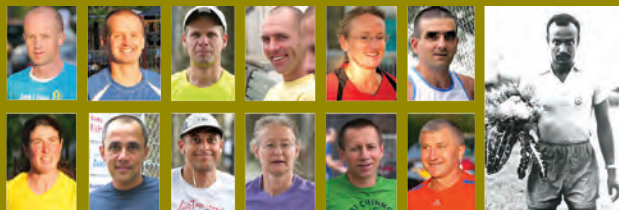


A view of the 17th Annual

Self-Transcendence 3,100 Mile Race



Dream the Impossible

By Utpal

<http://perfectionjourney.org>

20 June 2013 (A.M.)

This is a shortened version of the article, please visit the website for the full version

"It is a dream of all my life and all my incarnations." 49 year old Yuri Trostenyuk may be the most experienced and well-prepared first-time runner that the

Self-Transcendence 3,100 Mile Race has ever seen. Having participated nine times in the Self-Transcendence Six and Ten Day Races in the spring — he is considered a regular top-contender. He has won the Ten Day Race four times.

I ask Yuri if his experience in those races prepared him to run the 3,100 Mile Race. "It helped me not just physically to run those races but also it shaped and strengthened me from within." Vera has kindly offered to help me this morning with translation, as Yuri speaks very little English.

Yuri's home is in Vinnitsa in the Ukraine, a place that curiously seems to produce an extraordinary number of top quality multi-day runners. Yet it is also a place far, far from New York City — in probably more ways than simply the 5,000 miles distance. You can easily imagine it to be a place in which dreams such as spending your summer in New York and running the race of your life

would remain just that — a luminous, yet impossible, wish. A dream that was simply too expensive and complicated to bring forth into reality.

One can never be too old to pursue one's dreams but one might think that it might have been better for Yuri to have come a few years earlier, rather than to arrive at the starting line at age 49. Yet the world of the Self-Transcendence Race is not bound or defined by such limitations.

Yuri said (with Vera translating), "I prayed and meditated for many years for this dream. It needed to be like a flower which needed love, care, and water. This dream needs my attention in order for it to blossom."

A runner, of course, has to have adequate training and experience to come here but the most important thing is the inner preparation and spiritual maturity. Qualities that Yuri has shown in abundance from the moment he stepped forward on Sunday morning at 6 a.m.

Day 5

Rollin' Along

By Sahishnu, 20 June 2013 (evening)
www.3100.ws/blog

The fifth day of our yearly saga on multiple day running was highlighted by the re-emergence of Finnish star Ashprihanal Aalto, who led all-comers with 71.89 miles. He climbed from ninth to fourth in the standings with one day of good running, punctuated by clear skies and a breeze every now and then. Atmavir Spacil climbed into first overall with a 67.5 miles. He is currently averaging 71.34 miles per day. Surasa Mairer continues to lead the women with a 64.4 mile per day average. Ten of the 12 marauders went past sixty miles today. All of the runners have an average of at least 60+ miles per day. However, this is a small sample size — one of the tests of this epic event is that it is so long. One cannot look ahead beyond the present daily task. But in all tests, the cream always rises to the top. We shall see who is the wisest, the fittest, and the strongest.



Regular as clockwork; the runners do their final preparations at their stations moments before the starting time on Day 5



Chetana joins Stota and Daulot, who are visiting from Seattle, in a spontaneous song



Yuri with his bright, childlike smile

Yuri tells me that he prays and recites mantras most of the day, always trying to remain deep in his heart. It is apparent as his smile seems to blossom with every mile.

When asked if he is frightened at all by what lies ahead of him in this Race, Yuri says, "My best friends are joy and oneness, but not fear. Fear is not a good friend for me."

This morning Daulot and Stota are briefly visiting New York. They will be hosting a 7-hour Race in Seattle on September 22. Of the 3,100 Mile Race, Daulot says, "There is nothing else like it. It is really special. How can you explain something like this until you come and spend a few hours, or a few days? It is joy."

Just across the street from where Yuri and the other 3,100 mile runners are taking upon this monumental challenge lies the Jamaica High school track. On the night of August 27th, 1978, a grand new era of distance running for the students

"These bodies are the same as other people." Yesterday Arthur Jaffe and Carine came to the Race for many hours to perform healing adjustments to the runners. "But they have taken on an extreme challenge. The interesting thing, in my experience, is that people can take on super human things either when they really set their mind to it, or they are just called upon by circumstance to make it happen and they do."

"Then they get through things that seem super human. This borders, to me, on incredible. But I have seen so many incredible things in my lifetime. There is much more than what we see and hear. That belief can create other realities."

He calls his work "spiral techniques". It is a combination of several disciplines. Arthur says, "I started body work when I was 7, working on my dad."

The runners clearly seem to be enjoying and are very grateful for his and Carine's service today. "I try to make them feel much better and more released as they go for so many days. Last year we came two or three times. So I guess I am enjoying being here."



Arthur Jaffe working on one of the runners. Carine, who has studied Arthur's "Spiral Techniques" also treat the runners.



Sri Chinmoy in the final miles of the 47-Mile Race. He is shown here exiting the gates of Jamaica High School track

Photo by Brashwar

time, an unbelievable task. What Sri Chinmoy clearly saw in the sport of distance running was something bold, dynamic and, at the same time, transcendent. At that time Sri Chinmoy said, "This is my best birthday gift. Watching each of you transcend your own outer limitations has given me tremendous joy. When you transcend any aspect of yourself, your spiritual qualities grow and expand. Now you see what is true for all human beings. We are all truly unlimited if we only dare to try and have faith."

The following August, the 48 year old Sri Chinmoy ran the 47-mile race himself in a time of 12:41:48. Not content to inspire his students with words alone he ran the race again the following year at age 49 transcending his previous time by more than an hour in a time of 11:27:24.

*It is absolutely necessary
To dream
The impossible.*

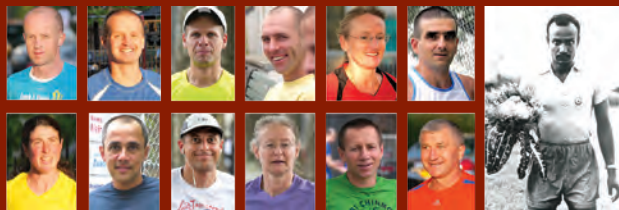
— Sri Chinmoy, excerpt from
"Seventy-Seven Thousand Service-Trees,
Part 28" (Agni Press, 2002)

of Sri Chinmoy began. It was the spiritual master's 47th birthday and he decided to offer a challenge to them like most had never seen before.

At midnight that evening, 58 runners took part in what seemed, at the

A view of the 17th Annual

Self-Transcendence 3,100 Mile Race



Transformation For Me

By Utpal

<http://perfectionjourney.org>

21 June 2013 (A.M.)

This is a shortened version of the article, please visit the website for the full version

In 2005, "I was the youngest to attempt and complete the race." When Sopan first came here to run the Self-Transcendence 3,100 Mile Race, he was only 24 years old. I ask him what he remembers about himself at that time so many years and miles ago. With a laugh, Sopan says, "After my first race I changed so much. My first race was such a huge transformation for me." So I ask what he has become over these past eight years? His simple answer, "I hope better."

The news that someone has become a better person simply is not that interesting to traditional media... but perform some terrible act and a throng of journalists will be at your door in an instant.

I sometimes watch people reading newspapers and see them getting visibly more miserable as they consume one ugly story after the next. You can get the impression by reading the news that nothing beautiful or inspiring is happening anywhere in this world of ours — which is really not true, of course. The soulful, beautiful things are simply harder to find and perhaps just a little more difficult to tell as well.

However, from comments posted on the Race blog and otherwise communicated from around the world it is clear that there are many people who do see and feel that something soulful and significant is happening here.



A long shadow is cast on this first day of summer

It is equally clear that this 3,100 Mile Race does not just exist and affect only those on this one half-mile strip of concrete in New York. In many ways it also exists in the thoughts and feelings of all those who can identify with the great journey that is continually taking place here throughout the long, hot summer ahead. At its finest moments, the Race can connect and inspire the hearts of all those who are reaching forward towards their own self-transcendence.

Sopan has run 113 laps every day for the past four days and says, "So far so good." When a runner here runs that

Day 6

Longest Day— Where Did The Time Go?

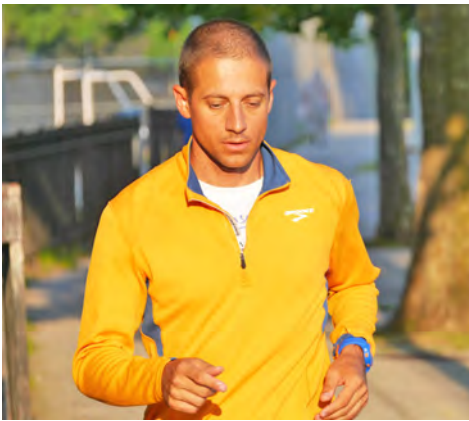
By Sahishnu, 21 June 2013 (evening)
www.3100.ws/blog

As a prelude to the first day of summer in the northern hemisphere, the field of twelve raced off into sunny skies and slight breezes, eventually reaching the famous six-day split that so intrigues the ultra world. Atmavir Spacil continued his hold on first place with a fine 70.24 mile day. Vasu Duzhiy remained second overall with a 69.7 mile jaunt; and race favorite Ashprihanal Aalto continued his climb with a day-leading 71.34 mile burst that put him into third place. In all, eleven of twelve reached 60+ miles, and the entire field is averaging at least 60+ miles per day. The totals at end of Day 6:

Atmavir Spacil	426.9	Pranjal Milovnik	382.5
Vasu Duzhiy	423.67	Sopan Tsekov	380.8
Ashprihanal Aalto	399.5	Baladev Saraz	377.5
Yuri Trostenyuk	398.9	Nidhruvi Zimmerman	373.7
Sarvagata Ukrainskyi	388.5	Ananda-Lahari Zuscin	370.9
Surasa Mairer	384.7	Sarah Barnett	360.0

consistently it is certainly an indication that they are doing well by the numbers. More importantly, however, is what you see in their faces and in the sound of their footsteps. Sopan has looked solid and clear from the very start last Sunday.

Last year, Sopan's participation in this Race ended after completing 1,000 miles when he had to pull out because of an injury. In the time since then he says he has had to work on fixing some injuries he had. "I am still not sure if it is fixed yet. We will see in a couple of weeks."



Sopan

Sopan says that running this Race has made him a more positive person. "Of course, there are always challenges." He adds, "Running this race makes you more simple. You don't think too much about things." It is important to read a little more into this sentence than what may be apparent. For Sopan, as for many of the other runners here, finding stillness in their minds is crucial for their success. To not dwell on their problems, large or small, and instead try and feel more oneness with their hearts. To be, as Sopan says, "happier."

I question whether he couldn't simply find stillness and happiness back in his home in Bulgaria. He laughs at this and says, "This is not how it works. How it works, to quote Sri Chinmoy, you are only happy when you constantly transcend yourself, inwardly and outwardly." Sopan adds, "I also feel the same way."

*Do not avoid
But transform
The things that need
Transformation.*

— Sri Chinmoy, excerpt from
"Twenty-Seven Thousand Aspiration-
Plants, Part 77" (Agni Press, 1984)

I ask if it is difficult for him to come back here after last year's injury and disappointment of not finishing the Race. Sopan says, "It took me months to really make up my mind. It is a big commitment." Then he says he realized, "that you can always *not* come back. You can always do that — that is the easiest. But you can not always *do* it. To feel the motivation and feel that you can put



Atmavir carrying the daily prayer written by Sri Chinmoy. Baladev is behind him.



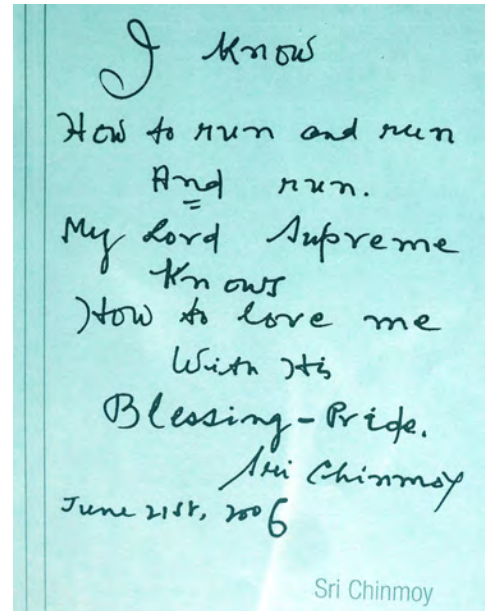
Sarah, adapting to the experience

yourself through the challenge."

I suggest that he seems to be enjoying himself since the very start. "That is an interesting thing. You know when you struggle you don't feel very often that you enjoy it so much. You just struggle to make it through. But, yes, I have been enjoying it a little bit lately." He laughs at this, then adds, "but of course I am expecting the big challenges yet to come."

Sarah entered into the race with an existing foot injury and I ask her how is doing after completing 300 miles. "It is pretty good. I tape it each morning. It seems to be quite good — up and down, but it is bearable. The first day was really, really bad but after that it has started to adapt to the running a bit. It's not like the first day when I thought, 'Oh my God, what have I done entering this race?' So I am very grateful that it is bearable."

Sarah gives a laugh and says, "I am just now getting to realize what is involved with this race. For me, a Ten Day Race is a perfect distance — this feels like it must be the hardest race in the world." Still laughing she emphasizes, "It is just *really* tough."



On this day in 2006, Sri Chinmoy first started his daily routine of offering a prayer for each day of the race. Sri Chinmoy continued to write prayers each day the race was held right through 2007.

Every day runners receive a photocopy of Sri Chinmoy's handwritten prayer that was written on that day (in 2006 or 2007) and you will quite often see them carrying it them in the mornings.

Since she cannot run at her usual pace she has been running each day right until the midnight cut-off in order to reach the average daily minimum mileage. Sarah says this means by the time she can get to sleep it is already 1 or 1:30 a.m. and says the lack of sleep is a challenge she hadn't taken into account. Sarah laughs again and says, "I think the hardest thing for me is getting to the track each day."

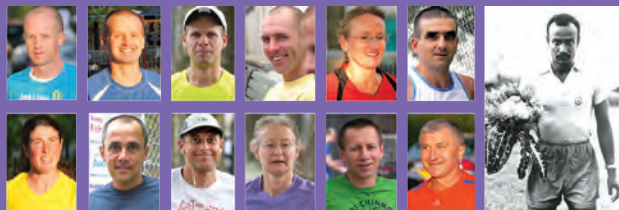
She already has discovered that having a "helper" would have been a better solution to some of the difficulties she is having organizing herself. And although this is something Sarah would definitely take into consideration if she runs again — for now, she says, "This time I will just have the experience" with the goal of keeping "as cheerful as possible."

*There is no difference between
human transformation
and divine Perfection.*

— Sri Chinmoy, excerpt from
"Colour Kingdom" (Agni Press, 1974)

A view of the 17th Annual

Self-Transcendence 3,100 Mile Race



Small Victories

By Utpal

<http://perfectionjourney.org>

22 June 2013 (A.M.)

This is a shortened version of the article, please visit the website for the full version

"Sometimes when people see us running maybe it looks to them that it is just easy running. We are going slowly, no problem. But it is not like this. Every lap is a fight. And when you complete each lap it is a very small victory and each day when you finish it is also a victory." When 37-year old Baladev Saraz started his 7th day of running the Self-Transcendence 3,100 Mile Race, he had thus far accumulated 688 of these small victories — or laps — of the Course. Not many, perhaps, when you consider he will still have to complete another 5,000 of the victory-laps in the 45 days he still has left here.

As someone who gets to observe the Race each day, I have the luxury of pausing and examining the runners from countless vantage points all around the Course. Every day I try to find a slightly different location along the loop to uncover a fresh perspective and to, hopefully, reveal something new and inspiring. The extraordinary thing is, I hear something new and amazing every day.

There are, of course, twelve stories to be told and though all are unique, what Baladev said this morning is most likely true for each of the brave runners here. Each lap is a victory. By now there are perhaps 50 or 60 individuals who have contributed some small act of service for the Race — including the continually rotating cast who sit behind a stack of clipboards with sharp pencils and keep track of those laps. Others spend long hours making food, cleaning

up, giving medical assistance and otherwise help in the almost endless ways that make the great rollercoaster of life here keep rolling.

Yet, no matter how much one helps and serves or even sings, claps or cheers along the way, we cannot ever really know how precious each of those solitary laps really are. How their slow and steady accumulation brings a runner just a fraction closer to their goal, which is still thousands of miles away.

*Every small moment of victory
In pleasing God
Is of paramount importance
In our life.*

— Sri Chinmoy, excerpt from
"Seventy-Seven Thousand Service-Trees,
Part 26" (Agni Press, 2002)



Every single day someone has to count over 1,300 precious laps. Counting is one of many important jobs at the race and the Race Directors are constantly on the search for help to fill the shifts throughout the day.

Day 7

Ride the Wave

By Sahishnu, 22 June 2013 (evening)
www.3100.ws/blog

Ashprihanal Aalto rode the mileage wave one more time as he topped the field with a 73.5 mile day. Atmavir Spacil still leads the race overall by 24 miles as he again posted a 70+ mile foray, his sixth in seven days. The pleasant mornings and cool evenings are allowing the runners a shot at maximum mileage while they are still searching for their highest fitness. In all, 11 of 12 reached 60+ miles. Even first-timer Sarah Barnett from Australia put pedal to metal and went past sixty miles. The first hot weather test comes Monday and Tuesday with highs in the 90's.



Baladev

Baladev is running the Race for the fifth time and says this morning, "I feel good." In his four earlier races, he completed the full distance — once taking 54 days and 14 hours. Baladev describes that the first time he witnessed the Race something deep and profound took place inside him. He came to help out for about a week and then flew back home to Slovakia. On the plane he could feel himself weeping at the profundity of what he saw.

The distance has not been an easy task for this natural athlete. Baladev seems to have excelled at every sport he attempted and yet multi-day running is that unique sport that, for the most part, seems best suited for the tiny and small, not the strong and gifted. One obstacle he discovered only last year was that he has a dietary intolerance for wheat-gluten, sugar, and dairy. "Last year during the Race I started the new diet." Something he says that he has continued since then. "It is perfect for me not having sugar, because even from my childhood I was eating too much sugar every day."

"Every day is very hard [for the runners], but every hour is a blessing for us — but it is not easy", Baladev says. "I love this Race" he continues, saying he feels that "I must be here every year. When my body is healthy I have no worries. This is the best part of my life. I think not only for me, but also other runners who come back are happy here."



Sarah runs past Ava who is getting acquainted with Roxy



Nidhruvi and Surasa



Ananda-Lahari



Sarvagata and Vasu, with Yuri behind them (in red)

I tell Ananda-Lahari that I have just heard a poem that Baladev has written dedicated to him. He says with a gentle laugh, "it is beyond all words." What impressed Baladev, just as it has impressed others, is simply how consistent and strong Ananda-Lahari looks this year. Less than six weeks ago, Ananda-Lahari ran the Self-Transcendence Ten Day Race and came in 2nd Place with 662 miles. Of that effort, he says, "I can still feel it."

Ananda-Lahari adds, "I think this Race is different. I think you can recover and get stronger during the Race. I am doing about 60 miles a day, which is the mileage you need to finish the Race within 52 days. Hopefully, I am having the training now for the later part of the

I run the world's
Longest Race
To dine with God's
Boundless Grace.
Sri Chinmoy
June 22nd,
2006

Sri Chinmoy prayer for this day (handwritten in 2006)

Race, because one month from now we will still be here running around."

In the past, Ananda-Lahari has expressed how he loves to run fast, but his body is still adjusting to the schedule and scope of the Race. "So now it is kind of like struggling. Sometimes when I see the people running around [near the Course] — they come for the Two-Mile Race or they just come by — I see they are running properly. I think, why don't I run in this way? Why am I crawling? This is not normal what I am doing, they are [running] normal. So I believe I will get to the point when I am running properly."

Ananda-Lahari says, "I don't know if I remember [the quote about the runners] well, but I think it was in 2005 when Sri Chinmoy said, they are suffering so much, but their souls are dancing and dancing." He confirms, "On one hand it is a lot of pain — and it is really hard to enjoy pain — but on the other hand, you know, I am happy. Definitely, I am happy."

*The body's victory
Is often
The soul's tremendous loss.*

*The soul's victory
Is always
The body's amazing progress.*

— Sri Chinmoy, excerpt from "The Wings Of Light, Part 17" (Agni Press, 1974)

A view of the

17th Annual



Self-Transcendence 3,100 Mile Race

Writing a Book

By Utpal

<http://perfectionjourney.org>

23 June 2013 (A.M.)

This is a shortened version of the article, please visit the website for the full version

This is Atmavir's seventh consecutive entrance into the Self-Transcendence 3,100 Mile Race, he tells me, "When I came the first time, I had expectations. I didn't know what this was all about. Since then each year that I have come is like creating another book — or adding more pages in this book. In my case, it is a process which is continuing. Once I start I want to finish — to read the book until the very end."

In 2007, when Atmavir first came to the 3,100 Mile Race he may have thought the "book", or experience, he was about to embark upon would reach some clear

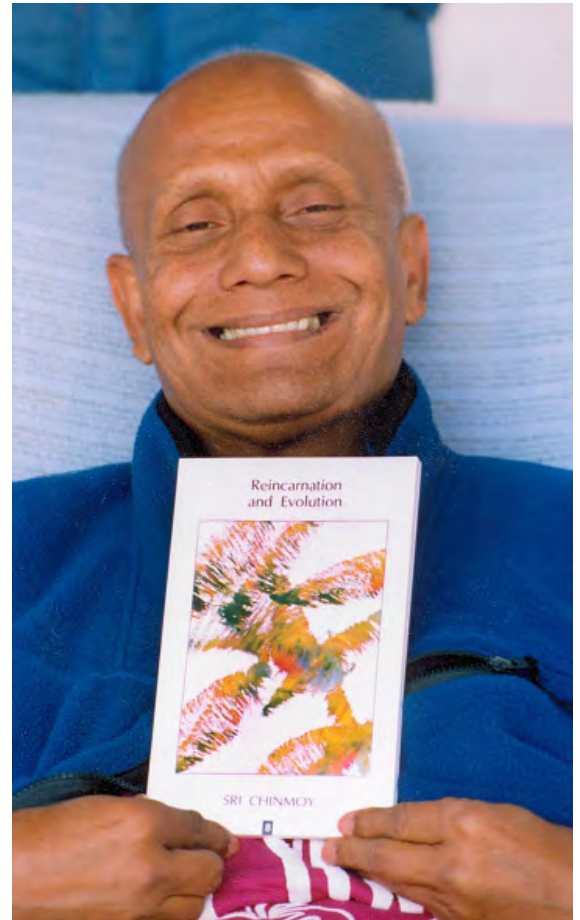
and logical conclusion within a year or two. Perhaps after which he would start something new and different in his life. But his story, like that of quite a few others here, seems very far from reaching its ultimate destination in this Self-Transcendence Race.

On this eighth day of this year's Race, Atmavir, 35, has completed more miles so far than anyone else. Within an hour of starting this morning, he will pass 500 miles. He moves easily and with a light, efficient stride.

With each new lap Atmavir always looks comfortable and well within himself. He appears as though he has yet to explore the outer limits, of both his physical and spiritual capacity. So it is not hard to imagine that the 18,000-plus miles that he has already run here could possibly be just the beginning of a great voluminous encyclopedia of experience and illumination. That, quite possibly, he is well on his way to creating an epic saga that could even match the feat of the great runner Suprabha Beckjord — who ran this Race 13 times.

*God wants me to write
A very simple and soulful book
So that every day
He can read and appreciate it
And inspire and teach me to write
A better and simpler book.*

— Sri Chinmoy, excerpt from
"Twenty-Seven Thousand Aspiration-
Plants, Part 27" (Agni Press, 1984)



Sri Chinmoy enjoyed self-transcendence in many fields: music, painting, poetry, sports and others. Here he is shown with one of the over 1,600 books he has written.

There are times when we spectators of this Race can get lost in the endless, tangled numbers and statistics. As if, perhaps, we can decipher all that happens here if we just can stack all the bits and pieces together in a pattern that helps makes sense of it all. But who of us can ever analyze a true inner call? Or ever comprehend the deep inner motivation that directs and inspires any of our inner journeys — let alone Atmavir and the others who are writing such profound inner and outer stories with their lives of self-transcendence?

Day 8

All Above Sixty

By Sahishnu, 23 June 2013 (evening)
www.3100.ws/blog

The day heated up a little and brought humidity into the area, too. But our group of talented runners continued their onslaught of mileage along the course. Sarvagata Ukrainskyi, the 2011 champ of 3,100 miles, led the way with 69.7 miles. Eleven of 12 reached at least 60 miles again and all runners are still on pace to finish, although only 15 percent of the race has been run. Atmavir Spacil is still the overall leader with 565.8 miles completed. More later.

My first question to Atamavir this morning is to ask him if the new runners joining him on the Course this year make the Race different in any way. He says of both Sarah and Yuri that they are already very experienced and so it is not a big transition for them to be here. Of all the runners here, "they all have special qualities which they bring and offer to the Course. So, as usual, there is a special energy here."

Atmavir says that he notices many changes, not just in himself but also in all the people who come by over the seven years he has been here. Now, as he approaches the handball court that is on one end of the Race Course, he says, "I know many people from that corner, and there are many people who know us."

Atmavir says he feels that just the fact the Race is continuing is a good manifestation of Sri Chinmoy's philosophy. That people, even if they don't know exactly what is happening, get inspired and they will feel even in some small way that self-transcendence is happening here. "Here everybody gets profit from it. I am 100 percent aware of it. Some people are getting it consciously and some are getting it unconsciously." But he adds that, for himself, that one, "can do faster progress if you are working on it consciously."

Atmavir says of the Race's atmosphere, "Here we are removing walls between us. For me I always feel like I am home here, like, inside a family. Here it is very spontaneous. It is very pure and very natural. If I have an idea of a perfect spiritual family it is right here, in this place. Everybody helps each other. Here we are brothers and sisters. Separation always comes from the mind and that is how we usually are in our regular life. Here we are much more in the heart. That is why we are happier here, even if we suffer."

Self-giving

*Is the only supreme secret
That can help you write
A thick book of God-Victories.*

— Sri Chinmoy, excerpt from
"Twenty-Seven Thousand Aspiration-
Plants, Part 131" (Agni Press, 1990)



Atmavir on the Course, perfectly illustrating Sri Chinmoy's poem-philosophy: "There is only one perfect road, and that road is ahead of you, always ahead of you."



Atmavir



Yuri



Vasu gets a little help from his friend



Surasa



30 or so singers gather this morning to sing Sri Chinmoy's 30 songs entitled "I Am So Fortunate"



Sarita, from Canada, takes another counting shift



Vinaya with his pal, Champ, plays the harmonica for the runners



Nipura, from New Zealand, shows off the prayer of the day that Sri Chinmoy wrote in 2006. It says: "History's Longest Run-Race Is God's Smile-blossomed Face." It is signed by Sri Chinmoy and dated June 23rd, 2006

A view of the 17th Annual

Self-Transcendence 3,100 Mile Race



If There Is No Running How Can There Be Transcendence?

By Utpal

<http://perfectionjourney.org>

24 June 2013 (A.M.)

This is a shortened, version of the article, please visit the website for the full version

Depending on where in the world you reside, there is an extremely good chance that at the time that you are preparing yourself for a good night's rest twelve runners will be still running along the Self-Transcendence 3,100 Mile Race Course. The Race closes the Course at midnight and many of the runners stay out until that hour. It is hard to imagine, but for multi-day runners in general, a full six-hour break from a race every night might seem like an extravagant luxury. Most multi-days races keep their Courses open 24-hours, but then, of course, none continue for 52 consecutive days. And while the runners are encouraged to take breaks whenever needed, solid rest only happens when the Course closes down each day from midnight to 6 a.m.

But even those six-hours dwindle down once the runners perform all the other necessary preparations. Nidhruvi describes how much time is used up when she gets home at night by performing the tasks such showering, washing her hair, taking a foot bath and getting a massage for sore muscles. "It takes time, you don't get to sleep before 1 a.m."

Nidhruvi says of last evening, "I left at 11:30 p.m. I could have done two or three more laps, but for me it was more

important to go home and get a little more sleep. And that helped so much. It was the first night that I could sleep for a full 3-1/2 hours. Yesterday I had my best mileage day — I did 113 laps — but I really felt that I needed a little bit more sleep." She adds that each morning, "My helper comes at 5 a.m. to [tape] my feet. So, when you go to bed at 1 a.m. and wake up two or three times, you can count how much sleep you get."

Nidhruvi says that despite getting her best running in at the Race in the mornings that, in general, "I am not a morning person. I don't like at all to get up early in the morning. My strong



We sometimes feel New York summers are getting hotter and hotter, but it is clear by this photo taken of Sri Chinmoy in 1979 that it was plenty hot and humid back then as well.

side is the evening. But in the morning? No way." She says that in other multi-day races she has run in that lack of sleep "is one of my biggest problems." Surprisingly, Nidhruvi says her energy is actually better in this Race and that because it is held in the summer "the night is not so long. And I take more breaks during the day." Still, when she recounts her regular breaks she mentions just three of them during the long day, each only 20-30 minutes.

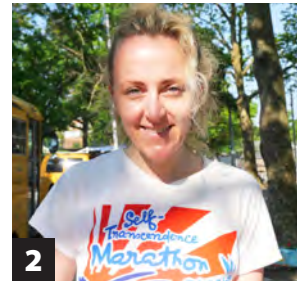
Day 9

Getting Warmer

By Sahishnu, 24 June 2013 (evening)
www.3100.ws/blog

On the fourth day of summer the temps rose, the humidity flew up, and the miles kept coming in. Ashprihanal Aalto recorded 74.08 miles to lead the day honors and solidify his upward mobility in the standings. And this after feeling ill the day before and sad about his pedestrian 63 miles on Sunday. In all, ten men and women moved past 60 miles again, and all 12 are still in place to finish.

Atmavir Spacil continues to hold the leader's jersey with a 69.14 mile day and a total of 634.96 miles collected in 9 days. Surasa Mairer leads the women forward with 569.1 miles, and Sarah Barnett moved up the ladder one place while recording her third straight day above 60 miles. The hot, humid weather touched 90°F but a small t-storm clouded up the area for a few hours and reduced the blazing sun for a good portion of the afternoon. The heat should be around for another four or five days. Have a happy summer, oh denizens of the Northern Hemisphere.



A photo of Nidhruvi and the other runners taken by one of the Race photographers, Jowan. Check the photo galleries of the 2013 race at <http://gallery.srichinmoyraces.org/3100/2013/> Also, Utpal's blog, www.perfectionjourney.org, has dozens more photos daily not shown in this print version.

Photos above (1) Nidhruvi gets a drink from Silvy; (2) Silvy; (3) Surasa also has a very good helper in Vasavi (4) Karabi getting some help counting; (5) Vajra is regular not only with his service to the Race but also with his smile; (6) Yuri stops running for a moment to read the prayer of the day that Sri Chinmoy wrote:

*"The world's
Longest distance-runners
Are God's
Heart-treasured
Children."*

It is signed by Sri Chinmoy and dated June 24th, 2006

*God invites our heart and mind
To come and listen
To His Discourse.
The heart immediately runs
Towards God;
The mind goes to sleep.*

— Sri Chinmoy, excerpt from
"Seventy-Seven Thousand Service-Trees,
Part 25" (Agni Press, 2002)

Nidhruvi has a very good team working with her for the Race and she starts this morning with the assistance of Silvy. Nidhruvi says of her, "She is awesome, and she is totally identified with the Race, and she loves to do it. She is so practical and I am 100 percent grateful that she has been sent to me."

This is the first time Silvy has come to New York and has never helped at a Race such as this. Silvy describes how she appreciates the bits of nature that peaks out in and around the Course but what she seems to thrive on most of all, "is being selfless. The joy comes from being selfless." She tells me about the lengthy catalog of the many drinks and preparations that she helps prepare for Nidhruvi throughout the day. "Everything has to be organized."

I ask Silvy if anything about being here at the Race has surprised her. She

says, "That I would get so much joy from this work. I am an historian and I work with my mind. Now I am working with my hands and it makes me really, really happy." I ask her where she thinks this joy is coming from and Silvy says, "I think I get aspiration from inside, from my heart. It doesn't come from outside, it comes from inside — so I meditate a lot."

Question: Did God really intend everyone to run?

Sri Chinmoy: In God's case, there is no difference between His sleeping and His running. Even while sleeping, He runs the fastest. And when He is sleeping, He knows that He is running. In the case of an ordinary human being, it is different. When you run, then only do you know that you are running. But when you are sleeping, you do not feel that you are running, unless you have wild dreams that you are running faster than the fastest. But God, even when He is sleeping, knows that He is running.

God created two things for the human mind: running and sleeping. You can say that you have already done your share of sleeping. But God says, "Since you have pleased Me by sleeping, now please Me also by running." So God did intend everybody to run. Running means speed, both on the inner plane and the outer plane. God's Poise is speed, God's Peace is speed. How will He go beyond His Goal if there is no speed? If there is no running, how can there be transcendence?

— Sri Chinmoy, excerpt from "The Outer Running And The Inner Running" (Agni Press, 1974)

