best one-day race with 112 miles 832 yards, and Canadian Kanchan Stott set a new national record with her 106 miles 320 yards.

Jim Roser talks about his race as he was interviewed by Nick Marshall.

"I had to run a long time while he (Mittleman) was sleeping in his tent, just to catch up. About the time my name went into first on the scoreboard, Stu came out to give it another try, but it was futile.

"What a difference a month makes. From last to first. Some strange things happen in ultras, as you well know by now. Sri Chinmoy was thrilled that I won because we're both the same age, 51."

This was our fourth 24-hour race in the slightly more than two year journey of sponsoring ultras. Our schedule of having the 70 Mile race, added in 1981, gave more momentum to the

longer event, and particularly the September 1981 and 1982 editions were almost like de-facto championships for runners in the US. The future also looked brighter, as there were more and more runners testing the longer races, and bringing attention to the running world. I was excited for the runners coming into the sport, as there seemed to be avenues to express their talent. Meanwhile, in Europe and in Oceania the event was gathering steam.

Sri Chinmoy seemed to really like the ultras and the people associated with them. His philosophy of self-transcendence had found a home in the ultra-marathon world. He also wanted us to keep the ultras in Queens, nearby where many of the helpers lived. Indeed, the September 1982 24-hour event was the last one SCMT ever sponsored in Connecticut.

PL	Name	26.2mi	50km	50 miles	100km	100mi	200km	Final totals
1	Jim Roser, 51 Beaver Falls PA	3:49:09	4:34:58	7:35:05	9:48:46	17:44:54	23:00:08	128mi 531yds
2	Trishul Chems, 25 Jamaica, NY	4:21:06	5:07:13	8:24:45	10:45:51	19:30:29		123mi 535yds
3	Sue Medaglia, 47 Bronx, NY	3:58:38	4:45:21	7:51:50	10:02:10	17:46:11		122mi 789yds
4	John Kenul, 38, Brooklyn, NY	4:41:13	5:36:04	9:26:55	11:52:16	19:41:02		119mi 1562yds
5	Stu Mittleman, 31, NY, NY	3:16:17	3:52:10	6:27:02	8:14:51	18:30:43		118mi 1235yds
6	Howard Poupko, 37 Centereach, NY	4:07:26	5:03:58	8:39:39	11:03:44	20:40:50		112mi 832yds
7	Kanchan Stott, 31 Ottawa Ont CAN	4:47:46	5:41:27	9:31:15	11:59:44	21:50:10		106mi 320yds
8	Martin Yecies, New Canaan, CT	4:02:47	4:52:19	8:17:33	10:45:51	22:11:10		105mi 496yds
9	Cahit Yeter, 47 Bronx, NY	3:29:35	4:08:24	6:39:58	8:21:34	16:29:34		103mi 783yds
10	Richard Sitter, 43, Erie PA	4:30:34	5:40:25	9:47:22	12:27:56	23:24:00		102mi 839yds
11	Kim Cavanagh, 31 Winchester MA	5:07:54	6:15:22	10:24:28	13:10:39	23:13:11		102mi 828yds
12	Richard Hearn, Jr, 26, Greensboro NC	5:33:54	6:42:26	11:38:35	15:24:31			86mi 302yds
13	Richard Hearn, Sr, 52, Kinnelov, NJ	5:33:54	6:42:26	11:38:35	15:24:31			82mi 756yds
14	James Robertson, 20, Brooklyn, NY	4:27:39	5:19:31	10:14:51	12:47:48			81mi 1486yds
15	Ilona Kallai, 52, Jamaica, NY	5:12:33	6:57:14	11:58:17	17:03:15			73mi 06yds
16	Bob Cannata, 51, Burlington, MA	5:47:30	7:01:45	13:59:21	19:16:04			71mi 1297yds
17	Chanakhyia Jakovic, 28, Jamaica, NY	4:25:15	5:24:37	9:32:15	12:23:14			69mi 1694yds
18	Beverly Nolan, 48, Burlington MA	7:28:32	8:43:18	18:30:22				60mi 427yds

*age group national record

1983: One Race, A Bigger Field; More Women Join The Fray

Our longest event on the schedule had record numbers of runners and women in 1983, as a field of 56 answered the call on the morning of September 24, 1983. Francis Lewis HS track was the site, nestled into a nice neighborhood in Springfield Gardens, Queens, NY. Two seasoned ultra runners from California had come east to test the competition- Ron Kovacs, 44, from Mountain View, and Jasper Kirkby, 35. Simon LaPorte, 32, from Quebec City, Canada stayed with the two left coasters as a pack chased the Rhode Island 100-mile speedster George Gardiner, 41, from Hope Valley. Local star Cahit Yeter stayed close to this group. This was his fifth appearance in our day long event. Gardiner hit 50km in 4:12:03, forcing the lead men in an uncomfortable quick pace. One interesting chaser was local Brooklyn product Luis Rios, 35, full beard flapping like a mountain man in the afternoon breezes. Luis was only a mile behind Gardiner, and looking smooth in his first 24-hour adventure.

Sue Medaglia was in the race, so the women's field of a dozen runners was a real presence. Sue was a bit slower in the early hours of the race than in previous attempts, but this

was her fourth appearance at our 24-Hour, and she has dominated the movement on the distaff side, both locally, and in the national lists. Midwesterners Kathy Schubert, 41, from Chicago, and Robin Hanscom, 32, from Minneapolis ran together for quite some time, but were still five miles or more behind Sue Medaglia at the 50 km split, and almost two hours behind at 50 miles.

George Gardiner hit 50 miles in 7:17:50, almost shredding the big field. Nine men stayed close under eight hours, but only Simon LaPorte and Luis Rios kept within two laps of George. Cahit Yeter seemed to have problems and slowed down to conserve energy. The Californians kept steady pace 20 minutes behind the first chasers. Simon gave a surge to catch Gardiner, who held on until 10:00pm before taking a long break. He came out of his shelter after a few hours, looking wasted. Simon, who was only six seconds behind Gardiner at 100 km could not hold off the charging Rios, however. Luis hit 100 miles in 16:11:40. The only challenger to him was Ron Kovacs at 16:22:12. Tom Zavortnick, 44, from Virginia briefly passed ahead of Simon, but moved only sparingly after the 100-mile split.

As the sun came up the separations for the top ten were distinct enough to predict final placing. With the whistle and horn sounding, another quality 24-hour was in the books. Luis Rios pulled it off in his first 24-Hour, making 141 miles 375 yards, the third best total in our five-race adventure over four years. Ron Kovacs peaked at 132 miles 213 yards, very close to his best of 133 miles from a year ago in California. His friend Jasper Kirkby made 128 miles 523 yards to get on the podium. Michael Vail from NYC and Bruce Boyd from Connecticut virtually tied for sixth with 125 miles 67 yards. Sue Medaglia finished ninth overall, first woman with 119 miles 450 yards, 10 miles ahead of Kathy Schubert-109 miles 1684 yards, and smiling Robin Hanscom- 109 miles 356 yards.

Many personal bests were attained, and a record 26 people crossed the 100-mile barrier, including six women. Runners came from 10 states and three countries, so the growth of the event was good. The camaraderie was excellent, our food choices were appealing, and the enthusiasm was still there.

After a good awards ceremony we talked about possibly of taking the race to a road course that could accommodate more runners and ease the counting and other services needed for a track race. It was becoming more difficult to acquire a track for two days usage. Sri Chinmoy then told us to put almost all of our events on a one-mile loop near the end of the year, with some exceptions.

We had several loops used for courses for our short races like the 5-mile, 7-mile and 13 miler in Flushing Meadows Park. It was a matter of time before we found the right course. Things were changing at a fast rate. Just 6 weeks after the 24-hour we locked into a one-mile loop at FMP for the upcoming Sri Chinmoy 70 Mile race. The course worked fine, and the Park representatives were willing to work with us as more of our longer races were added to the yearly list. We then set our sights on the 24-hour for the next year, hoping for even more progression.

Sri Chinmoy 24-Hour Race September 24-25, 1983 Francis Lewis HS, Queens, NY -Track

Pl	Name	50 km	50 mile	100 km	100 mile	200km	Total miles
1	Luis Rios,35,Brooklyn,NY	4:21:40	7:22:47	9:24:44	16:11:40	20:55:48	141mi 375y
2	Ron Kovacs,44,MtView,CA	4:42:59	7:44:14	9:38:32	16:22:12	21:49:29	132mi 219y
3	Jasper Kirkby,35,CA	4:40:46	7:42:12	9:44:30	17:58:16	23:23:01	128mi 529y
4	Simon LaPorte,32,Quebec,CAN	4:33:34	7:22:12	9:19:48	17:14:06	23:32:09	127m 1656y
5	Al Prawda,34,Brooklyn,NY	5:19:23	8:43:47	10:57:52	18:36:27	23:31:00	126mi 991y
6	Michael Vail,48,New York,NY	4:37:14	7:47:33	9:58:50	17:49:49	23:49:30	125mi 67y
7	Bruce Boyd,45,CT	4:28:17	7:36:24	9:49:13	17:49:05	23:49:30	125mi 67y
8	Nathan Whiting,37,Brooklyn,NY	5:01:21	8:15:35	10:39:19	18:29:44		120mi 329y
9	<u>Sue Medaglia,48,Bronx,NY</u>	4:59:07	8:16:19	10:31:21	19:44:42		<u>119mi 450y</u>
10	Martin Yecies,39,New Canaan,CT	4:59:07	8:11:20	10:15:35	18:38:21		116mi 541y
11	Neil Weygandt,36,PA	4:46:50	8:00:46	10:20:54	21:02:32		114m 1426y
12	Tom Zavortnick,44,VA	4:33:36	7:43:06	9:53:21	17:09:10		110m 1657y
13	<u>Kathy Schubert,41,IL</u>	5:47:39	10:09:58	12:23:10	21:21:49		109m 1684y
14	<u>Robyn Hanscom,32,MIN</u>	5:58:08	9:55:06	12:43:30	21:53:30		109mi 356y
15	Rich Wagner,41,PA	5:58:22	9:50:37	12:49:18	23:10:22		107mi 264y
16	James Sheridan,27,Perth AUS	5:09:58	8:51:10	11:17:44	22:41:53		105m 1041y
17	Richard Opsahl,51,New York,NY	4:36:12	7:39:28	10:15:23	22:48:09		104mi 688y
18	Harry Berkowitz,43,Piscataway,NJ	4:58:48	8:49:52	11:53:03	23:01:03		103m 1087y
19	Dominick Ierace,40,New York,NY	5:33:25	9:47:46	12:52:55	23:16:47		103mi 624y
20	<u>Kim Cavanagh,32,Boston,MA</u>	6:14:50	10:02:24	13:22:18	23:28:31		101m 1734y
21	<u>Joanne Belinski,29,New York,NY</u>	5:33:35	10:30:50	13:11:20	23:07:59		101mi 947y
22	William Meadowcroft,20,PA	5:15:16	8:44:10	11:04:30	23:42:16		101mi 52y
23	John Kanul,39,Brooklyn,NY	5:46:13	9:31:05	12:06:55	23:46:34		100m 1455y
24	James Gawle,32,MA	4:59:17	8:32:44	11:02:26	20:27:18		100m 786y
25	Mick Midkiff,38,NY	5:20:20	9:22:47	13:05:06	23:53:31		100m 589y
26	<u>Beverly Shabat,33,Brooklyn,NY</u>	5:48:24	10:09:50	13:26:03	23:56:40		100m 465y
27	George Gardiner,41,RI	4:12:03	7:17:50	9:19:42			97mi 1670y
28	<u>Samara Balfour,47,NY</u>	5:27:30	9:30:12	13:35:58			92mi 972y
29	Chanakya Jakovic,29,Jamaica,NY	5:40:57	9:54:48	13:05:06			92mi 315y
30	John Lysinger,33,NY	5:31:01	9:56:10	14:08:16			91mi 980y
31	Trishul Cherns,26,Jamaica,NY	5:01:24	8:49:03	11:26:42			91mi 355y
32	David Balfour,45,NY	5:28:41	9:38:50	13:19:58			88mi 899y
33	Joe Michaels,42,NY	6:11:21	10:44:09	14:54:09			88mi 397y
34	Michael Beyer,41,NY	4:45:03	8:14:14	11:07:38			84mi 1680y
35	Robert Cannata,52,MA	7:20:47	12:35:05	16:09:10			84mi 1462y
36	<u>Josette Trenchard,40,NY</u>	8:36:35	14:08:06	17:45:08			84mi 924y
37	Vajra Henderson,41,Jamaica,NY	6:07:21	10:51:17	14:42:07			83mi 427y
38	<u>Iilona Kallal,53,Jamaica,NY</u>	6:06:38	11:25:55	15:04:50			82mi 1309y
39	John Buckwalter,25,PA	4:47:47	7:51:30	10:14:47			80mi 806y
40	Bill Bates,40,AZ	5:29:31	9:49:03	12:59:33			80mi 638y
41	<u>Beverly Nolan,49,MA</u>	8:34:06	14:24:40	18:12:49			77mi 1467y
42	Ralph Kee,47,NY	5:20:50	9:56:44	13:53:20			77mi 1329y
43	Kripan Snell-Doyle,38,MA	6:16:30	11:04:44	15:22:21			76mi 418y
44	Cahit Yeter,48,Bronx,NY	4:26:58	8:31:13	10:44:41			71mi 1693y
45	John Zanderzuk,45,NY	4:58:16	8:31:13	10:44:41			70mi 374y
46	<u>Chandika Kapali,33,Jamaica,NY</u>	9:09:32	15:01:32	18:11:03			70mi 374y
47	Jim Lynam,42,NY	5:20:20	9:48:47	13:48:10			69mi 83y
48	Prabuddha Nicol,27,Perth AUS	5:36:24	9:38:30	12:51:59			67mi 1696y
49	Jerry Beam,29,NY	5:34:58	9:34:02	12:37:02			63mi 821y
50	<u>Judy Adelman,31,Que CAN</u>	6:27:48	15:01:32				57m 1595y
51	Howard Poupko,38,NY	5:27:05	9:53:29				56m 1267y
52	Jim Roser,52,PA	4:36:38	7:53:26				51mi 392y
53	Mike Davidson,28,NY	5:25:16	9:47:18				51mi 392y
54	Ted Massa,26,PA	4:38:04					46mi 1716y
55	Christoph Dawkins,25,NY	8:32:11					43mi 1719y
56	Thomas Moore,38,NY	8:55:40					39mi 1283y

1984: The Greatest 24-Hour Performance in History

The Sri Chinmoy Marathon Team had been fortunate to help the New York Road Runners Club stage the greatest six day running event ever held in the 20th century during the summer of 1984. We were tasked to do all of the manual scoring, which we had done in that same race in 1983-non-stop for the full 144 hours of running on the famous 400 meter rubber track on Randalls Island, in famed Downing Stadium. The site had hosted Olympic Trials track and field contests for decades, as well as providing a venue for the birth of soccer football for the fledgling NY Cosmos before they outgrew the small stadium size. During the historic 6-Day event from July 2-8 of 1984, Yiannis Kouros from Tripoli Greece ran a stunning 635 miles 1023 yards to break the 96-year old record held by professional runner George Littlewood for six days in 1888 (623 miles, 1320 yards).

We befriended Yiannis both during and after the six-day race. It seems that he was interested in the 24-hour record, which was held by Bernard Gaudin of France at 170 miles 1231 yard. He had met Sri Chinmoy during the six-day event. Yiannis stopped for a short period on Day 4 to rest and treat his blisters, which were causing him problems. Sri Chinmoy told him that he would win the race and break the record. He did not forget that encounter.

We contacted his manager Dennis Skaliotis in New Bedford, Massachusetts in August after hearing that Yiannis wanted to try to break the record, and arranged for Mr. Kouros to run the race with at least two handlers, supplied by us. Our newly secured course near the tennis center at Flushing Meadows Park was suddenly unavailable due to construction, so a new one-mile course was quickly found near the Hall of Science and the Queens Zoo in the Park setting. The course was certified by TAC USA and some of the best 24-hour specialists were invited to run the event. All the splits for the great distances to be covered were carefully measured and marked. It was not quite as interesting as the earlier choice of venue, but it was acceptable. The race, unfortunately, had to be contested on a weekday due to schedule conflicts, making it more difficult to put on. There was much discussion about changing it to later in the month, but the venue was not available then as well. Somehow, with most details attended to, the sixth adventure for the Sri Chinmoy 24-Hour Race started right at 8:00am on November 7-8, 1984.

The morning was cool and clear, with a slight breeze. The field was big, with 55 runners from 13 states and three countries- 48 men and 7 women. We were filled with anticipation as the horn sounded to start the race. Don Jewell, 45, from Islip, NY had finished first in the 70-Mile race a year ago, and was in great form. Luis Rios was back to defend his title; adventurer Frenchman Emile LaHarraque and Irishman Tom McGrath were present and in good form. George Gardiner, who had set an American record in the aforementioned six-day in New York (3rd place-554+miles), was there. Cahit Yeter arrived ready to run fast, his sixth attempt at 24 hours. He had also logged 468 miles in the July 6-day.

First off the line was Yiannis Kouros, the heavy favorite. Running close to six-minute pace for the first few miles, he went past ten miles in 63:12, reached the marathon split in 2:48:06, and continued on to a fast 50-mile split of 5:27:45. The pack behind Yiannis was Luis Rios, George Gardiner, Tom McGrath, Don Jewell and Simon LaPorte from Montreal, and they all saw the dominance of Mr Kouros as he regularly passed them on the 1-mile loop. Yiannis went past the 100 km mark in 6:54:43, a near elite time for the distance when so many had not even touched 50 miles. As he set his sights on 100 miles, Yiannis never walked, only stopped for brief bathroom breaks, and barked instructions to his handlers, who were provided in shifts to help him by the SCMT.

Yiannis passed the 100-mile mark in 11:46:37, a world road best, trailing only Don Ritchie's track mark of 11:31. But this split was easy for him. By 200km he reached a world best absolute time of 15:11:48, with nearly nine hours left to run (former record-Bernard Gaudin, France- 16:40:13). A chill was now in the air with cool temperatures, sometimes dipping to 48°(10°C) with the slight wind chill. I remember Yiannis passing three of us who were stopping

watches and recording his 200 km split at the exact point. His energy was infectious, and at his next pass we shouted his time result for 200 km. His face formed a small smile but his focus was forward, straight ahead and feeling the energy within himself.

Finally, concentrating on form for seven more hours, and imagining Greek champions and warriors of the hoary past, Yiannis went pass 171 miles, breaking the record with 1 hour and 48 minutes still left in the race. With applause from counters, helpers, fellow competitors, Yiannis stopped and began giving Greek pastries to all assembled, even his competitors. He was so gracious to everyone, and changed clothes and got a little warmer before jogging six more miles to reach 177 miles total for his finish.

The rest of the field hung on well. Don Jewell reached 145 miles 1115 yards, a new US 45-49 record, and best US total for the year. Michael Fedak and Luis Rios came in with same distance of 135 miles 718 yards. Michael had a new personal best. Kay Moore, 42, from Denver, CO was first female with a national and world record age group 40-44w of 122 miles 1320 yards, and seventh overall in such a big field.

The following was a conversation transcribed right after Yiannis crested the previous record, when the runner offered Sri Chinmoy Greek sweets as a small gesture of thanks for organizing the race. Sri Chinmoy had been sitting in a car composing a song for Yiannis, to be sung by his students at the impending awards ceremony.

(Sri Chinmoy got out of the car and bowed to the athlete and accepted the sweets.)

Sri Chinmoy: You have made our track, our race, historical and immortal. For that I am extremely proud of you. You are not only a Greek, you have become a universal figure. Previously people thought the four-minute mile was impossible. Then they saw that it was quite possible. Now you have proved that long distance running is also something that a human being can easily do. There are many who will follow you, but you have become the forerunner, the harbinger of a new world. You have brought here on earth a new world, and now many runners will follow you. I am extremely, extremely proud of you.

Yiannis Kouros: I have many things to say to you, but I can't.

Sri Chinmoy: We are having a heart to heart talk; we are speaking with our hearts. I have the most sincere admiration for you. This is just the beginning. You will do on earth many miracles — miracle after miracle. Now people are not admiring ultra-marathons. They care only for short distance — a mile or even up to a marathon. But now, because of the glory you have brought into the world for ultra-marathons, you will see that the whole world will appreciate and admire ultra-marathons the way they appreciate marathons. They will think of ultra-marathoning and long distance running and your name together. Whenever they say 'ultra-marathon', they will say Yiannis' at the same time. You are the supreme hero of ultra-marathoning.

Historians of human achievement and behavior will look at Yiannis Kouros in awe and almost disbelief. The year of performances that he displayed in 1984 were far beyond anyone had ever seen in any era of any civilization. His 12 months of activity included: breaking the 6-Day record that had lasted 96 years in July, winning the famous Spartathlon race from Athens to Sparta in Greece (over 154 miles with undulating hills and mountains) in mid-October, coming back to break the 24-Hour at our race, less than a month later, and still, three weeks later going to Colac, Australia and breaking the six-day record again- by 362 yards! Sri Chinmoy's words resonated with us when we heard him speak to Yiannis as a harbinger of a new world of ultra-running. He certainly inspired runners all over the world to test their limits and discover their potential.

I was struck by the words of an American runner and national official who had watched Yiannis at our race.

Dan Brannen: (*In assessing Yiannis year of competitions and results*) "Surely the reason for his success lies beyond just training and nutrition, not any one following the sport is likely to find out. Like the Trinity, pi, and pyramid power, he is a classic mystery. And the best approach to take with a mystery is to stop trying to solve it and just believe."

Yiannis Kouros himself: “Always have faith in yourself and you will do better.”

Sri Chinmoy: “There are no limits to our capacity because we have the Infinite Divine within us”

Three world records for Yiannis Kouros: 100 miles-11:46:37; 200 km-15:11:48; 24-hours- 177 miles.
Kay Moore: women world best 40-44-100 miles- 17:44:59; 24-hr: 122 miles 1320 yards 23 people topped 100 miles.

Sri Chinmoy 24-Hour Road Race Nov. 7 - 8, 1984 Flushing Meadows Park Queens, New York

Place	Name	M/F	Age	Home town	50 mi	100 km	100 mile	200 km	Miles	Yards
1	Yiannis Kouros	M	28	Tripolis,GRE	5:27:45	6:54:43	11:46:37	15:11:48	177	0
2	Don Jewell	M	46	Islip,NY	6:47:54	8:40:42	14:58:33	19:45:39	145	1115
3	Luis Rios	M	36	Brooklyn,NY	7:09:43	9:11:02	16:18:00	21:17:25	135	718
4	Michael Fedak	M	33	NYC	7:40:03	9:48:13	16:47:51	21:39:50	135	718
5	Tom McGrath	M	34	NYC	7:06:43	9:10:38	16:16:03	21:43:33	130	0
6	Emile LaHarraque	M	38	NYC	7:38:38	10:02:20	17:05:58	23:35:20	127	88
7	Kay Moore	F	42	Denver,CO	8:02:31	10:22:03	17:44:59		122	1320
8	Simon LaPorte	M	33	Montreal,CAN	7:39:43	10:03:55	18:47:15		121	956
9	Martin Yecies	M	40	New Canaan,CT	8:18:28	10:35:56	18:28:56		120	1104
10	Roger Colahan	M	49	NYC	7:28:03	9:37:11	18:44:54		115	176
11	Robyn Hanscom	F	33	Minneapolis,MN	9:34:14	12:08:53	21:03:21		112	445
12	Wally Herman	M	58	Ottawa,CAN	9:59:17	12:39:24	21:19:48		111	1483
13	Tim Kourounis	M	46	Rosedale,NY	7:20:26	9:20:37	23:07:57		105	308
14	Dobby Moreno	M	52	Elmhurst,NY	8:24:20	10:58:30	22:13:43		105	258
15	Pippa Davis	F	37	W.Caldwell,NJ	8:53:57	11:19:34	20:29:36		105	11
16	John Lysinger	M	34	Brooklyn,NY	8:35:31	11:09:17	22:48:54		105	0
17	Jeffrey Spera	M	29	Lakewood,CO	8:11:52	10:32:14	23:06:50		103	161
18	Premananda Child	M	39	Greenwich,CT	8:38:40	11:23:15	23:03:29		102	0
19	Mike Patsis	M	34	Worcester,MA	8:13:18	10:53:08	23:40:20		101	3
20	Bob Nelson	M	37	Newton,NJ	7:54:14	10:33:28	23:33:18		101	0
21	Frank MacMillan	M	30	Fayetteville,NC	9:38:29	12:56:16	22:55:03		101	0
22	John Kenul	M	41	Brooklyn,NY	9:03:20	11:35:04	23:22:24		101	0
23	Michael Pearlman	M	39	Randallstown,MD	10:58:05	14:27:43	23:55:27		100	491
24	Clarence Richey	M	52	Milwaukee,WI	8:21:00	12:26:14			96	710
25	Vilsha Sedlak	F	36	Avon,CO	8:27:48	11:03:29			92	631
26	Pauk Gorka	M	53	Conshohocken,PA	9:52:12	13:11:28			91	0
27	Seetreon Robinsor	M	30	Bronx,NY	9:00:11	11:49:40			90	1739
28	Wilfredo Rios	M	68	QueensVillage,NY	10:19:00	14:05:14			90	0
29	Kathy Schubert	F	43	Chicago,IL	9:20:41	11:48:57			89	0
30	David Peabody	M	55	Greenwich,CT	10:29:55	14:19:26			88	509
31	Neil C. Henry	M	27	Westwood,NJ	9:00:42	12:06:28			85	0
32	Kripan Snell-Doyle	M	36	Arlington,MA	11:41:43	15:52:07			83	1086
33	Dennis Skoliotis	M	37	New Bedford,MA	7:32:45	10:45:29			83	0
34	Joe Michaels	M	43	Bayside,NY	11:57:45	15:41:42			81	85
35	Sarama Minoli	F	57	Jamaica,NY	12:50:17	17:11:00			80	718
36	H.L. Weinstein	M	45	NYC	9:22:42	12:40:15			80	11
37	Cahit Yeter	M	49	Bronx,NY	6:45:20	9:02:43			79	0
38	John Zanderzuck	M	46	Rockaway,NY	9:01:40	11:26:41			79	0
39	Chanakhya Jakovic	M	30	Jamaica,NY	9:58:31	13:02:02			78	51
40	Nat Cirulnick	M	54	Rosedale,NY	9:23:06	12:16:50			76	0
41	George Gardiner	M	42	Hope Valley,RI	7:15:41	9:48:07			75	0
42	Ralph Cardarelli	M	52	Watertown,MA	10:25:15	13:55:51			74	672
43	Ed Gutierrez	M	39	FreshMeadows,NY	8:40:31	12:12:45			70	0
44	Varayuvati Snell-D F	M	33	Arlington,MA	16:43:11	23:00:27			65	83
45	Jack T. Richardson	M	43	Arlington,MA	9:40:14	13:12:39			65	0
46	George Lattarulo	M	36	Cambridge,MA	11:44:07	23:39:17			63	415
47	Wes Kessenich	M	22	Gettysburg,PA	7:20:11	9:48:05			63	0
48	Phil Caron	M	60	Stockholm,NJ	11:41:03				56	0
49	Arthur Linden	M	38	Rego Park,NY	10:31:03				54	0
50	Steven Frankel	M	33	Flushing,NY	10:31:03				54	0
51	Bruce Oson	M	34	Chicago,IL	10:04:12				50	0
52	John R. Buck	M	34	Hartford,CT	23:53:23				50	0
53	Gary Cochrane	M	43	Brunswick,ME					49	0
54	Morteza Ghorob	M	54	Bayside,NY					48	0
55	Bill Gayton	M	44	Topsham,ME					43	0

1985: The 24-hour Fights Weather, City Officials, and Self-Doubt; Golden Greek Conquers All

The registered number of entrants had swelled to 76 runners as the date of the seventh running of the Sri Chinmoy 24-Hour Race approached- September 27-28, 1985. The Marathon Team had been kept busy all spring and summer with the Sri Chinmoy 70 Mile Race, but that race started and finished in one day inside of our first-ever multiday affair- the **Sri Chinmoy 1000 Mile Race**, held May 1-17, 1985. Three men actually finished the distance of 1000 miles on the one-mile loop on the same course the 24-Hour would travel upon. (editor: To this date the SCMT, under the guidance and inspiration of Sri Chinmoy for the last 40 years, has been able to sponsor 124 multidays in 31 years, something that no one ever thought was possible, or would ever happen. A multiday is any race beyond 24 hours.)

One of our main directors was in England running the London to Brighton race, a decades long fixture on the ultra scene. A week before our 24-hour, he called and assured me he would be back two days before race day to help with the set-up, registration and assume his position of main RD. We had a good set-up crew ready to begin construction of a counting tent, aid station and medical tent, since a race of this size was more than we had ever hosted. Two days before the start, I watched in consternation at a store on TV -that a hurricane was headed for the eastern seaboard, scheduled to arrive in New York on Friday, September 27th, race-day in Flushing Meadows.

Complications arrived in minutes as I ran home. The main RD called- his flight was cancelled. The City of New York was contemplating whether to shut everything down- subways, buses, bridges, tunnels for two whole days. Our small group of workers proceeded to the course to put up the tents, and the weather was calm and clear at that moment. Things were tied down extra firm, but we had no provisions for winds over 50 miles an hour. Runners were frantically calling to see if the run was still on. Calls were made to ask Sri Chinmoy for advice- would the race still be on. I noted numerous cancellations from concerned runners in the five-state area.

I could not blame the runners for cancelling while a F-2 hurricane(90-112 mph winds) headed for NYC. At 11:00 pm I went back to the race site to guard the constructed tents and survey the situation. Listening to the devastation and tidal surges in Virginia Beach and due south of Washington, DC, on the radio, it was clear that there was a call to be made, both by the City officials, the Parks Commissioner, and Sri Chinmoy himself. My feeling was, either way, if we had the race it might not be the best race, but it would definitely be interesting. And if it was cancelled, we would refund money to the athletes and try again later. I stayed overnight to monitor the situation and see if it got any worse. The heavier winds at night nearly flattened anything in sight, including our tents as the storm intensified.

I knew Sri Chinmoy would make the right call. We called Park officials and they were adamant that the City was closing everything down, due to threats of high winds and tidal surges. Some of our men went to the City officials with Guru's decision. We would have the race. Guru would take full responsibility for the event, and that the City, the Parks, and no public official would be responsible for anything. Guru told them that the runners would be safe, the storm will not harm them.

There was even a TV newsman that said that the City was closed down, all the parks were closed, all the events were cancelled for the weekend; 'except for this long race in Flushing Meadows. Guru Sri Chinmoy said, "God will protect the runners. " 'I sure hope so.'

An hour before the start the runners who had chosen to brave the storm and run, arrived. The winds had picked up to 30-40 mph gusts, knocking over our tents for counting, and flattening anything not tied down. We made decisions to have counters sit in dry cars near the start/finish area to count the laps. Tables were tied down with heavy construction blocks to be used for aid stations. The medical tent was moved to a large rented panel truck, with room for

two massage tables or beds and supplies. Food and aid for runners and helpers was given out of a van. Runners coming with their cars kept their vehicles parked close to the track, but away from trees. The runners gathered to the starting line, dressed in raincoats, consternation on some faces, but ready to accept the challenge. We made sure that anyone who felt threatened or in danger would get help or be brought home if necessary. A moment of silence ensued just before the start. The rain became steady, the runners move forward as the horn sounded at 8:06:34am.

The conditions presented a challenge, but any ultra-runner who has ever spent a full day running knows the distance covered in the journey is just as tough as any conditions that accompany it. Yiannis Kouros moved ahead of Steve Warshaher, 27, from Atlanta, GA, -a fine 100-mile runner, with a 6:22 first mile, followed by a 6:15, 6:18, 6:13. Then, Yiannis did 10 miles- 63:11; 20 miles- 2:07:43, 50 km- 3:20:35. Robert Emmons from Winooski, VT came up to the shoulder of Warshawer and ran with him for several miles. The wind picked up, reaching 50 mph to 60 mph, but due to trimming of the trees in the park on a regular basis, no large branches ever fell onto the course throughout the entire race. It almost seemed like the winds stayed above the tops of the trees. The supposed hurricane had become a much weaker tropical storm.

When Yiannis Kouros hit 50 miles in 5:38:43, he was about 11 minutes behind his pace from 1984. Most of the rain was swirling about, but the temperature was warm, in the 70° range for much of the first 10 to 12 hours. Kay Moore led the six women running the race. She was looking good and having no problems, other than being slowed like nearly everyone else.

Sri Chinmoy was calling us constantly for a few hours, and when the situation of wind and rain did not worsen, we knew things might be okay. Prognosticators had said the worse winds and tides would start at 12:00 pm, but we seemed to have escaped them by then.

Yiannis Kouros went past the 100 km split about 15 minutes behind his time from last year. It seemed like any record was out of the question. Steve Warshawer was 1 hour, 20 minutes behind at that point, holding second place. Robert Emmons was just about a lap behind in third. The rest of the field was just hanging on as the field was buffeted by the wind, but its strength was somehow manageable. At one point the rain stopped, and the sun peeked out of the clouds for a moment. Maybe it was the eye of the storm taking a look as it left the area. Giant clouds in the higher atmosphere were going by at incredible velocity. Soon darkness descended.

The only problem now was the streetlights along the park roads. I don't think that the parks people intentionally shut off the switches and circuits, but no rows of lights were on in any portion of the race course. So we arranged for several cars to use their headlights to mark the way. At the far turn one could glance at the other parts of the big, public park and see bright lamps shine through the damp haze everywhere. We had paid for use of the Park, always ahead of time, as well as the permit for the race, and cleaned the entire mile loop if necessary. We never saw a police car come by, or even a Parks Ranger. Yet, we were still grateful to be at the race, in the moment.

By the time he hit 100 miles, Yiannis Kouros was still 13 minutes behind the record pace at 11:59:31. Yiannis was still running 8:10 to 8:25 miles regularly, with just under half the race to go. He held his pace through 200km(15:24:24) and continued on to a realm only he could navigate in the dreary, dark night. Ticking off each mile from 8:20 to 8:35 pace seemed effortless. With the first specks of light from the hidden but rising horizon, the Greek runner had twenty miles to cover in just over three hours to tie his all-time best.

The energy level of the race was now growing a little as the last few hours remained. Shuffles turned into stride outs, limpers turned into joggers, runners discovered a new purpose.

The wind-swept park roads revealed the runners had survived the night. Only three or four went inside their cars to go home in the early hours. The rest stayed. Yiannis had triumphed by holding his pace. In the last hour he slowed, knowing that the effort in the shadows of night, among the thousands of twigs shed from trees, had brought him to the finish line, finally, with 178 miles completed. Ultimately, another record had been transcended by the great runner.

Kay Moore led the women again with a solid 104+ miles, eager to find a hot bath. The Queens masters record holder Willie Rios, at age 68, broke his own record by 11 miles, cresting 101 miles. In all, 14 runners made it past 100 miles in 24 hours. We had seen everything in the previous two days. It made it sweeter that the race had been run, that records were set in such hardship, and that extraordinary talent could surface and meet the challenge. Seeing Sri Chinmoy at the awards ceremony within the sun-filled park brought a sense that what we did was against logic, but in order to attack the lethargy that affects all humans when an easier choice is available, we chose the right action. No one was injured, no one was harmed, and the race gave joy to the world in some small way. Sri Chinmoy saw that the storm would not ravage its intensity on either Queens or New York City. The Parks administration did not penalize us in any way. There was a very clear respect between both officials and our humble group. I feel that they may have despised the athletes and officials decisions to stay the course, but the sense that Sri Chinmoy had his finger on the pulse of the moment was even more clear, moving forward. This was not a revelation to me, looking back on the situation after 30 years. Sri Chinmoy was right. His vision was correct. His belief in his students was unconditional. He deeply cared about the athletes. He concentrated on each runner, offering his gratitude with smiles and gestures. It was a learning moment for all of us then, and even now.

Sri Chinmoy 24- Hour Race September 27 - 28, 1985 Flushing Meadows Park, Queens, NY

PL	Name	50 miles	100km	100 miles	200km	Final mi/yds
1	Yiannis Kouros, 29 Tripolis GRE	5:38:43	7:10:12	11:59:31	15:24:24	178 miles WR
2	Steve Warshawer,27,Atlanta,GA	6:33:24	8:30:19	14:59:23	22:05:45	130 mi
3	Robert Emmons,26, Winooski,VT	6:30:38	8:41:21	14:34:17	18:50:40	125 mi
4	Frank Hoelzle, 43, Boulder,CO	7:50:43	10:02:02	18:08:39		119 mi 17yds
5	John Eric Strom,45,Portland,OR	9:08:03	11:50:59	21:36:41		113 mi 217yds
6	Seetreeon Robinson,31, Bronx, NY	7:52:08	10:19:19	20:27:25		110 mi
7	Aladar Bencsath,44,New York,NY	8:30:00	10:50:58	20:40:48		108 mi
8	Michel Careau,43, Hall,Que CAN	9:18:06	12:14:31	22:40:01		106 mi 377yds
9	Kay Moore,43, Denver,CO	8:50:04	11:35:03	22:48:29		104 mi 821yds
10	Roy Sadgrove,53,Edmonton CAN	8:13:59	10:16:29	19:12:44		104 mi
11	Robert Nelson,38, Newton, NJ	8:57:58	11:45:20	23:25:16		102 mi 294yds
12	Willie Rios,68, New York, NY	9:18:19	12:30:39	23:00:40		101 mi
13	John Kenul,41, Brooklyn,NY	9:43:10	12:09:22	23:13:23		101 mi
14	Cahit Yeter,50, Bronx, NY	8:03:21	10:02:42	19:38:50		100 mi
15	Douglas Lietzke,41,Oley PA	8:17:43	10:45:58	23:03:59		100 mi
16	Dennis Skallotis,38, New Bedford,MA	8:56:51	11:42:33			96 mi 23yds
17	Nathan Whiting,43, Brooklyn,NY	9:27:38	12:14:58			90 mi 134yds
18	Walter Stack,41, Lindenhurst,NY	9:55:47	13:13:30			90 mi 124yds
19	Ed Fishman,62, Honolulu, HI	11:31:03	14:51:22			87 mi
20	Sulochana Kallai,55, Jamaica,NY	11:23:30	15:26:22			84 mi 164yds
21	Phillipp Caron,61, Stockholm,NJ	11:12:04	16:40:32			83 mi
22	Bruce Osran,35, Chicago, Ill	11:38:11	15:50:21			81 mi 849yds
23	Tom Grace,36,Howard Beach,NY	10:24:47	14:09:57			81 mi
24	John Lysinger,35,Brooklyn,NY	8:20:52	11:10:26			81 mi
25	Sarama Minoli,58, Jamaica,NY	13:44:38	18:18:51			78 mi 1553yds
26	Ralph Cardarelli,53, Watertown,MA	12:39:02	17:39:53			78 mi
27	Tim Kourounis,41, Rosedale,NY	8:53:55	12:10:19			76 mi
28	Kirit Makita,25, Jamaica, NY	9:48:01	13:36:08			73 mi 249yds
29	Brian Head,38,N.Falmouth, MA	7:55:50	10:34:22			71 mi
30	Michael Pearlman,40, Randallstown,MD	9:26:37	11:56:55			70 mi
31	Hannelore Klandt,39,Bonn, GER	13:52:41	18:16:20			66 mi 893yds
32	Lillian Fishman,60, Honolulu,HI	16:41:51	21:49:04			66 mi
33	Joe Record,44, Perth AUS	8:47:06	13:29:05			65 mi
34	Louise Henry,34, Jamaica,NY	11:02:06	15:03:46			64 mi
35	Marty Post,33, Emmaus, PA	11:53:57				55 mi 55yds
36	JonathanSchiffman,,20,Fairlawn,NJ					43 mi
37	Michael Parsis,26, Worchester,MA					41 mi
38	Kripan Snell-Doyle,40,Arlington,MA					40 mi 72yds
39	Varayuvati Snell-Doyle,34, Arlington,MA					40 mi 72yds
40	Jerry Beam,31, Middletown,NY					30 mi

1986 Sri Chinmoy 24-Hour: Rios and Moore Shine

The eighth running of the Sri Chinmoy 24-Hour Race took place from April 25-26, 1986

at Flushing Meadows Park on the famous 1-mile loop near the Queens Zoo and the Hall of Science Building. 42 runners toed the line to test their abilities. The 24-Hour was the warm-up act for our second Sri Chinmoy 1000 Mile Race, which was scheduled from April 26- May 11. Local favorite Luis Rios would wage a duel with Long Island runner Don Jewell.

Don led everyone through 100 km- 8:50:01, and later, 100 miles- 15:26:44. The spring chill and length of the race seemed to catch up with the older Jewell. Luis Rios went past the 200 km mark in 21:04:32, the only runner to get that mark in the race. He cruised to the finish line with 138 miles, his second triumph in our one-day race history. Richard Gates from Salt lake City, Utah claimed second place with 122 miles. The unstoppable Kay Moore, recently moved to Mitchellville, Maryland, won her third straight women's title with 120 miles. Don Jewell was able to hold on for 120 miles for third male, just seconds behind Kay Moore. Eleven runners had moved past 100 miles. The biggest revelation, though, was the presence of 11 women in a field of 42.

The schedule change of the race from fall to spring did not have much affect on attendance when we assessed the event. In the country and the world there were many more opportunities to run a 24-hour race. We still had a large field for the event. The base of ultra-runners was gathering numbers everywhere, and many new races were being started around the USA, particularly trail events in mountains and more exotic locations. SCMT 24-hour races in Canada, England, Germany and Australia were now being recognized as national championship events in those countries. Our own focus in New York was being expanded to the multi-day platforms of 1000 miles, and its new, shorter companion, the Five Day Race. All our races remained on roads.

We saw the 24-Hour event as a perfect litmus test of runner recovery powers and abilities that could forebode or even predict multi-day running ability, in hindsight. Our 70-mile race was now combined with the 100-mile event and moved to October. That event attracted fast runners in both disciplines. The aforementioned Sri Chinmoy Five Day race was held in November in 1986, taking the SCMT through a schedule of yearly races, marathons and ultras for nearly eight to ten months of the year. It was exhausting to think about it, but Sri Chinmoy wanted us to continue. We as organizers had to double up on our commitment to the Marathon Team. The dedication needed to help at the races was a real blessing, though. It felt so rewarding to help these great athletes try to reach their goals, large or small. And most of all, Sri Chinmoy kept looking within and without, pushing our envelope with these races. Just as the athletes had to search for capacity, the help crews now had to do the same. The number of races and length of the events demanded it.

Sri Chinmoy 24-Hour Race April 25-26, 1986 Flushing Meadows Park, Queens, NY

PL	Name	Mileage	Comments
1	Luis Rios,38, Brooklyn, NY	138	
2	Richard Gates,37,Salt Lake City,UT	122	
3	Kay Moore,39,Mitchellville,MD	120	first woman
4	Don Jewell,48, E.Islip,NY	120	
5	Harry Smith,37, Mt. Joy,PA	119	
6	Jerry Beam,32,Middletown, NY	116	
7	Pippa Davis,39,Livingston,NJ	115	second woman
8	James Gawle,34, Webster,MA	105	
9	Martin Yecies,42, New Canaan,CT	104	
10	Izumi Yamamoto,44, New York,NY	102	third woman
11	John Kenul,42, Brooklyn,NY	100	
12	Jeff Spera,30, Middle Village,NY	99	
13	Kirit Makita,25, Tokyo,Japan	97	
14	Dennis Skaliotis,39, New Bedford,MA	97	
15	Michael Morrin,49, Glastonbury,CT	92	
16	Frank MacMillan,31,Fayetteville,NC	91	
17	Tom Grace,37,Richmond Hills,NY	90	
18	Christian Costa,47,Everett,MA	89	
19	Dennis Collins,31,Methuen,MA	88	
20	Chanakhya Jakovic,34,Jamaica,NY	87	
21	Tim Kourounis,48,Rosedale,NY	85	
22	Bob Wise,52,Atlanta,GA	84	1st 50+
23	Cahit Yeter,50, Bronx,NY	81	2nd 50+
24	Sarama Minoli,59, Jamaica,NY	79	1st 50+woman
25	Pragati Pascale,32,Jamaica,NY	77	fifth woman
26	Wes Emmons,58, Philadelphia,PA	71	
27	Harry Berkowitz,45, Piscataway,NJ	71	
28	Walter Vanninni,27, Stony Brook,NY	68	
29	Hannelore Klandt,46,Bonn GER	67	sixth woman
30	Sharon Bredlau,34, Syracuse,NY	62	seventh woman
31	John Strom,45, Portland, OR	62	
32	Jean Marc Miron,27,Verdun,Que CAN	60	
33	Christiane Avin,59,Brooklyn,NY	59	2nd 50+woman
34	George Lattarulo,37, Cambridge,MA	58	
35	Chameli Herdes,51,Jamaica,NY	56	3rd 50+woman
36	James Henry,Ashford, CT	55	
37	Dom Ierace,43,Ozone Park, NY	52	
38	Ralph Cardarelli,54,Watertown,MA	52	3rd 50+
39	Bill Johnson,40, Stafford Springs,CT	50	
40	Gerald Stage,50,Stafford Springs,CT	50	
41	Don Lookingbill,26,York,PA	41	
42	Malika Henry,34, Jamaica,NY	24	

1987: A Very Good Race, and Then, Another

The ninth edition of the Sri Chinmoy 24-Hour was held on May 2-3, 1987 on our venerable one-mile loop in Flushing Meadows Park near the giant Unisphere, the jewel of

iconic symbols from the 1964-65 World's Fair. A full compliment of 40 runners, including 10 women toed the line, adjacent the National Tennis Center, its facilities dwarfing parts of the large park as the fair weather projected happy runners and good times.

The heavy players in the race were dueling from the start. Cahit Yeter, 52, from the Bronx popped a 6:48:37 50-mile split to lead all. Don Jewell, 49, of East Islip, NY gave chase, with defending 24-hour champ Luis Rios a casual 40 minutes back of him. Diane Hawkins, 35, NYC, was the early leader through 50 miles in 8:01:54. Pippa Davis, 40, Westford, MA, the transplanted Englishwoman of 5-Day fame, pulled new American talent Suprabha Schechter, 31, Wash, DC along in the quest to stay close to the top.

Just past the 70-mile mark, Don Jewell was clearly the man of the race if he maintained form throughout the night. Don touched the line for 100 miles in 15:49:25, and cruised on to 130 miles. Luis Rios held for second place with 121 miles, holding off a charging Fred Riemer, the mountain specialist who reached 118 miles. In the women's competition, Pippa Davis hung tough, claiming first position with 115 miles, 421 yards. Suprabha Schechter reached 111 miles, 632 yards for second. Diane Hawkins held the third podium position with 103 miles.

In all, 20 runners went past 100 miles. The event served as the warm-up for our 18-day trio of multiday races- the Sri Chinmoy 1300 Mile Race (with 1000 mile and 700 mile distances) that followed the 24-hour.

Sri Chinmoy 24-Hour Race May 2-3, 1987 Flushing Meadows Park

PL	Name	50 mile	100 mile	24 hour	Comments
1	Don Jewell,49, E.Islip,NY	7:00:53	15:49:25	130 miles	
2	Luis Rios,39, Brooklyn,NY	7:47:27	18:47:21	121mi	
3	Fred Riemer,39,Salt Lake City,UT	9:20:25	20:19:14	118mi	
4	Pippa Davis,40,Westford,MA	8:12:23	20:09:39	115mi	421yds First woman
5	Tom Grace,38, Ozone Park,NY	8:39:14	20:56:24	113mi	1183yds
6	Suprabha Schechter,31,Washington	9:00:45	20:59:11	111mi	632yds Second woman
7	Cahit Yeter,52,Bronx,NY	6:48:37	21:05:19	110mi	1st 50+
8	Vipratva Harding,35,Ottawa,Ont C.	9:13:03	22:41:41	107mi	239yds
9	Al Prawda,40,Brooklyn,NY	9:19:50	20:02:55	106mi	
10	Roman Dzierlatka,30,New Britain,C	9:15:07	22:36:46	105mi	692yds
11	John Kenul,43,Brooklyn,NY	8:56:58	19:39:39	104mi	
12	Kirit Makita,27,Jamaica,NY	8:36:47	22:59:07	103mi	668yds
13	Jerry Grabel,41,Brooklyn,NY	9:38:52	23:00:38	103mi	
14	Diane Hawkins,35,New York,NY	8:01:54	23:18:25	103mi	Third woman
15	Jeff Spera,33, Middle Village,NY	8:56:10	23:35:58	102mi	1300yds
16	Bob Falk,44,New York,NY	9:20:52	23:06:29	102mi	1293yds
17	Pete Coffin,41,Salt Lake City,UT	10:08:09	23:36:20	101mi	1350yds
18	Saurjya Clark,48,Jamaica,NY	9:32:05	23:52:00	100mi	668yds
19	Michael Fitzgerald,38,Albany,NY	8:47:41	21:21:35	100mi	
20	Jeffrey Washburn,37,BeverlyFarm:	8:27:32	22:16:27	100mi	
21	Kay Moore,44, Tampa,FL	11:26:03		99mi	1061yds
22	Izumi Yamamoto,45,New York,NY	9:27:44		97mi	
23	Michael Morrin,50,Glastonbury,CT	9:54:00		96mi	132yds 2nd 50+
24	Pragati Pascale,33,Jamaica,NY	10:09:04		92mi	401yds
25	Jerry Beam,33, Middletown,NY	8:15:48		86mi	
26	Timothy Decker,18,Poughkeepsie,I	11:09:56		86mi	
27	Dennis Collins,32,Methuen,MA	11:30:36		84mi	
28	Henry Litwinski,46,Jamaica,NY	9:58:47		83mi	1077yds
29	Satyajit Saha,37,Jamaica,NY	10:07:59		83mi	
30	Hiranmoyi Elliot,36,Ottawa,Ont CA	10:24:43		82mi	1406yds
31	Robert Nelson,39,Sparta,NJ	8:45:32		77mi	
32	Paul Simoni,47,Wethersfield,CT	10:00:56		75mi	30yds
33	Harry Berkowitz,46,Piscataway,NJ	10:14:57		69mi	
34	Jean-Marc Miron,28,Verdun,Que C	9:11:22		69mi	
35	Nirjhari DeLong,36,Jamaica,NY	10:45:07		68mi	587yds
36	Chanakhya Jakovic,33,Jamaica,NY	10:36:40		67mi	
37	Thomas Freeman,38,E.Hartford,CT	9:20:49		53mi	
38	John Zanderzuk,48,Simi Valley,CA	10:13:27		53mi	
39	Mallika Henry,35,Jamaica,NY	10:48:04		52mi	
40	Diksha Arturi,32,Jamaica,NY	15:53:47		51mi	

It was not until after the award ceremony of the third Sri Chinmoy Five-Day Race on November 12, 1987 that we heard about another 24-hour race happening soon- in Flushing Meadows. Sri Chinmoy wanted the race helpers and organizers to either run the 24-hour or come and watch, and let other people organize it from within our group. This was such a kind gesture after a full 12 months of events throughout the calendar year. Not, surprisingly, some of the 24-hour racers from earlier in the year came to run again, and or 'help the helpers' as some of us stood at the line, on December 12, for the 10th running of the 24-Hour. Forty people ran the race.

Sri Chinmoy 24 Hour Race Dec 12, 1987

Place	F	Place	HP	Place	F	Name	Age	Cty/Ctry	Miles
1		1				Vimochan Beauvais	36	Paris, France	131
2		2				John Kenul	44	Brooklyn, NY	120
3		3				Luis Rios	39	Brooklyn, NY	116
4	F			1		Hildegard Schmidhuber	44	Munich, Germany	110
5		4				Henry Litwinski	47	Brooklyn, NY	110
6		5				Kirit Mallika	26	Jamaica, NY	108
7	F			2		Antana Locs	29	Montreal, Canada	97
8	F			3		Nirjahri DeLong	37	Jamaica, NY	95
9		6				Roger Decroix	44	Paris, France	92
10		7				Sahishnu Szczesiul	39	Jamaica, NY	91
11	F			4		Praphulla Nocker	25	Zurich, Switz	91
11	F			4		Pipasa Glass	25	San Francisco, Ca	91
13						Yves Pol		France	88
14	F			5		Kathy Brisson	35	Jamaica, NY	85
15	F			6		Atala Toy	46	Jamaica, NY	84
16	F			7		Ellen Rosenblum	53	Jamaica, NY	81
17						Peter Fountain		Seattle, Wa	81
18						Nick Palazzo			80
19						Venu Riggio		San Francisco, Ca	76
20						Cahit Yeter		Bronx, NY	75
21	F					Wendy Dorn		Toronto, Canada	74
22	F					Mary Anne Trusz		Montreal, Canada	73
23						Gilles Hamelin		Montreal, Canada	71
24						Gunther Hunerth		Heidelberg, Germ	70
25	F					Bigelita Eggers		Los Angeles, Ca	68
26	F					Diksha Arturi		Jamaica, NY	66
27	F					Dhanvanti Beaudoin		Ottawa, Canada	63
28	F					Sarama Minoli	60	Jamaica, NY	63
29						Charles Steele		Jamaica, NY	60
30						Bansidhar Meideros		Jamaica, NY	60
31						Nakula Lacroix		Quebec, Canada	59
32	F					Chameli Herdes		Jamaica, NY	57
33	F					Mallika Henry		Jamaica, NY	57
34	F					Pascale Cordebar		Geneva, Switzrlnd	56
35						Mitch Stein		Stamford, Ct	50
36						Saurjya Clark		Jamaica, NY	48
37	F					Julie Baron		San Francisco, Ca	47
38						Sukhdev Lacroix		Quebec, Canada	45
39	F					Sutapa Adelman		Montreal, Canada	44
40						Ken Littlefield		Norwalk, Ct	35
41	F					Janet Burns		Ottawa, Canada	33
42						Kodanda Nathan		San Francisco, Ca	29
43	F					Pragati Pascale		Jamaica, NY	27
44	F					Vasanti Niemz		Heidelberg, Germ	26

Sri Chinmoy's spontaneity in creating another race was very appealing, at least to his

students. He did not want people to dry out on the vine in our spiritual life. Rather, by exploring and challenging ourselves, no matter where we stood in the compendium of runner/ helper perspectives, the truth was clear. Both athlete and helper must transcend their previous notions of limits, boundaries, and capabilities. The spiritual life, he said, was a continuous exploration. Especially with the summer success of the 1988 Sri Chinmoy World Championship 1000 Mile Race and Ultra Trio, and the success of the other multiday races, there was amazing energy and attention drawn to these races. We had to keep up the pace. The one- day event still had a purpose.

1988: The Eleventh Sri Chinmoy 24-Hour

Each race is unique, but the 24-hour appeals to many local runners as well as specialists. The race on September 24-25, 1988 had a field of 35 runners start the day with hopes and goals for themselves. Local fixture and former national record holder Cahit Yeter started out with a methodical 50 mile split of 7:03:27. Cahit had run every one of our 24-hour adventures, including the spontaneous ones. He held firm through 100 km (8:57:53), and was over one hour ahead of the other favorite- Don Jewell of Long Island. Cahit stopped just after 80 miles, and Don assumed the lead with a 100-mile split of 17:18:03. Mr. J was pursued by SCMT -member Arpan DeAngelo, of Jamaica, NY who was only 17 minutes back. Ultra author and pioneer runner Ed Dodd held third position, content to stay up all night. Luis Rios and local product Tom Grace were just behind Ed, keeping him amused with jokes and quips as they traded positions on the course. A family feeling was present amongst runners and helpers.

With barely two hours left the pace of Don Jewell could not be overcome. Don stayed at the finish line as the horn sounded, completing 133 miles for the win. Arpan DeAngelo ran a personal best 130 miles 1311 yards for second. Ed Dodd took third with 121 miles, two miles ahead of Tom Grace (119) who held off Luis Rios by three miles. Pragati Pascale won the women's race with 91 miles.

Sri Chinmoy 24-Hour Race September 24 - 25, 1988 Flushing Meadows Park, Queens, NY

PL	Name	50 miles	100 km	100 miles	200 km	24 hours
1	Don Jewell, 50, E. Islip, NY	7:47:09	9:55:18	17:18:03	22:22:10	133 miles
2	Arpan DeAngelo, 36, Jamaica, NY	7:41:18	9:55:18	17:35:49	22:58:46	130mi 1311yds
3	Ed Dodd, 42, Haddonfield, NJ	8:32:13	10:50:40	18:48:29		121mi
4	Tom Grace, 39, Ozone Park, NY	8:46:05	11:25:26	20:21:39		119mi
5	Luis Rios, 40, Brooklyn, NY	8:00:21	10:24:42	19:27:01		116mi
6	John Kenul, 44, Brooklyn, NY	9:55:52	12:28:29	21:11:09		110mi
7	Martin Yecies, 44, Waynesboro, VA	9:29:10	12:17:05	22:35:14		106mi 871yds
8	Al Prawda, 41, Brooklyn, NY	9:25:50	12:12:05	20:44:26		105mi
9	Paul Ballner, 32, New York, NY	8:59:18	12:05:55	22:27:47		101mi
10	Henry Litwinski, 48, Brooklyn, NY	8:49:26	11:08:19	23:22:36		101mi
11	Willie Rios, 71, Bellerose, NY	9:35:31	12:58:49	23:48:00		100mi
12	Padamrita Bradshaw, 40, Jamaica, NY	10:19:20	14:01:15			92mi
13	Dictino Mendez, 61, Jackson Heights	10:12:22	13:54:11			92mi
14	Jeff Washburn, 38, Beverly Farms, MA	10:22:50	12:57:24			92mi
15	Pragati Pascale, 34, Jamaica, NY	11:19:20	15:05:14			91mi 632yds
16	Stanley Paccione, 41, Astoria, NY	8:48:38	11:34:59			90mi
17	Harvey Poppel, 50, Woodcliff Lake, NJ	9:55:44	13:09:16			90mi
18	Michael Morrin, 51, Glastonbury, CT	10:52:52	14:22:44			88mi
19	Frank Hoeltzle, 46, Golden, CO	8:06:28	10:32:12			85mi
20	Dick Good, 58, Greenbelt, MD	10:13:13	14:19:47			82mi
21	Michael Fedak, 37, New York, NY	8:14:14	10:23:20			82mi
22	Cahit Yeter, 53, Bronx, NY	7:03:27	8:57:53			81mi
23	Fred Comolli, 38, Elmhurst, NY	11:36:58	15:17:42			78mi
24	Robert Nelson, 45, Franklin, NJ	11:11:25	20:36:03			75mi
25	Keith Nicol, 39, West Orange, NJ	9:39:44	12:24:40			74mi
26	Trishul Cherns, 31, S. Ozone Park, NY	10:31:57	14:10:35			73mi
27	Bhikshuni Weisbrot, 35, Jamaica	13:32:20	19:23:04			70mi
28	Bruno Fioretti, 47, Little Neck, NY	10:45:12				58mi
29	Geraldine Wales, 44, Ardsley, PA	14:02:55				55mi
30	Harry Berkowitz, 48, Piscataway, NJ	10:13:13				53mi
31	George Landberg, 52, Brooklyn, NY	10:24:55				50mi
32	Luis Rosas, 35, New York, NY					45mi
33	John Strom, Jr, 48, Glendale, NY					41mi
34	Bob Falk, 45, New York, NY					40mi
35	Chanakhya Jakovic, 34, Jamaica, NY					26mi

A few months after the 1988 running schedule ended, we heard of a bid available for a national championship of 24-hours. Our organization possessed the necessary qualifications to host such a race, and considering the success of the 1000 Mile IAU Championship the previous May and June, the Sri Chinmoy Marathon Team was awarded the 1989 TAC USA national 24-Hour Championship. A warm up to that event would be the USA 100-Mile National Championship, which we also acquired for 1989, which turned out to be an amazing race. The

winner in that event set a national record that, in hindsight lasted nearly 25 years. We hoped the 24-Hour a few months later would be as successful and as interesting. We had no idea what was in store!

1989: The 12th Sri Chinmoy 24-hour Race- An Historical Result, A Lasting Moment

With the fantastic results of the 1000-mile race of the year before, and the amazing competition of the 100 Mile Championship just five months earlier, expectations were high for the US championship 24-Hour. The event was held on September 16-17, 1989 at Flushing Meadows Park, with runners from 17 states primed to test their abilities for a full day. We had organized runner accommodations and elite housing for the top participants, as well as coordinated traditional national championship protocols with USA TAC officials, some who came for the start and others for the finale and awards ceremony.

The field included some of the best 100 mile and 24-hour athletes of that time, many who held course and national records for various distances, as well trail champions coming back to the road for a race. Scott DeMaree ,38, from Colorado Springs, CO, was one of the fastest men in the field, having won both trail and track races. He won an indoor 24-hour race with 140 miles, the most ever undercover. Tom Possert, 26, Brownsville, Indiana was the winner of the Alaska Challenge (over 140 miles) earlier in the year, as well as a 13:44 100-mile racer, finishing third overall in the national championship. Ray Krolewicz, 33, Pontiac, South Carolina, had run 100 miles in early 1988 in 13:58, and even amassed 514 miles in the Sri Chinmoy 700 Mile race in 1987. Floridian Sue Ellen Trapp, 43, was in the field as an age-group record holder for 100 km, 100 miles and 24-hours. Don Jewell, two-time winner of our 24-hour race, with a best of 145 miles, was ready at the line.

Perhaps the most decorated runner was Ann Trason, the lithe, fast, scientist and lab technician, sub-2:40 marathoner turned Ultra Queen. Ann had set course records at American River (50 miles), Western States (100 miles) and had won a world-class 100km race in world record time (7:30:49). She was coming to her first national championship 24-hour event not only as a favorite for the ladies title, but as a player in the overall competition. She held the fastest time for 100 miles by a lady- 14:29:01.

When the horn sounded to start the race, the 47 athletes moved forward at 8:00am under the watchful gaze of other athletes, helpers, and of course, the ‘runner-legend’ Ted Corbitt, and our own Sri Chinmoy, who had offered a most important moment of silent meditation. A pack of six runners took it out fast, led by Ray Krolewicz’ burst, but the most obvious front-runner was Ann Trason. The early morning chill gave way to late morning warmth, much like a typical California day.

Cloudy skies gave way to a rain shower just after Ann Trason went through the 50-mile split (6:19:35). The closest challenger to the lead was Don Fries, 42, from Doylestown,PA (6:37:43) and Ray K (6:39:48). The other two favorites Scott DeMaree and Tom Possert were 15 minutes back, eager to see if the speed of Trason was a ‘crash and burn’ effort. Ann held her form through 100 km (7:57:05), a full 40 minutes ahead of Fries, and an hour ahead Ray K. By this time DeMaree and Possert pulled ahead of Krolewicz, and set their sights on the overall leader. Ann Trason stopped briefly after 75 miles, changing clothes and searching for energy to maintain speed towards the 100-mile mark looming ahead. She was on record pace then, with a shot at sub-14:00 if her pace stayed firm. With intense determination and the inspired help from her boyfriend-soon to be husband Carl, she crested the 100-mile mark in a new absolute women’s world best of 13:55:02, the first female to go under the 14-hour barrier. She also set a women’s

world best for 12-hours- 88 miles.

After a break Ann Trason continued on to the 200km mark (19:22:05), which was another world best. Here the weather turned sour- for the next three hours heavy thundershowers and deluges flooded the course in places and chilled her and the other runners for nearly three hours. She had intestinal issues, had dry heaves, and showed dehydration symptoms. After wrestling with her own discomforts she continued on, hoping to hold off the furious attempts by Scott DeMaree and Tom Possert to catch her. Sue Ellen Trapp had caught fire the last several hours of the race, moving from 10th overall up to fourth, after having set an age-group 40-44 best of 16:04:21 for 100 miles.

The last two or three hours were dry and rain free, and as is typical in a 24-hour, everyone still standing picked it up and ran faster. The energy of the remaining runners probably helped Ann Trason. She was focused on getting to the line for the most miles, and no one could stop her.

When the horn sounded and the athletes slumped beyond the finish line, in their own tracks of toil and tears, the unthinkable had taken place. Ann Trason, the premier female ultra-runner, had won the Sri Chinmoy/ USA TAC National Championship 24-Hour with 143 miles 139 meters, setting new American women's marks for 24-hours, new world women's marks for 100 miles, 200 km, and 12 hours, and besting one of the fastest and strongest fields of male runners in the history of 24 hour races. Scott DeMaree outsprinted Tom Possert by 710 meters in the final seconds, as both men went past 139 miles. Sue Ellen Trapp cruised to fourth place with 136 miles 1385 meters to claim a new masters record. In all, 20 runners crested 100 miles in a tough competition with much pressure and attention throughout the running community, not to mention the heavy rains at times.

It was our last foray into hosting national championships in New York. Yet the ultra world, not only in the USA but Europe, Canada, and Australia was showing the world in general that athletes were not only discovering new potential, but showing us that racing for a day or more was now becoming a viable sport, with great athletes from both genders. Ann Trason limped to the award ceremony. She had won everyone's heart.

Sri Chinmoy 24-Hour Race September 16-17, 1989 *The USA/TAC 24-Hour National Championship
Flushing Meadows Corona Park, Flushing, Queens, New York one-mile loop, certified

PL	Name	50 mile	100km	100 miles	24 Hours	comments
1	Ann Trason, 29, Oakland, CA	6:19:35	7:57:05	13:55:02	143mi 139 m	Overall Champion, 24-WNR, 100mi-WWR
2	Scott DeMaree, 38, Colorado Springs, CO	6:52:59	8:55:10	15:26:45	139mi 710m	1st male open
3	Tom Possert, 26, Brownsville, Indiana	6:59:59	8:55:10	15:39:27	139mi	2nd male open
4	Sue Ellen Trapp, 43, Lehigh, FL	7:34:29	9:29:31	16:04:21	136mi 1385m	1st W40-44
5	Steven Schiller, 32, New Britain, CT	7:42:07	9:44:14	16:38:20	134mi	3rd male open
6	Don Jewell, 51, East Islip, NY	7:20:31	9:27:10	17:09:33	127mi 552m	1st M50-54
7	John Kenul, 45, Brooklyn, NY	9:03:42	11:30:20	19:34:00	121mi 145m	1st M40-44
8	William Deane, 41, Winston-Salem, NC	7:45:33	9:52:41	20:15:30	118mi 555m	2nd M40-44
9	Al Prawda, 42, Brooklyn, NY	8:36:25	10:48:38	18:35:12	118mi	3rd M40-44
10	Neil Weygandt, 42, Pilgrim Gardens, PA	6:58:59	8:49:06	15:59:40	114mi	
11	Janet Johnson, 49, Medford, NJ	8:10:56	10:38:12	20:10:31	112mi 267m	1st W45-49
12	Clive Johnson, 52, Medford, NJ	8:10:56	10:38:12	20:10:31	112mi 267m	2nd M50-54
13	Charlie Eidel, 42, Gardiner, NY	8:33:16	10:54:26	21:50:12	110mi	
14	Nathan Whiting, 43, Brooklyn, NY	8:18:26	10:54:26	21:01:59	107mi	
15	Luis Rios, 41, Brooklyn, NY	8:08:15	10:21:07	21:52:36	105mi	
16	Don Aycock, 37, Greensboro, NC	9:52:42	12:23:28	23:02:51	104mi 139m	
17	Ray Krolewicz, 33, Pontiac, SC	6:39:48	8:58:49	23:29:34	102mi 759m	
18	Raymond Kellogg, 46, West Babylon, NY	9:35:33	12:51:28	23:46:40	101mi	
19	Martin Yecies, 45, Waynesboro, VA	8:57:03	11:50:14	23:41:07	100mi 589m	1st M45-49
20	Harry Berkowitz, 49, Piscataway, NJ	9:59:54	12:50:14	23:48:14	100mi	2nd M45-49
21	Dictino Mendez, 62, Bayside, NY	10:05:41	13:18:43	99mi 1510m	1st M60-64	
22	Willie Rios, 72, Bellerose, NY	9:24:51	13:16:27	96mi	1st M70-74	
23	Ivan Farkas, 46, Staten Island, NY	8:38:52	11:00:48	96mi	3rd M45-49	
24	Edward Finnegan, 32, West Haven, CT	8:22:08	10:54:26	95mi		
25	Don Fries, 42, Doylestown, PA	6:37:43	8:37:19	95mi		
26	Jim Barnes, 51, Birmingham, AL	10:40:01	13:50:50	94mi 118m	3rd M50-54	
27	Arpan DeAngelo, 37, Jamaica, NY	6:52:45	8:44:00	92mi		
28	Jeff Spera, 34, Middle Village, NY	8:05:06	10:31:21	90mi		
29	Seetreeon Robinson, 35, Bronx, NY	8:15:54	10:44:11	86mi 1513m		
30	Geraldine Wales, 45, Ardsley, PA	12:12:48		81mi 1118m	2nd W45-49	
31	Frank MacMillan, 35, Silver Spring, MD	10:03:25		81mi		
32	Richard Hearn, 59, Kinnelon, NJ	12:11:59		80mi	1st M55-59	
33	Anthony Teski, 23, Vincetown, NJ	9:00:00	12:44:55	76mi 820m		
34	Michael Broadwell, 62, East Islip, NY	13:59:01		72mi	2nd M60-64	
35	Bill Peck, 50, Eldred, NY	10:44:20	13:58:31	71mi		
36	Larry Davidson, 42, Suffolk, NY	9:20:15		70mi		
37	Chanakhya Jakovic, 35, Jamaica, NY	11:23:47		67mi		
38	Bruno Fioretti, 48, Little Neck, NY	13:55:47		66mi 327m		
39	Roman Dzierlatka, 33, New Britain, CT	11:23:10		61mi		
40	Michael Fedak, 38, New York, NY	8:00:55		56mi		
41	George Landberg, 53, Brooklyn, NY	10:51:43		55mi		
42	Nagi Gabriel, 50, Astoria, NY	10:31:25		53mi		
43	Yona Shaked, 38, Astoria, NY	10:41:25		53mi		
44	John Filak, 35, Jersey City, NJ	9:54:09		50mi		
45	John Pati, 36, Ozone Park, NY			35mi		
46	Mary Anne Trusz, 34, Montreal, CAN			30mi		
47	Lenis Tucker, 51, Liverpool, NY			27mi		

1990: Over a Decade of 24-Hour Races and Still Going Strong

Forty-two runners toed the line on September 15-16, 1990 for the 13th running of the Sri Chinmoy 24-Hour Race. The event celebrated a decade of memories and great performances for the one-day contest of speed, stamina, and intestinal fortitude. Two-time winner Luis Rios, podium finisher Tom Possert from 1989, Brian Purcell, Western States course record-holder were in the mix, along with perennial fast starter Ray Krolewicz, Bob Nelson, from Franklin, NY- a really good 24-hour competitor, and even Dan Brannen, a USA TAC official, course measurer and certified ultra-runner seeking the magic of a full day of movement.

Brian Purcell blasted out a 6:33:55 50-mile split, literally 40 minutes ahead of the few pursuers. He even crested 100 km in 8:15:20. He then walked a few laps, went back to his hotel, and was not seen again.

Tom Possert led Dan Brannen through the 50-mile split by 23 seconds (7:11:27), and later the 100 km mark (9:14:57), content to gain easy miles while the sun shined. There was no pressure on the rest of the leaders. Ed Finnegan from Connecticut followed Dan in pursuit of Tom, with Bob Nelson, Luis Rios and the Johnsons- Clive and Janet- locked in.

Janet led the new women's world record holder for 1000 miles- Suprabha Schechter from Washington, DC- by a half-hour at the 50-mile split, and later by 80 minutes at the 100 km mark. Suprabha had broken the world women's record the previous year by a mere 20 minutes in the 1000 mile portion of the Ultra Trio, as well as finishing second overall and first women in the first and second Sri Chinmoy Seven Day Races in 1988 and 1989. She repeated her Seven Day triumph again just four months earlier than the 24-hour this year, and seemed strong enough to be a factor in this race.

Dan Brannen showed the most strength of all the runners heading, through the 100 mile split in 16:08:19. No one was within two hours of Dan as he cruised to a first place victory of 130 miles. Robert Nelson held on for second with 121 miles 667 meters. Ed Finnegan climbed to within a mile of Robert with a personal best of 120 miles 863 meters. Janet Johnson held off Suprabha Schechter with 113 miles 998 meters. Suprabha reached 109 miles 667 meters, her own personal best. Ruth Greher slipped past 100 miles to finish third woman.

In all, 19 people made 100 or more miles, with numerous personal bests along the way. It was still inspiring to see so many shining faces in the one-day race. The camaraderie was great, and friendships were renewed with every new edition of the event. One perk went to the men and women champions- both winners were given free, all-expenses paid trips to our sister race of 24-hours in Basel, Switzerland in the following year. That race had earned designations as national and European championship for a few years, and was worth the trip. At one point the IAU President Malcolm Campbell called the race in Switzerland the best-organized 24-hour event in the world. And he even heaped praise on our Five Day in New York as the best-organized multi-day event he had ever seen or been a runner, in a long running career.

One development that would affect the SCMT moving forward had subtle and impending complications. We read in local newspapers that the CBS Television Corporation had invested a large sum of money for the reconstruction of the National Tennis Center and adjoining parklands and roads. When we applied for permits for our many short races and medium to very long ultra-marathons for the calendar year, nothing we had asked for was ratified or given. We had to negotiate at length to obtain even the smallest permits. The parks administrators eventually asked us to move to the Meadow Lake, southern side of Flushing Meadows Park for our ultras and other shorter events starting in June of 1991. We had until June to find new, runnable courses, and make the move to the other side of the Park.

Sri Chinmoy 24-Hour Race September 15-16, 1990 Flushing Meadows Corona Park

PL	Name	50 mile:	100km	100mi	24 hour
1	Dan Brannen, 37, MorrisTwp, NJ	7:11:50	9:20:28	16:08:19	130 miles
2	Robert Nelson, 43, Franklin, NY	8:27:27	10:58:42	19:11:13	121mi 667m
3	Ed Finnegan, 33, West Haven, CT	7:41:42	10:07:23	18:44:24	120mi 863m
4	Bruce Boyd, 52, Weston, CT	8:29:47	11:45:18	19:35:11	117mi 667
5	Clive Johnson, 53, Medford, NJ	8:41:15	11:12:28	21:31:59	113mi 998m
6	Janet Johnson, 50, Medford, NJ	8:41:13	11:12:28	21:31:59	113mi 998m
7	Luis Rios, 42, Brooklyn, NY	8:40:16	11:11:47	20:18:42	112mi 667m
8	Suprabha Schechter, 34, Washington, I	9:09:58	12:38:42	21:41:45	109mi 667m
9	Al Prawda, 43, Brooklyn, NY	9:21:00	12:23:39	21:17:13	109mi 74m
10	Martin Yecies, 46, New Canaan, CT	9:23:20	12:13:41	21:32:25	109mi 74m
11	Ray Krolewicz, 34, Pontiac, SC	7:46:22	10:33:11	22:48:56	107mi 1010m
12	Joe Winch, 34, Manchester, CT	8:20:30	10:33:29	23:08:02	103mi 667m
13	Tom Possert, 27, Cincinnati, OH	7:11:27	9:14:57	23:22:58	102mi 697m
14	John Pati, 37, Ozone Park, NY	9:24:38	11:59:19	22:12:59	102mi 74m
15	John Kenul, 46, Brooklyn, NY	9:32:00	12:51:18	23:42:01	101mi 74m
16	Bill Koppenheffer, 37, Willow Grove, I	9:05:40	11:50:12	20:24:19	101mi
17	Bill Peck, 51, Eldred, NY	9:49:45	12:40:21	23:51:17	100mi 667m
18	Ruth Greher, 48, New York, NY	9:09:37	12:15:17	23:40:33	100mi 179m
19	Mike Wagoner, 37, Hopkinton, MA	9:49:58	12:58:07	23:42:25	100mi
20	Willie Rios, 73, Bellerose, NY	10:31:52	13:07:59		90mi
21	Izumi Yamamoto, 48, New York, NY	12:02:00			89mi
22	Kirit Makita, 28, Jamaica, NY	8:59:20			86mi 294m
23	Michael Morrin, 54, Glastonbury, CT	11:21:27			86mi
24	Rick Herzog, 35, Monticello, NY	10:21:09			84mi 1313m
25	Marty Sachs, 25, Cinnaminson, NJ	10:22:15	17:15:34		75mi
26	Tom McGrath, 39, New York, NY	10:47:47			75mi
27	Anthony Teski, 24, Vincentown, NJ	10:59:00			74mi 667m
28	Michael Broadwell, 65, East Islip, NY	13:59:10	20:00:32		73mi 667m
29	Geraldine Wales, 46, Ardsley, PA	15:55:06			72mi 697m
30	Debra Moore, 37, Cincinnati, OH	9:32:04			70mi 697m
31	Steve Schiller, 33, New Britain, CT	10:07:54			70mi 676m
32	John McFadden, 31, Barnegate, NJ	7:51:48	10:59:37		70mi
33	Brian Purcell, 34, Sebastopol, CA	6:33:55	8:15:20		64mi
34	Enrique Loutsch, 57, New York, NY	14:22:30			64mi
35	Frank MacMillan, 36, Silver Springs, N	10:40:00			61mi
36	Ross Waltzer, 68, Tulsa, OK	9:25:38			60mi
37	Brian Cavanagh, 34, Montauk Valley,	22:38:50			54mi 447m
38	Nagi Gabriel, 51, Astoria, NY	19:43:00			54mi
39	Dick Good, 60, MD	11:40:35			53mi
40	Tom Grace, 41, Ozone Park, NY	18:28:50			50mi
41	Harry Berkowitz, 50, Piscataway, NJ	10:21:41			50mi
42	Dan O'Flaherty, 39, Newark, NJ				

The next to last scheduled ultra on the venerable 1-mile loop near the national Tennis Center was in May of 1991- our Fourth Annual Seven Day Race. We also encountered personnel changes in that tumultuous year. The head RD left our group, and Sri Chinmoy announced at the awards ceremony on Mothers Day, May 13, 1991, that Rupantar LaRusso would take over the head director role. The 70 Mile in June of 1991 happened, but that was the end of an era. The Ultra Trio needed a new area for its staging of the longest ultra. An unprecedented field of 61 international athletes was entered in the Trio of races-1300 miles, 1000 miles, and 700 miles. What better event would test the new course than the 1991 Sri Chinmoy 24-Hour Race? We just weren't sure about the course.

1991: A Difficult Course in a Difficult Situation

Thirty-three runners started the race on September 14-15, 1991 in Flushing Meadows Park, on a new course with a camber in the road on some straightaways, several tight turns, and a traverse under nine overhead bridges and overpasses of traffic from a spider-like cloverleaf of traffic intersecting three main causeways and several exit roads. The Long Island Expressway, Grand Central Parkway, Van Wyck Expressway and connector roads all loomed over head or alongside the loop as the runners stretched out in ones and twos, uncertain of the noise, and bewildered by the din at rush hour or at night when people were headed home.

Roger Welch, 49, from Marshfield, MA was first through 50 miles in 7:05:07, almost a full lap ahead of Bill Menard, 40, Venice, FL and Gregor Knauer, 37, from Jamaica, NY. The gaps widened as Roger upped his lead to nearly 40 minutes at 100 km (8:63:42). Two-time winner Luis Rios emerged after the 100 km split to put the hammer down, but Roger Welch only accelerated more, cresting 100 miles in a quick 14:57:09. After a short break he moved along. At 100 miles Luis Rios was an hour behind Bill Menard, but his all-night ramble paid dividends as he moved into second place and stayed there until the final horn.

At race end, Roger Welch ran a personal best of 138 miles 836 yards. Second went to Luis Rios with 121 miles, third to Bill Menard with 118 miles. Janet Johnson won her second straight 24-Hour with 108 miles. Ruth Greher from NYC claimed second place for the ladies with 100 miles 608 yards. Willie Rios, the age-74 marvel, racked up 88 miles. In all, 13 runners eclipsed 100 miles. This would be our last 24-hour race at Flushing Meadows Park, unbeknownst to us. The Ultra Trio would deal with this unrelenting course for almost three weeks more than what the athletes in the 24-hour race had to deal with. We hoped for the best, and tried to meet the challenge. Just as in the 24-Hour, the athletes would rule the day (or weeks!).

Sri Chinmoy 24-Hour Race September 14-15, 1991 Flushing Meadows Corona Park

PL	Name	50 miles	100km	100 miles	24 hours
1	Roger Welch,49, Marshfield,MA	7:05:07	8:53:42	14:57:09	138mi 836yds
2	Luis Rios,43,Brooklyn,NY	7:53:49	10:14:53	18:45:08	121mi
3	Bill Menard,40,Venice,FL	7:14:40	9:30:07	17:46:23	118mi
4	Gregor Knauer,37,Jamaica,NY	7:33:50	9:54:05	20:43:52	113mi
5	Jeff Tincher,34, Bowling Green,IN	8:12:40	10:33:03	18:48:29	111mi 1457yds
6	Carl Stelman,60,Red Hook,NJ	9:33:43	12:23:34	21:12:57	109mi 1139yds
7	Clive Johnson,54,Medford,NJ	8:31:55	11:15:26	21:38:42	108mi
8	Janet Johnson,51,Medford,NJ	8:31:55	11:15:26	21:38:42	108mi
9	Steven Silver,43,Syracuse,NY	7:48:22	10:09:59	18:33:30	105mi 1457yds
10	Ed Finnegan,34,West Haven,CT	7:31:29	9:55:07	21:23:00	101mi
11	Ruth Greher,49,New York,NY	9:26:11	12:21:31	23:50:26	100mi 608yds
12	John Kenul,49,Brooklyn,NY	10:07:24	12:50:55	20:43:52	100mi 1747yds
13	Joe Waldon,32, West Point,NY	9:40:44	12:39:42	23:51:00	100mi
14	Joe Wills,35,Baton Rouge,LA	8:09:30	10:39:41		94mi
15	Willie Rios,74,Nellerose,NY	11:13:41	14:50:50		88mi
16	Mac Rand,37,Bedford,NY	9:31:20	12:50:45		86mi
17	Kaaren Schilke-Cherns,34,S. Oz Pk,NY	9:54:35	12:47:33		80mi
18	Barry Lewis,32,Philadelphia,PA	7:51:39	10:42:37		79mi
19	Robert Nelson,44,Franklin,NJ	12:24:53	17:13:26		78mi
20	Srotaswini Klandt,52,Jamaica,NY	14:26:24			76mi
21	Michael Morrin,55,Glastonbury,CT	12:42:16	19:17:47		73mi
22	Michael Broadwell,66,Eat Islip,NY	15:02:26	21:14:03		72mi 1671yds
23	Ivan Farkus,48,Staten Island,NY	15:14:30	21:28:17		69mi
24	Noel Relyea,45,Newark,DE	7:37:25	9:42:11		63mi
25	Tim Kourounis,55,Rosedale,NY	11:34:39	51:40:00		63mi
26	Michael Wagoner,37,Hopkinton,MA	9:34:40	12:53:05		62mi 1457yds
27	Enrique Loutsch,58,New York,NY	12:37:21	16:35:57		62mi 250yds
28	Raymond Mullick,41,Parsippany,NJ	11:57:47			57mi
29	Lain Coryell,28,Andover,MA				46mi
30	Bruno Fioretti,50,Little Neck,NY				41mi
31	Dennis Trott,38,Brooklyn,NY				40mi
32	Louis Rosas,37,Flushing,NY				37mi
33	Nat Cirulnick,61,Rosedale,NY				9mi

1992: The 24-Hour That Did Not Happen

The Sri Chinmoy Seven Day in the first few days of May in 1992 was our last event in Flushing Meadows Park. So many races happened there, so many memories were forged. We now had to look for a venue for the 24-Hour and Ultra Trio, and as luck would have it, a Parks employee and friend of the SCMT told us about a rarely used Park setting opposite Astoria in Queens, and in full view of the borough of Manhattan. A former Potters Field, it was called Wards Island Park. It eventually became our marathon and ultra-marathon home for nearly a decade. The Ultra Trio (1300,1000,700 miles) happened, the 24-Hour did not. The change in

venue and lack of lead -time did not allow athletes to plan for the race or juggle their own schedules. We decided to give it one more try the next year.

1993: Wards Island Park: Small Field- This Could Be the Last Time

Ronnie Wong, who had finished first in the 1990 Sri Chinmoy 1300 Mile race, won the 1993 Sri Chinmoy 24-Hour Race with 120 miles at Wards Island Park, NY. Luis Rios finishes second with 111 miles. Twelve runners toed the starting line in the smallest field for a SCMT 24-Hour since 1980.

Sri Chinmoy 24-Hour Race September 18-19, 1993 Wards Island Park, New York, NY				
Name	50 mile	100km	100 mile	24 Hour
Ronnie Wong, 47, Baltimore, MD	7:41:24	9:57:06	17:56:43	120 miles
Luis Rios, 45, Brooklyn, NY	8:34:38	10:59:52	20:45:10	111 mi
Timothy Decker, 25, Hastings-on-Hudson, NY	9:56:09	13:17:58		92 mi
John Kenul, 49, Brooklyn, NY	10:35:44	13:48:00		82 mi
Pragati Pascale, 31, Jamaica, NY	12:51:45	17:41:19		78 mi
Tim Kourounis, 58, Rosedale, NY	12:23:52	16:57:11		69 mi
Anthony Teski, 27, Vincentown, NJ	11:50:01	17:24:07		64 mi
Enrique Loutsch, 60, New York, NY	14:43:22			62 mi
Roman Dzierlatka, 37, New Britain, CT	22:09:50			56 mi
Geraldine Wales, 49, Ardsley, PA	23:51:22			50 mi
Roger Welch, 51, Marshfield, MA	7:14:28			50 mi
Bill Lahart, 35, Darien, CT				36 mi

The 1993 Sri Chinmoy 24-Hour Race was the last one-day event that the New York SCMT would ever put on. The multiday events were getting more runners, and the available options for average to good runners, both locally and nationally, were growing larger by the day. Trail races were now the dominant events in the USA, and attendance at road ultras was definitely on the decline.

With the decline of numbers of runners at both our 100 mile and 24-hour events, Sri Chinmoy suggested that the two multi-days on our race calendar, as well as monthly marathons, and weekly two mile races, was more than enough to occupy our time and energy. Indeed, the 24-Hour to this day still thrives, nationally and worldwide. And our own Marathon Team members and friends in other countries still sponsor championships in Canada, England, Australia and New Zealand, not to mention thriving ultra races in Slovakia, Germany, Switzerland, Russia and even Mongolia, just to mention a few. The birth of our ultra-marathon offerings in 1980 was the first step in a progression that Sri Chinmoy envisioned for the Marathon Team. The fact that the races continued to flourish, and even became longer and more time consuming was part of the growth process he felt necessary for not only the running world, but for our group of volunteer helpers and officials, who bore witness to a sport continually in flux but longing for inspiration.

I hope this compendium offers some clarity of Sri Chinmoy's unique perspective on running, and his hope for athletes all over the world to look within themselves for new capacity, and new dreams for their physical and spiritual goals in life. We often talk about the races- the feeling of self-offering, both from athlete and helper- which can be unmatched when the focus, enthusiasm and determination are present. Just as the athlete experiences ups and downs on the

way to the goal, our offerings to the running world are surely giving runners an opportunity to apply themselves in a most fruitful endeavor if they have the audacity to try.
Good luck to all runners, young and old.

Sahishnu Szczesiul