**Asprihanal Aalto Breaks The Record For Worlds Longest Race**

Ashprihanal Aalto the Finnish multiday ultra runner stepped into the record books today as he completed the Self-Transcendence 3,100 mile race, the world’s longest certified footrace for the 13th time.

Aalto, who has been setting new records either at National, European or World level at most distances beyond 1,000 miles as the race has progressed, broke the long standing record for the event, held by the German ultra runner Madhupran Wolfgang Schwerk set in 2006 of 41 days + 08:16:29 by just over 23 hours with a new time of 40 days +09:08:??

Called 'The Mount Everest of ultramarathons' by The New York Times, this is the longest certified footrace in the world. Athletes are able to test themselves in a format unlike any other ultra-marathon event. They must average 59.6 miles per day- for 52 straight days - in order to reach 3100 miles. The surface is concrete sidewalks around a playground, ball fields, and the confines of a vocational high school, and all in a city neighbourhood setting. They must run these miles in an 18-hour daily format. The course is certified accurate by USATF.

Finland’s superstar ultrarunner averaged over 76 miles a day to break the 9 year old record that many thought would never be broken. His nearest challenger, Galya Balatskyy has averaged just over 72 miles a day for a performance that should see him finish on Sunday

William Sichel, who last year became the first British runner to complete the race within the 52 day time limit commented

"I think the enormity of the performance is difficult to comprehend, even for someone who has been involved with multiday running for 9 years and has actually completed the 3100 last year. Ashprihanal's performance is immense and is right up there in the hierarchy of ultra running achievements."

Having won the event eight times Aalto has said this will be his last race, crowning a career that is beyond the imagination of most runners.

**About The Self-Transcendence 3100 Mile Race**
Hosted by the Sri Chinmoy Marathon Team. the 3100 mile race represents a cornerstone of Sri Chinmoy's philosophy - the expression of self-transcendence - going beyond personal limits and reaching new levels of inner and outer perfection. Whether it is in the athletic world or any endeavour, for someone to transcend his previous achievements is inner progress and an expression of a new determination, which can only bring us closer to our destined goal - real satisfaction. This race is an opportunity like no other.

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 Visit the race website to get daily updates: <http://3100.srichinmoyraces.org>
Read more about Sri Chinmoy at [www.srichinmoy.org/](http://www.srichinmoy.org/)