

Discover the World by running Marathons



Juergen Kuhlmei

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Prolog

The Corona crisis in 2020 has changed the world. The restrictions on daily life have created major economic and personal problems around the world. Despite his age of over 80 years, the author of this book has regularly run marathons in foreign countries that have not yet been visited by him. For example, he planned and organized marathon-trips in 2020 in the following countries: South Korea, Costa Rica, Wales, Isle of Man, Slovakia, Jersey, Mauritius, Malaysia, Puerto Rico or Aruba. All the marathons were due to Corona canceled. The hotels could be cancelled too, but there were only credits for the flights.

Thus, during the Corona crisis, the author decided to report on this book about his most interesting marathon journeys on our planet. It is astonishing in which remote places of our earth marathon events are offered. In his professional years he was able to combine business and marathon-travels for the benefit of the company. After his professional life he only ran marathon and traveled to the countries where he had not been. He became the oldest person in the world to run a marathon in more than 100 countries. In this book he now reports on the experiences in his most interesting countries.

How it began

My name is Jürgen Kuhlmeier and I was born in Berlin in 1938. I grew up in Germany and Spain. My passion during this time was road cycling and participating in several competitions and championships. To my surprise, I was also a good runner, but without enthusiasm. During my studies in chemistry and business administration, I loved water skiing in the summer and took part in several races. In winter I was in the Alps for mountain skiing. Also, I was an avid motorcyclist, first with the Heinkel scooter and later with the motorcycle and I have made so many trips to several European countries.



Travelling by motorcycle

I started my career as a controller in the chemical industry and later became CEO in the pharmaceutical industry. In addition to my work, I took part in triathlon competitions because of my road cycling experience. Also, during my professional life I sailed for many years, first windsurfing, then with a sailing boat and finally with a yacht on the North Sea. In 1985, at an exhibition of medicines, I found an announcement about a marathon. Immediately I was inspired to join in. On the Saturday before this marathon I bought a pair of running shoes and started my first marathon the next day. Only one marathon in my life was not enough for me, so I took part in the Berlin Marathon every year. Three years later, I planned a business trip to the United States in such a way that I could run the New York Marathon before meeting with our business partner. I should not have done that, because the marathon fever had gripped me there forever. In 1988, one year later, I have already travelled on business trips to 8 other marathons in 8 different countries: Morocco, Tanzania, Austria, Spain, Brazil, Iceland,

Germany, Colombia via Honolulu. In every country I had successful business negotiations and marathon experiences. My export manager had the ambition to register our medicines in as many countries as possible – I was always ready for that, but nothing had been left except expenses. But I had gained experience that was more important because Chinese and Koreans, I had visited on previous business trips, asked us for business relationships a few years later. The following sales exceeded all expectations and we had to engage third-party companies to be able to meet our delivery obligations.



A highlight of my many marathons: at the geographical North Pole

A few years later I heard about the 100 Marathon Club Germany. I signed up as a member and was glad to have found like-minded people. Only now I became a real marathon runner with about 30 marathons per year in Germany and worldwide. Later I became a treasurer at the club, then 2nd chairman and now an honorary member for my services.

Runner's Trip around the Globe (1996)

It is almost unbelievable, because one day the ultra-runner Stefan Schlett asked me, if I was interested in a runner's trip around the Globe - I was. This trip was organized by a Frenchman. Stefan, 2 more Germans and I were the only "foreigners" in this group. I had learned French at the adult education center and Spanish was my 2nd mother tongue - so the language was not a problem. The trip should start in Paris and then go over Thailand, Australia, New Zealand, Polynesia, and the USA - insane, and all within 2 weeks, a logistical feat. The predominantly French runners met with two reporters at the Charles de Gaulle airfield in Paris.



With the boats we arrived at our hotel on the River Quai

Via Frankfurt we went first to **Bangkok/Thailand** and by bus and boat at a boat-hotel on the River Quai. After acclimatization to the extremely hot weather by visiting a National-Parks with elephants and a cave in the mountains we went to the marathon the next morning. We started after a long drive at 12 o'clock in the local midday heat. Some runners had already taken part in the desert run des Sables, no problem for them. But it got hotter and hotter and, on the course, I asked a Thailand woman for some cooling to moisten my T-shirt. When I finally reached the finish line at the River Quai Bridge, there were few runners in the finish – I thought, the bus had driven them to our hotel. No, I was one of the first! Some runners had given up, others had been bitten by dogs and continued by a stopper. However, two runners felt in coma due to the heat and had to be taken to the hospital, one even to Bangkok.



Our floating hotel on the River Quai

One runner had even been lost in the foreign Thailand, which we could not find despite intensive search and return same way by bus. The next morning, the police had called. They found him in the field and finally brought him back to us. He had not seen a turnover.



View of the bridge on the River Quai, formerly hard-fought

On a phone call to my company, I was horrified to be asked what kind of adventure I would have embarked on. This event was even reported on the German television.



Impressive concert hall at the port of Sidney

The next station was Sidney/**Australia**. After an extensive city tour of the impressive concert hall at the harbor and the ascent of an extremely high observation tower, we continued by bus to the Blue Mountains. There was the participation in the well-known Ultra:



Aboriginal people, the original inhabitants of Australia

"Six-Foot Track" planned over 46 km, my first run over more than that marathon distance of 42,2 km. Since it was also an off-road run, I was worried about reaching the finish. After the

start we ran next on a narrow path, where the many runners jammed, later the path led over fences, shallow watercourses and on steep mountain passages to the finish. It went better than expected and it was even more interesting than expected. It was my first Ultra run of more than 100 ultras worldwide later.

With a relatively short flight we reached Auckland/**New Zealand**. A race was planned in the mountains near Hamilton. There were many inclines and narrow passages. Stefan and I forgot a sightseeing tour after the race, instead chartered a Cessna 172 and looked at the northern island from above. Stefan recognized a mountain that he had climbed some time ago in a competition. Also interesting were the commercially used geyser. I did not even know that they existed in New Zealand at all.



Flight with a chartered Cessna 172 over the geysers of New Zealand

At the end of our stay there was a national Hangi-meal (fish, meat and vegetables) with the native Aborigines: a meal prepared in an earth cave. Afterwards we saw a show of local dances, to which we were invited to participate.

Our next destination was Papeete/**Polynesia**. From here we drove by catamaran speedboats to Moorea, where our next run was to take place. It was a run over 21 km, which my friend Stefan had won again. Moorea is an exotic island with typical mountain formations. Later, Stefan and I took part in shark diving. With a boat tour and a subsequent bus ride we were able to explore this part of Polynesia. The Polynesian islands are also popular with long-distance tourists. In the port of Moorea, for example, there were two exclusive "4-master cruise ships".



Luxury yachts on Moorea for the long-distance tourists

Our hotel was located directly on a beach bay and was built on stilts. It is a pity that Polynesia is so far from Germany. Here we would have liked to stay even longer, "but the car that rolls".



Our hotel in Moorea/Polynesia



Juergen in front of a figure from bygone times

Our last stop was **Los Angeles/USA and the Joshua-Tree-Park**. For the participation of the Los Angeles Marathon we were unfortunately a week late. For this we visited Disneyland with its film studios and the spacious town of Los Angeles. Next day we continued with our bus to the Joshua Tree Park. There we have, among other things, with a 4-wheeled terrain vehicles made the dune world unsafe.



By all-terrain vehicle through the deserts at Joshua-Tree-Park

We were amazed about a windmill park with over 100 windmills. One wonders why we in Germany do not build windmills much more densely on corresponding areas, e.g. at sea, instead of distributing them throughout the whole country.



Wind farm at Joshua tree park with well over 100 windmills

Here in Joshua Tree Park, our running adventure came to an end. Because of the short time frame for our return flight to Paris, the end point of our global world tour, the slower runners



Start of the last race at Joshua Tree Park in California

had to start an hour earlier. I was one of them, but it was the last run and I was allowed to run as fast as I could. It was once again a hot desert run but with sparse plants. This time I was one of the fast ones. After the race there was the last award ceremony. Afterwards we went to the airport of San Francisco and took the night flight via New York back to Europe.



Jürgen quite relaxed during the last run at Jushua Tree Park



The unmistakable tower on the airport of Los Angeles

From Los Angeles, our runner's journey around the globe came to the end and it will be unforgettable for the rest of my life.

1997 Antarctic Marathon

The ultra-runner Stefan Schlett reported about the tender for a marathon trip to the Antarctic. Incredibly, running a marathon in this remote part of the world, it was hard for me to imagine. With Stefan I had already made other fascinating runners-journeys, such as a trip to the Eskimos in northern Canada.

The journey began in Hamburg and led via Miami to Buenos Aires, where the runners first met. My wife and I used the two days before the flight to south Argentina for a "excursion" to Santiago de Chile for a meeting with our business friends. In Santiago, I had completed a commercial internship about 30 years ago and had explored the north and south of Chile, including a flight to Tierra del Fuego. We used the return flight from there for a view of Montevideo/Uruguay. From there we returned to the group with a fast commercial catamaran over the mouth of the Rio de la Plata to Buenos Aires.

Finally, it was time. With Aerolineas Argentina's we flew the approximately 3000 km south to the port city of Ushuaia, where our crossing to Antarctica was to begin. There we stayed in a hotel high above the city, took a harbor tour and visited a national park to explain the plants and wildlife there.



View from our hotel to the bay with port of Ushuaia

Our cruise to Antarctica was carried out with a Russian research vessel called AKADEMIC IOFFE, home port Königsberg and with Polish crew. During the Antarctic summer months, the ship was used for tourist trips, among other things, to procure foreign currency and finance research. Academic Joffe was a scientist who worked on acoustic research of underwater

sound waves, which is important for the study of the life of whales and of course also of the location of submarines.



The research vessel ACADEMIC IOFFE, our marathon cruise ship

During the crossing, scientists gave lectures on life in Antarctica and at the research stations. Ultrasonic research was also reported. During the research, a diving ball is released into the depths, the ship's engine is turned off and the ship is stabilized with a large metal auxiliary



Research station on an Antarctic island

sail. In addition, there is a sailboat on board equipped with electronic devices, which can carry out sound tests at longer distances for research. It is astonishing that even sound waves run

around the globe, can still be measured. This was followed by lectures on animal life in Antarctica. The researchers are initially looking forward to the future cooperation, after some time they are annoyed, they conclude a ceasefire until the end of their research stay and then look forward to the joint research results and the upcoming journey home. Not only Antarctica, with its isolated habitat, is being researched in this way, but also the lives of people under stressful conditions at the scientific research stations.



With the Zodiac inflatable boats we explored the Antarctic world



A Penguin Colony at a Research Station

With our Zodiac inflatable boats we were able to explore the Arctic world. For example, we visited various research stations, where, under simple circumstances, gunwork was usually only carried out in the Antarctic summer months.



Even the sea lions or seals were not very shy

Penguins are not very shy animals and one should not approach closer than 3 m. The penguins, however, do not know this rule and come to the people and check the shoes, for example. They are mainly for breeding and for rearing the offspring on land.



Daring runners swam in the freezing sea after the marathon

Finally, there was the marathon day. The weather is very windy, and people were already thinking about whether we could even drive us to shore with the Zodiacs. On another time, in bad weather, the marathon had to be run on the ship. But we were lucky and were put ashore at the Russian research station. The course ran first to the research station of Uruguay, then over a flat glacier and back. The second part of the marathon led on a gravel road to the Chinese station and back. The course had to be completed 4 times. Temperatures were about 0 degrees Celsius.

The award ceremony took place on the research ship. After the marathon, quite daring people went swimming in the freezing sea. The less courageous could take a dip in the small pool at Deck - followed by a visit to the sauna. Normally, each Tourist gets from the team 20 dollars for the visit of the ice-cold pool, but not we runners.



Herbert Möller, Stefan Schlett and Juergen Kuhlmeier after the Antarctic Marathon

Back to Ushuaia it went past the notorious Cape Horn, which had caused despair because of the storms of many sailing ships in the past. Today you can avoid the cap sailing the Magellan Strait between Argentina and Tierra del Fuego. But we had nice weather and so the return trip to Ushuaia over Cape Horn was a nice conclusion to this unforgettable marathon trip to Antarctica.

After all, Stefan was 6th and I the 7. People of the world who had now run a marathon on all 7 continents. Since I ran a marathon on all continents in the same year, I also became the 2nd in the world to do this in one year.

North Pole Marathon (2007)

It is quite astonishing that there are always new challenges for marathon runners. In the past, the Antarctic Marathon was the most exotic among the marathon trips, in which only few runners in the world have participated. There is a run on an island of the Antarctic, at the King Georg Island. The course leads in a multi-run circuit from the Russian/Chilean research station on partly thawed gravel paths, up a glacier and back, and then on to the Chinese station and back.

But now there is also the North Pole Marathon. In contrast to Antarctica, which is a continent larger than Europe, the North Pole is not a continent, but a huge ice floe, which is only 3 m thick and has a diameter of well over 1000 km. This place can break through frost and tensions and then forms seemingly long rivers. The start of the marathon was near the Russian ice camp BORNEO, which constantly changes its position by drifting the North Pole ice floe. The station was currently located about 40 km away from the geographic North Pole.



With a Russian Antonov-74 from Spitsbergen to the North Pole

Weeks before the trip, runners were given information about this extreme marathon in expected temperatures between minus 20 and minus 30 degrees Celsius in terms of preparation with snowshoes, training, and clothing. Also, the description of the living conditions in the camp, as well as the food were anything but encouraging. But I did not want to step back

The journey took place in April via Oslo and Spitzbergen, where the runners from all over the world met. We had two days to get used to the Arctic conditions and used the time to visit a coalmine and to do a dog sled ride. We wanted to fly to the North Pole Camp with a chartered Russian Antonov 74, a jet with overhead jets and a large cargo space behind the 24 seats. Since we were about 40 runners, we had to fly in two groups. The departure of the first group was already delayed by the bad weather to the North Pole station, 1300 km away. Anxious wait began because it was not certain whether the marathon would take place at all this year and possibly have to be postponed to the next year, as it happened before. .



Start of the North Pole Marathon with snowshoes at -28 degrees Celsius

But with a delay of "only" 6 hours, the first group and the TV team were finally able to start north. The second group followed when the Antonov had returned. The Antonov 74 flew over seemingly endless ice over which the North Pole researchers Nansen had moved with dog sleds in the last century using their lives. For us it was a flight of just over 2 hours. Runway was on a slope of snow-uncovered 3 m thick ice. Icy cold awaited us as we got out. After about 30 seconds without gloves our fingers seemed to solidify, which made taking pictures very difficult and this was almost only possible with gloves.

The arrival time at the North Pole Camp was supposed to be 8 p.m. for the 2nd group, but due to the 6 hours delay it was now 2 o'clock in the morning. However, time at the North Pole seems timeless, as the sun has the same level all day long. So it was decided, because of the uncertain weather, to set the start to 3:30 am, so that later the return flight would not jeopardize. Thus, after arriving in the camp, we only had 1.5 hours to prepare, and we had to give up our night's rest. The preparation consisted in finding a place to sleep in the tents, which were minus 6 degrees cold due to a faulty heating system, as well as setting up our sleeping place. In addition, one had to choose the right clothes for these extreme temperatures and the prevailing snow conditions and put on.. 4 windproof locations were recommended, as well as snowshoes, snow glasses and a face-dressing balaclava.



Organizer Richard Donovan and Juergen at the award ceremony

After short photos and films, the start of the North Pole Marathon was punctual with snowshoes and masked faces. Running with snowshoes was not easy, but in some places, it was inevitable, especially with the deep snow passages. A large round, marked by red flags, initially led through erected ice barriers reminiscent of coral reefs or smaller rocks. We went on to this endless snowy landscape and later on the runway back to the camp. There was the food with hot water. 10 laps were to be run. The final Winner with a time of 3:36 very soon round the other runners – and with snowshoes! We were lucky with the wind, which was blowing only weakly and still made life difficult for us. Against the wind it was like uphill and with the wind then loose trotting was indicated. Kuhlmei, although he was the oldest participant, took, a 19th. place with 5:52 hours of the 44 runners started.

However, the run was not as easy as a mountain run. The cold also caused Kuhlmei to do well. Despite his experience last year at minus 15 degrees Celsius on Lake Baikal in Siberia, this run was much more demanding. The snowshoes brought were particularly good, but a bit difficult to run, so he did not do so after the first lap. He had to run through the deep snow in a hurry, which was not harmless because of the cold. When he took off his running shoes after the race, he found that they were frozen, not on the feet, but fortunately only on the additional wool stockings. The inner gloves also had to be changed in between, as they were no longer sufficiently insulated due to the formed sweat. The face protection consisted of an assault hood with a slit or so called balaclava. But Kuhlmei's balaclava unfortunately was not made of wool, as with the Norwegians, but of nonwoven fabric, which did not let the breath through, but led to the double-walled ski goggles and which then slammed. He wore the ski goggles only in headwinds, as the facial skin seemed to freeze then.

After the Arctic cold marathon, you could relax in the minus 6 degrees cold tents, in the sleeping bags not intended for this cold. Kuhlmei wore finally his down jacket in his sleeping bag. In the kitchen tent there was always food in between for the runners, especially since there were

no day or night time. The toilet house consisted of an ice whole located outside the camp. In order to use it as little as possible, the runners ate or drank as little as possible. Luckily, everyone survived.

A special highlight was a helicopter flight to the geographical North Pole, 40 km away. For this an old Russian helicopter was available. It had 20 seats on 2 benches on the outside wall. Since these were not enough seats, a simple garden bench was placed in the middle of the helicopter for the remaining runners. Seat belts were attached to the outer wall, but some of them were loosened when we wanted to use them. The helicopter was launched with a strong smoke, certainly not an easy task in the cold. Somehow the suspensions of the rotor blades were not in order and still had to be directed. Eventually, however, the helicopter took off and we hovered over the endless ice desert to the north. The actual North Pole looked no different from the rest of the huge ice floe with a diameter of about 2000 km. But it was the North Pole from which all longitudes originate, and which is the starting point of our earthly navigation. It was a special experience that will remain unforgettable for all participants.



By helicopter to the GPS-exact North Pole

Back we went first to the camp and from there with the peculiar Antonov 74 back to Spitsbergen to civilization. A hot shower was delicious after the cold and 3 wash less days. The award ceremony was held on a large scale in the Radisson Hotel there. Everyone had been finishing and were the winners of this rough and almost inhuman marathon. Since we still had the scheduled 2 days reserve at our disposal, we used them for excursions with a snowmobile, visit of glacier caves or another dog sled ride.

This North Pole Marathon was again an unforgettable experience.

7 marathons on 7 continents

– at the age of 77 (Report by Bernd Teuber and the author)

The 77-year-old marathon runner Jürgen Kuhlmei is on his way to the Guinness Book of Records. In one year, he ran marathons on all continents as the oldest runner in the world. Already in 1997 Jürgen Kuhlmei, the second runner ever, ran seven marathons on seven continents in one year. In 2015, he succeeded again. At 77, he is the oldest runner in the world to have achieved this so far, and he is likely to have an entry in the Guinness Book of Records.

The adventure begins

It all started in Melbourne, where Jürgen Kuhlmei met with 34 like-minded people who wanted to run seven marathons on seven continents in seven days. They came from the UNITED States, Arab countries, England, Nigeria, Brazil, and Lebanon. The shortest period for such an adventure so far has been 21 days. For the 35 intrepid runners, this meant being on the move for seven days. Whether it is running, by bus or plane, they slept on the plane. Kuhlmei had set himself the goal of participating in five marathons. "Running all seven would have been too stressful for me and it wouldn't have been fun anymore. And it has to be fun".



At the age of 77, Jürgen Kuhlmei ran seven marathons on all seven continents.

Heat Marathon in Melbourne

Temperatures of 35 degrees Celsius were expected in Melbourne in the south of Australia. Fortunately, they dropped to 28 degrees by the weekend. The Marathon-Hotel was located directly at Princess-Park, 100 meters from the start. Here 10 laps of 4.2 km had to be completed. The run was professionally organized by a local running club; whereby also local runners could participate in the marathon. However, the covered sky cleared up again after several laps and the sun missed Kuhlmeier, who had arrived from the rain-cold northern Germany, immediately a strong sunburn. After the run, the runners had the opportunity to relax in the warm whirlpool and supplement the lost calories at the buffet before continuing to the next marathon. From Australia, the marathon collectors flew with Ethian Airways on a 13-hour flight to Abu Dhabi. Who could not sleep here, would better not have done this marathon trip?



Seven marathons on seven continents in seven days – that was the goal of this troupe.

In the land of the sheikh

From the airfield in Abu Dhabi we went directly to the marathon site, which was located at a sports center. Here the local runners were already waiting for the group, but as in Melbourne, they chose the shorter distances for the most part. Also, a good friend of Jürgen Kuhlmeier had come specially to run the marathon with him. "A great inspiration for me." The course ran from the sports center to a huge football stadium, which was surrounded by an artificial water surface with fountains. Here everything was very generous. They had spared no effort to make this marathon unforgettable. In the clubhouse of the local tennis club, the world travelers were then offered a lavish buffet. Many also took the opportunity to sleep a little before.



Juergen at the finish line in Abu Dhabi

As a water carrier in Paris

And we went on to the next continent: Paris/Europe. From Charles de Gaulle Airport we took the bus to a canoe club 20 km away, where the next marathon was to take place. As before, everything was well organized. In the club's own restaurant, the runners were provided with food and drinks before and after the race. The run was 7 laps of 6.1 km. This time there were only a few locals at the start. Jürgen Kuhlmeier had taken a break from running and was available to his fellow travelers as a helper. "Since there was only one catering point, I carried 12 bottles of water to the other side of the lake. The runners especially thanked me for this in the last laps, because if there is not enough fluid intake, dehydration can threaten despite the

cold," Kuhlmeier explains. The runners did not have much time to relax, because already thirteen hours later, at one o'clock at night, the next run was to take place in Tunisia. Two marathons within 24 hours and that after two marathons in the 2 days before on 2 continents – an almost unbelievable achievement of these runners. Jürgen Kuhlmeier was only glad to have suspended a day. After the award ceremony by our French friends we took the bus back to the airport and flew on to Tunis, to our 4th continents Africa.

Night Marathon in historic Carthage

The next destination was Tunis in Africa. Arrival at Tunis airfield was at 11.30 pm. Despite the late hour, the "world travelers" were received by the race director and the tourism minister. It was proud that Tunisia had been chosen as a representative for the continent of Africa. The well-travelled runners were guests of honor in Tunisia and received VIP treatment, both on entry and later departure.



Since the onward flight to North America was supposed to start at 12.30 p.m. a night marathon was run in Tunisia. Start was at 1 o'clock at night. The participants were able to move directly to the archaeological sites of Carthage. Here, too, a marathon atmosphere had been created through posters and a large goal gate. After the finish there was an impressive award ceremony for the participants against an antique backdrop.

New York



Group photo in the hotel hall in New York

Next stop New York. Since the last night had been cancelled by the night marathon in Tunis, it was very convenient for the runners that for technical reasons after three nights on the plane an overnight stay in the hotel was due. The next morning, the starting signal was fired at 9

a.m. in Eisenhower Park, which is east of JFK Airfield. Since the following marathons in Chile and Antarctica were to take place within 24 hours, Jürgen Kuhlmeier again decided not to start that day. In temperatures around freezing, he made his way to Manhattan by metro. "Manhattan" was interesting as always. He walked on 8th Avenue and enjoyed the rest day with a coffee at Starbucks and later a hamburger at McDonald's. So, he had a little time to review the last days, continents or marathons and he only really realized what a crazy journey he took here. If you were to say that you were still in Africa yesterday, fly on to South America tomorrow, and then continue to travel to Antarctica, nobody would believe this story. If these people had also known that we wanted to run a marathon on all these places, they might have called the police and assumed they had been mentally re-staying."

Birthday Marathon in Chile

February 13th was a special day for Jürgen Kuhlmeier. He was celebrating his 77th birthday. After a night flight, the group landed in Santiago de Chile. From there we went on to Punta Arenas at the southern tip of Chile. They did not have much time to breathe. Soon after their arrival, they were called to the start on the 6th continent of their adventure journey, which took place at 6 p.m. On a nice 5.3 km long route we went along the coast of Punta Arenas. It was particularly impressive when the streetlights were switched on. The lanterns illuminated the track picturesquely, so that almost the entire 5.3 km lay in front of the runners like a band of lights. By midnight everyone had completed the marathon. There was a nice medal and the hint to pack things immediately for the flyover to Antarctica. After showering and packing we went to the airfield there. At 6 o'clock in the morning was also on time the departure. Juergen took a little sleep during the flight to be prepared for the last marathon of this extraordinary journey. He was in Antarctica 18 years ago. However, this time there were roads, cars, and a new terminal when landing. It was only when he boarded the bus that he noticed that one had not landed in Antarctica at all but had flown back because of bad weather. Now in Punta Arenas began an anxious waiting time of 4 days with the hope of better weather.

Antarctica

On the morning of the 5th day it was finally time. The plane took off for the two-hour flight to Antarctica. The runway there was a gravel runway, next to which from earlier days there was still a broken military aircraft. On foot we hiked to our campground, where we stayed in the freezing cold tents. "Our sleeping bags prevented a freeze; they were not warm despite the max temperatures of -24 degrees".

A kitchen tent with no lounge provided warm food. Since nothing and nothing was allowed to remain in Antarctica, there were special hints for our bowel movements, which had to be flown back to Punta Arenas for disposal „– a very own world on our planet," reports the Oldenburger.



Flight from Punta Arenas to Antarctica

The marathon started at 5 a.m. and consisted of 7 km-long laps - past the research-Station of the Chileans, Russians and Chinese. The terrain was mountainous and partly ice.



Zodiac inflatable boat trip to the penguins

The end of our marathon was a Zodiac inflatable boat trip to the penguin colonies, and it was also the conclusion of these 7 marathons on 7 continents. Due to the bad weather in Antarctica and the resulting flight delay, the planned 7 days had become 12 days.



Good by Pinguins, may be we come back once

After taking part in five marathons on five continents during this trip, Juergen made up for the missing starts in North America and Europe in February.

So far, the oldest person to have managed Marathons on 7 continents has been: **Robert Takata**, he needed 7 years in 2011 at the age of 74 for 7 marathons on 7 continents.

Juergen Kuhlmei broke this record at the age of 77 years in a time of only 30 days.

Literature:

Seven marathons on seven continents, NORDWEST-ZEITUNG, 31.1.2015, page 42

Final sprint for the 76-year-old marathon runner, NORDWEST-ZEITUNG, 5.6.2015, page 33

Dr. Jürgen Kuhlmei runs 7 marathons on 7 continents at the age of 77, Bild-Zeitung 25.4.2015, special supplement to the Hamburg Marathon

Marathon Man, Cover of GULF TIMEYS, Doha, 25.01.2016, page 4 – 5:

Dr Jurgen Kuhlmei says running is a means for him

to see the world and to meet new poeple.

Panama-my 100th Marathon-Country and the Way there

Marathon in 100 countries is amazing even for me, but after all I ran a marathon in my 100th country of Panama. I wanted to run the 100th marathon in Kyrgyzstan, but a diarrhea after a spicy Asian meal followed by bed rest prevented this.



Juergen with marathon winner and Sidi at the 100th Marathon-Country Panama

1989: to kick off 8 marathons in 8 countries in one year

Now I would like to report on my most interesting marathon races, as well as on the way to my marathon career, which began more than 30 years ago in the aftermath of a medical exhibition in Karlsruhe. On the Saturday before the marathon I bought a pair of running shoes and started to my first marathon. Three years later, I was able to plan a business trip so that I could run the marathon in New York when I arrived with our partner. I shouldn't have done this, because the marathon fever had gripped me there, so that in the coming year 1988 I did business trips to 8 more marathons in 8 different countries, namely: Marrakech/Morocco, Dar's Salam/Tanzania, Vienna/Austria, Madrid/Spain, Rio/Brazil, Reykjavik/Iceland, Frankfurt and Honolulu/USA. In every country I had correspondingly unforgettable business negotiations and marathon

experiences. My export manager had the ambition to reach registrations in as many countries as possible - I was always ready, only - except expenses had been nothing. However, I had gained experience, but these were even more important because the Chinese, who I had addressed on a previous business trip, asked us for business relationships a few years later. The following sales exceeded all expectations and we had to engage third-party companies to be able to meet our delivery obligations at all.

1995 Company trip to Hong Kong with Marathon and Michael Weber

In 1995 I invited my 10 employees to a company trip to our Chinese customer in Hong Kong. "Randomly" was also the local marathon in the New Territories, where I met Michael Weber for the first time – insane, already 23 years ago. Our paths were initially lost.



Company trip to Hong Kong to visit our business partner

1997 Antarctic Marathon with Marathon on 7 continents

In 1997, I booked the Antarctic Marathon for a price of just 2,200-dollar. Also, on the way there I took the opportunity to visit our business partners in Argentina and Chile. Since I still travel a lot for business, I also use my travels for marathons on all 7 continents. So, to the delight of my export manager, I ran in Cape Town/Africa, Toronto-Nanisivik in Canada/N-America, Buenos Aires/ South America, Auckland/Oceania, Singapore/Asia, and Hanover for Europe and was the second person on this earth to run a marathon on all 7 continents in 1 year.

1998 Birthday Marathon in Luxor

In 1998, on my 60th birthday, I ran a marathon in Luxor, Egypt, where 120 tourists had recently been killed by fundamentalists. There were very few tourists and mostly only Egyptians among the pharaoh tombs visited. On the way to the marathon start, the police drove with blue lights and behind the bus a military vehicle secured our journey. They were glad that at least the marathon runners had arrived. To mention should be another beautiful mountain marathon. As part of a trekking tour on the ancient Inca Trail, the Marathon led to Machu Picchu, an ancient ruined town high up in the mountains of Peru.



Helikopter flight back from Machu Picchu to Cusco

1999 Nepal Marathon with donation from DELTA-Airlines

In 1999 I ran the Nepal Marathon in the Himalayas with the start at an altitude of about 5200 m. A trekking tour from a height of 700 m through the Nepalese mountains via Lukla and Namsche Bazaar (3500 m) ensured the acclimatization. Not all of them passed the doctors' altitude check (4800 m) before the start and had to turn back prematurely. The Marathon took me over 8 hours and I was still the first in my age group. For this Nepal Marathon, money should be raised for training and technical facilitation for the local population, as international donations usually only end up in the upper classes. Then came the Jamaica Marathon in Kingston just in time. The first in each age group should receive 200 dollars. No one of my age had ever run a marathon there before. Nothing like that. However, on the way to Jamaica our flight to Florida the day before was cancelled. I moaned terribly. As a result, my wife and I each received a cheque for 500 dollars and a ticket for a flight to Miami with a shuttle connection to Fort Lauderdale with a loss of time of only about 2 hours. Finally, I reached the Jamaica marathon on

time. The 1000 US\$ was then the highest donation single amount at the Nepal Marathon this year.

2001 My 100th Marathon honoring by the Prince of Jordan

I ran my 100th marathon in 2001, in Jordan. The Prince of Jordan was the guest of honor at the marathon banquet at the elegant Intercontinental Hotel. Since I wanted to run my 100th marathon, I was supposed to sit next to the prince. We talked about the Palestinians' problems with Israel, as well as about my business activities. The conversation then got underway. When the prince heard that all they needed to run was shoes, he wanted to introduce the training in all schools. The prince also led the award ceremony after the race. Despite my 4th place I was called: To honor my 100th marathon I received a trophy from the prince personally, the only trophy that is really important to me.



Start of the North Pole Marathon

2007 North Pole Marathon and Trekking Tour in South America

The North Pole Marathon was a highlight of my marathon career. However, this is not an independent country – it is "only" a floating ice surface.

Also, in 2007 I did another trekking tour in South America, where I liked to travel because of the mountains and my 2nd native language Spanish. The year before we had run a marathon in the Atacama Desert. It was supposed to be only 40 km at that time, but at my request it was extended to 42.2 km. However, they had been measured wrong. "Luckily" we had got lost in the top group, to which I belonged, and when we finally got to a gravel road with motorists, it was only 40 km on our

GPS. We did not take a ride, as it was "just" 8 km to our village. That did not matter anymore, and we had an Ultra. This year everything was perfectly organized. On this trekking tour a marathon was planned on the island of Sun on Lake Titicaca at an altitude of about 4,000 m. This height was very difficult for me at first and I had to run after the field of 21 runners. But after a few km my body recovered, and I overtook one by one. A second half marathon lap was just allowed to run because of the later darkness, who had completed the first one in time. So, I was able to run the 2nd round. Only the first, a Japanese and I had also made the 2nd round. Before, I was the "lovely old man", but now not anymore.

2013 Volcano Marathon in the Galapagos Islands and the Boston Marathon

In 2013 I was on the Galapagos Islands with the Giant Turtles for the Volcano Marathon. It is the largest volcano in the world with a diameter of about 10 km and surrounded by a national park. With small planes and motor yachts we traveled to the different islands. With diving goggles and snorkels we even swam with the sea lions. When we arrived after the marathon in our Hotel over dinner, we heard the latest news, we heard that in Boston, where I normally attend every year, the bombing had taken place. I then went to the organizer of this trip and thanked him for having given up my Boston Marathon this year because of this adventure trip.



The sea lions live on the Galapagos Islands

2015: Marathon journey with 7 marathons in 7 days on 7 continents

2015 was another highlight of my marathon journeys. As a new country, I could only book the Carthage Marathon/Tunisia, although only 1 country, but as part of a marathon trip with 7 marathons on 7 continents in 7 days. We were a group of 35 runners, with guest runners each welcome. The journey went from Melbourne/Australia via Abu Dhabi/Asia, Paris/Europe, New York/North America, Punta Arenas/South America to Antarctica. I had given up two runs within 24 hours and made it up within 30 days at Christian and in Orlando. So, I was able to break the Guinness record of a runner who was 2 years younger at the record and needed 7 years.

2016 my heaviest marathon in Andorra in 11 hours

In 2016 I ran my hardest marathon of my life in the mountains of the country of Andorra. Emergency equipment was required, and walking sticks were urgently recommended. Cut off was after 14 hours, but it took me "just" a little over 11 hours and I became 420th out of about 500 runners. Furthermore, this year I did a Caribbean cruise with 6 marathons on 6 islands with its own state sovereignty: Puerto Rico, Virgin Islands, Barbados, St Lucia, St. Kitts and St. Maarten, each organized in cooperation with our tour-organizer, local clubs, ministries or local running clubs.



9 out of 12 marathon runners worldwide with marathons in more than 100 countries

2017: 7 marathons in 8 days in South Africa

A marathon group-trip led to South Africa in 2017 with marathons in the following countries: South Africa, Lesotho, Swaziland, Namibia, Zambia, Botswana, and Zimbabwe. In each of these countries a marathon was organized, e.g. at the park-

like lodges or in national parks. A GPS was especially important for every runner, because often we could not run because due to an early start at the night time, and the wild animals outside the lodge-area. So, we had to run sometimes our first laps with our GPS in the Lodge area. In addition to the marathons, we spent time driving buses, flying, border passing and sleeping while driving, because there was often little time left for the hotels. In previous years I was already on business in South Africa and had also completed training runs. In addition, I was on an unforgettable private plane tour with a group of 7 smaller motor aircraft in the visited countries. Now I was there for the third time with always exciting new experiences.

2018 Focus of my races in the Caucasus and Central Asia

In 2018, the marathon group trips were again under the reason to visit new countries. Some of the runners already knew each other like in the Caucasus with the countries of Azerbaijan, Armenia, and Georgia. A further trip led to Central Asia with Turkmenistan, Kazakhstan, Kyrgyzstan (bed rest), Uzbekistan and Tajikistan. A special highlight was an invitation marathon to Pakistan. Never had a marathon been held there and so selected runners from all over the world had been invited. I was lucky enough to be invited. Only the flight to Islamabad had to be paid by everyone. The five-star hotels, as well as a flight with a skydiving airplane to the north and a helicopter flight to a military camp high up in the mountains were sponsored alongside the meals.

25 Nov. 2018 Panama Marathon, my 100th marathon country

The Panama Marathon was now the highlight of my many marathons in different countries and the No. 100. It was a long-distance goal to run a marathon in 100 countries, which I achieved faster than expected through the marathon group trips. This makes me the 10th person in the world to run a marathon or ultra in 100 countries, but also the oldest living person to ever achieve this. Fortunately, in this marathon with my final time of 5:33:07 I again fulfilled a missing time for a certificate of 60 marathons with 60 different end times.

Furthermore, despite of my age, the next six months are already fully booked with marathons in other countries such as Madeira/Portugal, Port of Spain/Trinidad, Madrid/Spain, Brasov/Bulgaria, and a marathon cruise in the Caribbean.

Somehow you must keep fit and the Members of the 100 Marathon Club as well as the Members of the Country Marathon Club help with motivation and documentation.



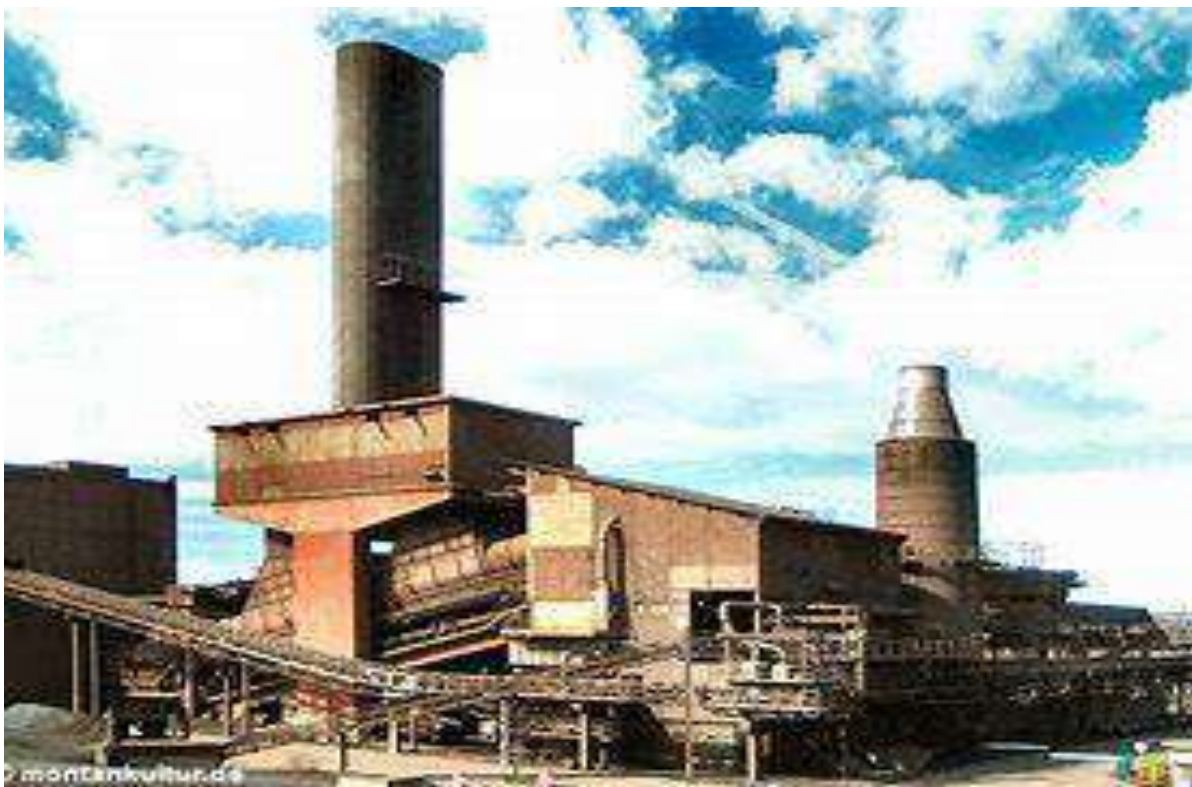
Panoramic view from our hotel room



Our "small" hotel in Panama City with "only" 20 floors

Mine-Marathon (2001)

The mine marathon in Sondershausen in the southern Harz in the former GDR is the deepest marathon in the world. 700 meters underground or 500 meters below sea level. This mine was created by the extraction of rock salt (potassium chloride), which is mainly used as a fertilizer. East Germany was the second largest exporter of rock salt in the world, mainly to Russia. Grain was delivered in the counter-business. After the switch to hard currency, the mine had to close for economic reasons. Since 1996 no salt has been extracted, but the mine is still available as a tourist attraction, not only for this, but also for special sporting events. The 25-kilometre-long network of tunnels from which the salt was extracted means, that racetracks of any length can be assembled. The most famous is the crystal run over 10 kilometers, which takes place every year in December. But also duathlon events with races and bikes find a lot of interest. A special event was now the marathon of 42.2 kilometers. It was to be organized by a Danish adventure organization, which was this year not suitable because of the organizational effort. This is where the 100-marathon club jumped in and hosted this extraordinary marathon for passionate runners on Saturday, October 20, 2001.



Underground mine in Sondershausen

The night was spent in the youth hostel. Some of them were runners from the 100-marathon club. Ultra-runners from Holland, England and Poland also attended this special event. At the obligatory pasta party, experiences of special runs could be exchanged. The next morning, we went to the mine. In the canteen, the history and safety measures in the mine were first informed. In the event of a power failure, you should stay until you are collected by the pit vehicles. In case of breathing difficulties, there were special masks to guarantee survival for at least 50 minutes. After this instruction and equipping with appropriate clothing including helmet and emergency-Lampe, we went down a double-level transport elevator into the seemingly infinite depth. As we also were informed, all equipment including the pit vehicles had to be brought

down via the elevators. For this purpose, they were first dismantled and then reassembled. In some cases, the parts were transported hanging under the elevator baskets. After a dark ride in the unlit cargo baskets, we reached the illuminated tunnel. First, we gathered in a chapel carved into the salt with a diameter of about 30 meters and a height of 10 meters. The exterior walls tasted salty. Other events such as weddings and other festivities also take place here.



Start of the Mining Marathon

After a short briefing, the start of this underground marathon was at 9 a.m. The lighting was sparse, and the inclines were not insignificant. The field quickly dragged on. Luckily, junctions were blocked off with ribbons, so that a run was not likely. After about 2.5 km, the first, sparsely illuminated catering station was reached in the dark tunnel system. A gradient of about 1 km prepared for the next, not inconsiderable slope, at the summit of which there was another catering point. It was strange to complete a mountain run with a total altitude of more than 1250 meters in this tunnel system. The circuit of about 11 km was reassuring, which guaranteed us that we never had to climb more than we had run downhill in advance. During the race there were strong position shifts depending on the abilities of the runners to master the climbs and gradients. The ground consisted partly of flat boulders or was also smooth. In a bend with a smooth surface in front of the finish, some runners had fallen and, as one jokingly noted, got a mining medal on their knees or elbows. Finally, after more than 5 hours with a time that was one third above the usual time, we reached the finish.

A prize ceremony took place in the salt chapel carved in salt. Everyone was happy when they saw the daylight again after the award ceremony crammed into the small transport baskets after a 700 m drive. It was a beautiful day with lots of greenery and colorful colors. We had never been more aware of this than after this eerie mining marathon.

Some thought it had to be horrible to run a marathon in the depths without daylight. However, I felt like I did a mountain run within climbs, gradients and many curves with different "landscapes" over and over again

After this marathon, I was the man who took part in the highest - Mont Everest Marathon (5,200 m) and the deepest - Mine Marathon (- 700 m) in the world.

Years later I could still claim to have run the southernmost – Antarctic Marathon and the northernmost North Pole Marathon. Guinness would surely have enjoyed my messages.

20th Jungfrau-Marathon (2012)

Every 10 years, the Jungfrau Marathon in Interlaken takes place on Saturday and Sunday because of its great popularity, to give all interested runners, the opportunity to take part in this unique sporting event. So, Jürgen came to this mountain marathon 10 years ago and was at that time one of 63 participants who participated on both days.



View from the Schilthorn-Restaurant to the top of the mountains: Eiger, Mönch and Jungfrau

No effort and expense had been spared to make this year's double marathon an outstanding event for the 20th repetition. Even the World Championship for long distance mountain running world championship 2012 was held at this international event. An entire tent city had been created. One felt moved into the fairytale world of "1000 and one night". The show-events took place here, as well as the honors of the winners and as well as the 10-times Repeater, to which Jürgen proudly belonged this year. Clubmate Klaus had already successfully participated in this race 22 times. The marathon fair and pasta party are in huge exhibition tents, as well as video demonstrations of past and current runs. Music Bands with Caribbean sounds played to entertain the participants at the pasta party. The pick-up of the starting documents was no problem despite the almost 200 double starters. The weather was at its best. For example, all women and men from the M50 age group above started at the "World Championship" on Saturday, while on Sunday the "young" men up to the age group M45 and the double starters were on hand.



Honorary and Congratulations on 10 times participation at the Jungfrau Marathon

While the start on Saturday with more than 4,000 runners lasted more than 5 minutes, the field on Sunday with the "young" runners was fast on the track.



Finish at the Jungfrau Marathon 2012

The Jungfrau Marathon, with its incomparable backdrop, is undoubtedly one of the most beautiful runs in the world, the snow-capped mountains in the background and the valleys with the towering enormous rock faces. However, Interlaken (approx. 600 m altitude) also offers interesting aspects for the runner. For acclimatization, Jürgen visited, among other things, the restaurant on the Schilthorn in 2,971 m, known from a James Bond film, from which one has a great view of the finish of the Jungfrau Marathon: Kleine Scheidegg in 2,100 m, as well as a view of the Jungfrau with 4,158 m, the Mönch with 4,107 m and the Eiger with 3,970 m. A very impressive mountain world as a setting for the Jungfrau Marathon! Altitude is always relative, so Jürgen once drove in South America with a group of runners on the bus at 4,800 m, the height of the highest mountain in the Alps (Mont Blanc), which he had climbed once in 1 day and where he would have lost 4 fingers by frost another time, if they had not been saved by a 10-day hospital stay in Chamonix. Since then he prefers to run in the mountains and not quite as high.



Unforgettable the Schilthorn-Restaurant, known for a film starring James Bond

K78 Mountain Run in Davos

(2012)

Actually, Years ago I didn't want to dare the K78 (78 km of mountain running at the end of July in Davos), because the new statutes of the 100MC must end every run in the finish or at an official intermediate station with rating in order to be entered in the statistics lists, regardless of how far one has already run until a possible cancellation.



Davos (1,600 m) framed by mountains

At the Swiss Alpine you start in Davos (1,600 m) with inclines and gradients into the 1000 m - "deep" valley at km 30. Afterwards you go again via Bergün to the Ketsch Pass at 2,600 m altitude and km 50. If you do not arrive there on time, you have to go back to Bergün, because a mountain rescue on the subsequent 7 km panoramic trail at an advanced hour-becomes too difficult for the rescue helicopter. Then we continue over the 2740 m high Sertig-Pass back to Davos.

If you have to turn around at the Ketsch-Hut because of passing the intermediate time limit, you would not only have run about 50 km for nothing, but then have to go back to the railway station in Bergün. According to the 100MC count, this would not have been a marathon, but was then "only once" in the mountains.

At first, I tried the K42, a mountain marathon largely on the route of the K78 – the mountains remained, but there was more time. The C42, also a marathon, was more pleasant, but the finish was much deeper than the start. Later I became more of a "pleasure runner" and the count was not so important to me anymore. And for 4 years now I have been running the K78 with success

with my own astonishment, although this year my end time was even 75 minutes shorter than a year ago. Next year I could start in the age group M75.



View of the start/finish area in Davos

The Swiss Alpine running weekend in Davos at the end of July is always interesting, not only because of the alpine mountains and lakes, but especially because of the reunion of several club members like at the 100 km in Biel. So, Renate, Bernd and Joachim ran the K42 while I met at the Königslauf, the K78, Hans, Klaus, Wolfgang, DiDi, Hans-Werner, Günter, Ulli and others. As always, the run was exhausting but also very nice. With a rain shower, the weather had only briefly caused a break in the otherwise good running weather conditions. But everyone was happy when they reached the goal. In later years, the cut-off time was cut to 11:00 hours. However, a good friend had lost 4 minutes at the start because of the big field. When he reached the finish with his time of 10:58, he was still not rated, because the cut-off was 7:00 pm. He never ran there again, and he was deeply sorry for all of us, because the run for counting as an ultra or marathon was just a trip in the mountains.

Back we went with a cheap flight from Zurich via Amsterdam to Bremen – again an unforgettable running weekend in the swiss Alps.

GORNEGRAT-Ultra/Zermatt

(3,135 m) (2013)

This is the 10th anniversary of the Zermatt Marathon. For this anniversary, another organization had been considered. At that time at the 10th anniversary of the Jungfrau-Marathon, because of the great demand for starting places, the marathon on Saturday and Sunday had even been considered with double start possibility. In Zermatt, an Ultra of 45.6 km with an earlier start time has instead been planned in order to relieve the distance with partly narrow paths already in the initial area. Finish was then at the 3,089 m high Gornegrat. We from the 100 Marathon Club of course chose the Ultra route to the Gornegrat. The actual marathon finish was on the 2,582 m high Riffelberg, so that for the Super-Marathon on an additional 3.4 km an additional 500 meters of altitude were added. In total, the Ultra had a total of approx. 2.500 meters of altitude to cope with partly breathtaking views e.g. to the Matterhorn..



Matterhorn (4,478), the landmark of Zermatt

It became an eventful mountain run with very good organization and moderate weather with few hail showers on the last 500 meters of altitude. The start was in the 1,085 m high St. Niklaus, where special trains from the 1,600 m high Zermatt took us. There they met from the 100MC with a lot of hello. The run followed the partly closed mountain road and narrow paths

up the valley to Zermatt. It went straight through the village and after a 4 km loop it got serious at km 24 – almost like the Jungfrau Marathon, which shows its "mountain teeth" only at km 26. Seemingly eternal inclines had to be overcome until one was out of the valley. Afterwards, many inclines alternated with few gradients, which loosened up the running. On the Riffelberg, the run "already" was finished for the Marathonis. How I was glad that I was able to register for the Super Marathon, because my strength had not yet been used up and I had nice conversations with some companions and so the climbs seemed less strenuous. The last 500 meters of altitude were once again a strong challenge, on which I was able to overtake many runners. On the way I met an older runner. When I asked him about his age, he thought he was the second oldest runner. So I could now imagine him as the oldest runner.



The Kulm Hotel on the Gornegrat (3,135) was the destination for the Ultra

Very nice was the 3-day free tickets for the local trains and cable cars, which I used abundantly before and after the run. The pasta party in a large tent in front of Zermatt train station both before and at the award ceremony after the race with local yodeling music brought some atmosphere.

Although I had already participated "worldwide" in over 400 marathons, I had not been to Zermatt because of the distance and other interesting mountain runs in Switzerland. As I said, it was a big mistake. This run, like the K78 in Davos, was supposed to be a training run for the Atacama Desert Marathon at the beginning of September.

WÖRTHER-SEE-TRIAL (2013)

I like to run mountains and also trails. That's why I'm in Switzerland more often. However, for years I have been trying to run the Wörther-See-Trail, which was regularly offered at the Rennsteig. Finally the appointment was right and so I travelled by night train to Velden, where 50 years ago I was with my parents and learned water skiing, which I then did with enthusiasm for years during my studies. Twenty-five years ago I went there for a medical exhibition and walked about 40 km around the lake for the evening design. There I discovered my heart and soul for running. So I had to go to Lake Wörther-See again, especially since I had only run the Vienna Marathon in Austria.



Castle in Velden am Wörther-See

The trail did not just walk around the lake, but 57 km on the hiking trails with built-in chicanes. So there were quite steep sections, passages through scrub and once it was also about a remote lake. The markings were marked with ribbons and red-purple color. Only once did I get lost under the eyes of a volunteer in the village of Velden and, in order not to fall out of the rankings, I had to run back a bit. On the way we passed a swarm of hornets, which forced 6 runners for treatment by the ambulance service. Impressive was when we suddenly came out of the mountain forest and stood in front of the world's highest (850 m) lookout tower made of wood (120 m).. At the tower the processing ability of wood was impressively demonstrated. The finish on a sea stand was also something special. There was then the award ceremony of the various competitions.



A 120 m high observation tower made entirely of wood

On the Sunday after, I wanted to make up the stairs to the observation tower. This was not a problem, it only arose when I wanted to return with the excursion steamer on Lake Wörther. Because of the damage caused by the ship and the associated time delay, I wanted to run the 10 km back to Velden because of the departure of my train. Luckily, after several km and stop-and-hold attempts, a friendly motorist finally stopped, took me as far as Velden, so that I reached my night train in time. Once again an impressive and eventful weekend.



View from the 120 m high observation tower to Lake Wörther and Porschach



Idyllic church on Lake WörtherSee

Bratislava-Marathon (2017)

Registration with the Segway

The city of Bratislava was little known to me until now. It used to belong to Czechoslovakia and was located somewhere east of Austria. But now Bratislava was the capital of the independent country Slovakia. This is where the Bratislava Marathon should be.

In the meantime I am also a member of the Marathon-Countries Club and "must" run a marathon in as many countries as possible. On my previous business trips to partly, exotic countries this was no problem. Now I have to choose the countries myself and try to go to where I hadn't run or wanted to be again. On the return flight from Florida to the cool Germanic north I took the opportunity to "leave" my wife in Amsterdam and immediately flew on to Vienna and finally by shuttle bus to Bratislava. The modern coach ran from Vienna Airport for €5 including a cappuccino directly to the old city centre of Bratislava, the bus station is located directly under an imposing bridge over the Danube with a viewing restaurant on a pylon, which holds the bridge over the river on very long wire ropes and is therefore also supposed to be the longest suspension bridge in the world.



Impressive Danube Bridge in Bratislava/Slovakia is the longest suspension bridge in the world

For me it was still particularly pleasant that the bridge was only about 100 m away from my "Botel". The Botel was a former Danube cruise ship, which now served as a hotel on the banks of the Danube on the edge of the old town. So then also my run was a stroll through the very pretty historic old town. In addition to my botel, there were also the docks for excursions and other cruise ships. When a catamaran from Austria let its powerful engines run next to my bedroom, I rushed over and inquired about the destination of the boat, the travel time and the price.

Oje, the destination was Vienna, the price ok, but the return trip should not be finished until shortly before 6 p.m. Around this time I had ordered a tour with a Segway for an hour, but also



A trip with the 2000 HP catamaran to Vienna

the start number was only to be issued until 7 pm. Should I give up the Segway ride? - No! Luckily, as I was the only participant of the tour, it was interrupted after a visit to some buildings near the marathon fair and the starting documents were first fetched



With the Segway to the registration of the Marathon

However, at the time of the issue, it was found that my registration was despite confirmation that I had. So my data was re-entered and I had my starting documents. For the city tour only the return trip was enough. On my strolls through the historic old town I had already got a nice impression of this well-kept old town with many historical buildings and the many street coffees. The rest of the sightseeing tour I would then experience at the marathon.

The marathon started at 10 a.m. There I met the friends of the Marathon Countries Club, including Dan Micola, whom I met a month ago in Haiti and who wanted to try to set the Guinness record with marathons in most countries (over 50) in a year. The previous record is 40 marathons in 40 countries/year. Then there was Vagn from Denmark, whom I had already met on the marathon Caribbean cruise (6 marathon countries in 7 days) and who now wanted to be part of Africa (7 marathon countries in 7 days). I was particularly pleased about the runner couple Linda and Dave Major from England, who are also known to the 100 MC. So this marathon became a friendly run for me again. For the marathon, the roads of the marathon track were completely closed for 2 hours. One had the impression that the clocks had stopped. The marathon first ran through the outskirts, then through the old town past the many street coffees, over the Danube bridge through an extensive park and back to the starting point, the Euro-Center. My time under 5 hours was then just enough for the qualification and entry in the results list, because after 5 hours the roads had to be cleared again. The Bratislava Marathon was my 71st country where I ran a marathon. In addition to 6 countries in South Africa, marathons are planned in another 5 countries this year.



Members of the Country Marathon Club

BOSTON MARATHON EXPERIENCES

The Boston Marathon always takes place on a Monday in April, Patriots Day. He is always fascinated by his required qualification times at registration. Many participants run their 2nd marathon in their lives in Boston. Because when a marathon runner runs a time within qualifying, it seems a duty to document his level of performance by participating in the Boston Marathon.

Boston Marathon Qualifying Times:

Age group	18-34	40-44	50-54	60-64	70-74	80+
Men	3:05	3:15	3:30	3:55	4:25	4:55
Women	3:35	3:45	4:00	4:25	4:55	5:25

Jürgen completed his qualification 23 years ago for the first time at the age of 54 at the Steinfurt Marathon with a time of 3:29, which became and remained his life's best. Over the years, his times got worse, but due to the advancing age, the qualification requirements became less. He had planned to run Boston every year with qualifying, as a kind of sports badge for marathon runners. Let's see how long this will last!



By plane from Bremen via Paris to Boston

The Boston Marathon keeps talking about itself. In 1996, Jürgen was also present at the 100th repeat of this Boston Marathon. A total of 38,000 starters were registered at the time. The problem then was transporting the runners to the start in Hopkinton, 40 km away. The transport issue had already been resolved at the biggest race of the world, the 1/2 marathon from Copenhagen to Malmö with more than 90,000 participants, including Juergen. 15 school buses simultaneously take in front of the runners waiting in 15 rows. The buses will be loaded at the same time and the next 15 buses will arrive. Runners are also asked to take part in the buses according to the start times. Today, the buses already run in rows of two and it is now even faster.

There were also problems on arrival in 2010, as the **Volcano Eyjafjallakull in Iceland** had erupted. Juergen had accidentally arrived on Thursday and had forgotten that the marathon start is only on Monday. In the hotel, he was asked in amazement about his flight. It was the last to take place before the airspace between Europe and North America was closed. The lockdown lasted more than a week. All runners from overseas did not come to the marathon. Jürgen planned the return flight with a week delay over Florida. At the counter, however, he was prescribed the return flight with 5 days postponement, otherwise it would have meant a chargeable new booking.

In 2013, the **Horrific Explosion** at the finish line of the marathon was caused by two terrorists, killing three people and injuring many. Luckily, Juergen was at the time at a marathon in the Galapagos Islands and learned of this serious misfortune. The explosion occurred at the time Juergen may have been running toward the target. Because of the unique marathon in the Galapagos Islands, Juergen had given up the Boston Marathon for one year.

Juergen has participated in the Boston Marathon with qualification 11 times. It is also possible, as he heard, without qualifications, through a travel agency for a price of about 2,500 euros. Juergen paid €180 for the flight and €270 for the hotel outside Boston, less than half the price, but every year. Now he wants to report on 2 unforgettable marathons.



Already a visit to the finish area in Boston

Heat-Marathon in Boston 2010

This year's Boston Marathon should have it all. The weather forecast spoke of northwesterly cold winds from a low. In fact, there were south-westerly winds from a high with temperatures above 30 degrees Celsius. Already in advance it was warned against participation and only experienced runners should start. Residents had also been asked to support the runners in the heat marathon on radio, television and the press. Intensive and careful preparation has been recommended. Jürgen usually had little problems with the heat: you run slower and drinks are not only drunk, but also poured over the T-shirt to cool down. He quickly bought a sleeveless very light T-shirt and a headband with umbrella. Already on the morning of the marathon day it was warm on the bus ride to Hopkinton. At the start one had the impression that a half marathon was already remarkable. The first km were also correspondingly arduous. But then there were more and more residents who offered refreshment to the Marathonis with jets of water from hoses or ice in insulated containers. The military was also involved, because rain tunnels and large cooling fans had been built for the runners on the way. So Jürgen was able to survive the marathon relatively well, especially since he mastered the notorious hills or Heartbreaker Hills consistently uphill at pace.. So he was finally able to finish the marathon with a time of less than 5 hours. The heat at the Boston Marathon was worse than the 2007 Chicago Marathon. There, during the course, some runners had collapsed with some subsequent stationary stays. There had even been one dead there. The Boston Marathon was less dramatic, as both the runners were warned, and the spectators and the military had also offered intensive support.

A special attraction the day before the marathon was a city tour of Boston with a Segway, a vehicle with two wheels and a steering stick. After a short video briefing came a practical training with examination. You move on these vehicles like a robot and control all movements through the stick. Afterwards we took the Segway to the actual city tour of Boston, almost like a bicycle through the densest traffic. The two-wheeled vehicle reaches a speed of 20 km and has a range of about 40 km/h.

Cold Marathon in Boston 2018 or "With the Clothes Bag for the Boston Marathon"

Because of the terrorist attack five years ago at the Boston Marathon, it has since been allowed, for security reasons, only to leave his clothes in the prescribed transparent plastic bag before take-off of the bus. Normally no problem, but I wanted to fly back immediately after the finish. After a marathon I can always sleep particularly well on the plane. I had taken enough time, but 3 days before my return flight the time was brought forward, so that I had no time to pick up my luggage in my accommodation after the run. So, I could not take more luggage with me than fit in a plastic bag. I took my running clothes in long and short, besides the wash bag and fabric sandals, which could alternatively also be used as sleeping clothes. Since the forecast was very unstable weather, I took additional warm wear with me, which I wanted to use before the start for clothing donation. I even left my laptop at home because the battery it contained could have been a potential explosive device.



With storm, rain, and temperatures around 0 degrees Celsius in 2018

So, I learned that my phone should be a full-fledged replacement. I could watch and hear the German TV news and even play solitaire in boredom. During my last participation in Boston, where I had planned the return flight shortly after the finish line, I had to deposit my backpack in a garbage container. But because the marathon takes place on a Monday, the Patriots Day holiday, the container was not expected to be emptied before the next day. Only when I picked up the bag after the marathon did the police not want to let me pass and escorted me to the container for inspection.

Monday was marathon day. About 30,000 marathons were registered, of which 27,000 showed up for the start. In addition to runners from 107 countries, more than 260 Germans were registered. In wet weather, school buses took you to Hopkinton, 40 km away. Because of the rain and partly snow, tents were set up there for the runners, in which one could spend the waiting time until the wave-wise passage in the starting area. The tents protected from the rain, but not from wet shoes in the partly muddy ground with extensive puddles. On the dry sections, the many runners crowded standing. This wait was finally over. It was pleasing that it did not rain on the way to the start, it was just cold, and I didn't want to take off my extra heat protection clothes until I got warmer. This was not the case throughout the whole marathon. Rain ponchos carried almost all, but they were often torn apart by the stormy winds later. Probably because of the cold I had also contracted a bladder cold, which forced me to frequent involuntary breaks. On the way, school buses were set up several times to bring abandoned marathonis back to Boston. Amazing that most marathons (almost 26,000 or 95%) reached the target in good time. I was sorry for the approximately 10,000 volunteers who braved the weather to provide us with drinks and food.

In my "advanced" age group, 19 participants had registered, of which 7 reached the finish line. After all, I was 5th and would have been 3rd without my many forced breaks that day. The wet-cold weather had therefore particularly added to my age group. As a prize there was a special T-shirt for me, which I will wear with pride at future races.



Juergen at the Marathon Fair

On the Tuesday after the marathon and a night flight I arrived safely back home, was picked up by my wife from the airfield. I continued my gardening work, which was still unfinished on Friday. In the evening we were invited by neighbors to the barbecue evening in the beautiful spring weather. I reported that I was still running the Boston Marathon yesterday. Then my neighbor said: He knew that we runners were crazy people, but he would not believe anything.

Experiences at the New York Marathon

As a student I was in New York for the first time. Actually I wanted to do an internship with an American company, but then I didn't go. Since I had already purchased my plane ticket to New York at a reasonable price. I visited the city of New York and bought a Greyhound ticket for 99 US dollars at that time and got to know the states: visiting the cities during the day and driving at night and sleeping on the Greyhound buses.

In 1988 I ran one of **my first marathons** in New York and became a marathon runner because of my enthusiasm for this extraordinary international event. At that time there were about 24,000 participants and I became 12,709th finisher. In the future, I tried to combine my international business trips with a marathon. To this day, I remained faithful to the New York Marathon, with some unforgettable experiences. I booked this first marathon on InterAir-Voss trips. Manfred Steffni, from the runner's magazine Spiridon was a tour guide and said apologetically that he could not know all the runners. Later we even became good friends and he even greeted me personally at other events to my pride, including the Amman Marathon in Jordan, where I ran my 100th marathon. He then brought an article in Spiridon about my Antarctic Marathon. He also motivated me to write about my running experiences and gave me helpful tips.



Manhattan, like a large rock on the east coast of the USA

Before one of the next travels to the New York Marathon as part of a business trip, a business partner asked me if I was **interested in classical music**. So, I received a personal invitation from the conductor one day before the marathon. I thanked me politely when he called me,

wrote down the address of the event, so that the taxi driver could also find the venue. However, the designated Lincoln Center is the cultural center of Manhattan and the Every-Fisher Hall is the largest concert hall there. At the box office, I asked for the conductor's free ticket and had to be told that I do not even know the name of Zubin Mehta? - one of the three most famous conductors in the world. Quite embarrassing. We were assigned our seats in the conductor's lodge and sat there with the Iran ambassador. The 6th Symphony of Beethoven was played, the Pastorale, which I liked so much from school. During the break we were led to the conductor. You could see that conducting for Zubin Mehta had to be a similar effort like a marathon for us. We changed polite words, and when the conductor suggested having dinner together afterwards, I also failed because I was too nervous before the marathon. My wife is still angry with me today about rejecting the exiting invitation. The next morning the marathon was in the best of weather. There were again an infinite number of runners and the crossing of the start-line was only possible after 15 minutes. I used the time and waited until the start of the back field on a parapet of the bridge in the warm autumn sun and listened to the sound of the Pastorale, which happened to be played to motivate the runners to start the marathon on the Verazano Bridge.



Photo of the Concorde: Flight from Paris to New York

To participate in another New York Marathon, we flew **the Concorde**, a special offer of Spiridon sport-trips, which Mr. Voss had prepared at our request. The price for this extraordinary marathon trip in DM was equal to today's price for a marathon trip in Euros. However, it became a very cumbersome flight. The Concorde was scheduled to depart from Paris at 11 a.m. So, the night before we had to arrive in Hanover with an overnight stay in the hotel to reach our 7 a.m. flight to Paris. There was a lounge only for the Concorde fliers. The Concorde was relatively small, with 2+2 seats in a row. Departure was normal, but the altitude was twice as high as normal flights. It was bad weather, but above the high clouds there was a dark blue sky and the rounding of the globe was visible. Since we were private pilots, we could visit the pulpit and talk with the pilots. Navigation is like private aircraft, but the flight maneuvers are different from all other aircraft. Because of the twice the speed of sound, the Concorde did not have landing flaps, but had to pump the fuel into the rear of the aircraft to

achieve braking effect. The flight time was 3 hours and 42 minutes. We had flown faster than the earth was spinning. So, we had departed from Paris at 11 a.m. and arrived in New York before 9 a.m. local time. The entry control was swift, and we reached our Marriott hotel on Broadway an hour later. So, we went to the marathon fair, picked up my starting documents and wanted to have a short lunch nap. From this we awoke at midnight. We had forgotten the 6-hour time difference. What do the rest of the night? We survived. The marathon was an impressive experience. With my target time under 4 hours I was also satisfied. However, the return flight was again very awkward. We had been to Florida and had to arrive the day before to get to our 8 am Concorde flight from New York to Paris. The flight lasted again about 4 hours, so we landed after American time at 12 o'clock at noon. In Paris, however, the time was 6 hours further, it was already dark, and we had to wait more than 2 hours for our flight to Hanover. At about 10 p.m. we finally arrived there tired, took a taxi to the station, and then arrived at home by train after midnight. The marathon was very nice and the flight was an impressive experience - but nothing more.



Company outing as part of the New York Marathon

I took part in another New York Marathon **as part of a company outing** for my 14 employees - like before a company trip to Hong Kong with participation in the marathon there. Due to cheap flights and an early booked package stay, the costs were kept within the limits at that time. A harbor tour with a visit to the Statue of Liberty, a helicopter flight over Manhattan, a visit to the musical "Cats", as well as food at the Marriott revolving restaurant high above New York were impressive program points. I ran the marathon on my own and my staff were able to browse department stores that day. Dinner was later together in a pre-booked restaurant on Broadway. As a thank you for this company outing, my employees had handed me a cake with fire sparklers at the end. Suddenly, however, the alarm sirens sounded, the elevators stopped running and the connecting doors in the corridors closed automatically. The candles had triggered the fire alarm. I apologized to the reception and promised that this would not happen again. The apology was accepted in a cultic manner. The New York Marathon was more relaxed,

but also unforgettable. Despite the visit of our New York customer, the Atkin Center, the company outing was not recognized by the tax office and was supposed to be a tax-worthy advantage of the employees. No problem, I am renouncing other tax breaks in question which have more than offset this amount.

Also, worth mentioning is the 2015 New York Marathon, which was cancelled because of **Hurricane Sandy**. Before hand, we were on a cruise in the Caribbean for a trip around the island of Jamaica. First, we lost a passenger and had to turn to Key West because the way was too far for a helicopter to deliver the passenger there in the hospital. On the way to Grand Cayman we had to turn back again because of an emerging hurricane. On the way back to Miami came the first strong storm foothills. When we were in Florida, the storm had developed into a hurricane, but moved along the American East Coast and hit the mainland in New York. Due to the devastation caused by the hurricane, the New York Marathon had to be cancelled at short notice to the horror of the many runners who had arrived. In Florida, a change of weather took place for a long time, because of which the beach was washed away and later had to be approached again laboriously.



Shipping to the Statue of Liberty was not to be missed during the company trip

Other participations in the New York Marathon were also unforgettable, not only through the marathon, but also through the many other unforgettable experiences. In the meantime, I plan to travel to New York every year at the time of the marathon. Now important for me not only to complete the marathon, but also to motivate my wife by interesting activities at this time, e.g. by attending a musical, special events, visiting a museum or meeting friends.

On detours to the Vancouver Marathon (2012)

For Juergen, marathon is not a sport, marathon is a reason for him to travel. So he was able to pursue his hobby again: with a flight to the Vancouver Marathon. Normally this is just 12 hours flight with change in Amsterdam and via the North Pole route. However, this time the total flight time was to be more than 24 hours: in Bremen, flight operations were suspended for more than an hour due to a severe thunderstorm and the electronics of his plane to Amsterdam were damaged. All passengers of his plane had to be rebooked. In the meantime, it was already too late for all regular connections to Vancouver, only one flight via Frankfurt and Toronto was possible with correspondingly longer flight time. So far so good, but in Toronto was the next severe thunderstorm and Juergen was happy, as after 2 hours of waiting the plane took off. The airfield in Vancouver had to be reopened especially for his aircraft. Since he only had hand luggage, he was able to catch at least one of two taxis that were still standing at the airport after midnight.



Marathon fair was held in the exhibition halls at the harbor

Vancouver is an interesting and pretty metropolis in western Canada with over 2 million inhabitants in the Fraser River conurbation, framed by snow-capped mountains. It was not for nothing that the World Exhibition was there in 1986 and the Olympic Winter Games in 2010. The modern shopping malls with the elegant underground shopping arcades, commonly held in Canada's major cities, were also impressive.

The marathon started after cloudy and cold days in bright sunshine and a pleasant 16 degrees. The route was a newly surveyed circuit and led through the most beautiful passages of Vancouver with a lot of forest and along a long waterfront promenade. There were about 10,000 half-Marathonis and 5,000 marathons enrolled. The winner was an Ethiopian with a time of 2:21:50 in the age group M25 and Jürgen finished 5th in the age group M70+ in a time of 4:34:55. At the Finish.

However, Jürgen was amazed at the winner in the age group M70+ with an extraordinary time of 4:03:38 for her age, namely the 78-year-old Gwen McFarland. Only Jürgen was amazed, because in the advanced age groups hardly any unusual achievements are interesting anymore. If you perform the age correction according to www.Greif.de, you www.Greif.de get an age-corrected time of 1:51:01. Thus, the Greif calculation even seems to fail here. In www.Marathonguide.com, all American marathon results are shown age-corrected for each runner. Last year, I had finished a marathon at the age of 77 in a time of 4:05:45 and corrected in 2:07:01. Thus, the Vancouver time would correspond to an end time of 2:06:02 and thus correspond to world class. The winner in the age group M70+ ran 3:30:45, which corresponds to an age-corrected time of 2:34:57 - good, but not yet world class. Our marathon queen Sigrid is 7th in our club rankings with her best-five in a time of 4:56 or with her age-corrected time of 2:58, which is also amazing in the number of her runs.



The port of Vancouver with the water planes

With the Astronauts at the Space Coast Marathon (2018)

The Space Center in Florida is a possible excursion destination of the club trip 2013. Jürgen was now at the Space Coast Marathon and was able to research for a club trip. In the entrance area of the center one was immediately received by a parade of earlier rockets and in the middle of it a "small" 10 m high Christmas decorated fir tree. Above the registration hung decoratively a space capsule, surrounded by flags on which the development of space travel was chronologically depicted. During the subsequent visit to the exhibition halls, one could admire, among other things, a replica of the control center, a space capsule, the lunar vehicle and many other things that made the landing on the moon possible.



rockets in front of the Space Center, old and newer

At the start of the marathon morning it was very fresh for Florida and you actually needed gloves. The marathon ran along the Indian River, which runs between the mainland and the offshore island chain. Five years ago it was so hot there during the day that I was swimming in between to cool off. But i was only right about the cold today. First I tried to catch up with the Pacemaker with a time of 4:25. However, they became too slow for me in the cold, so I moved on to the 4:15 Pacemaker.



Juergen with the astronauts in the Space Center

I reported that this was my 446th marathon and that I ran a challenging off-road marathon at Tampa a week ago. . The pacemaker couldn't imagine that - I couldn't. He also joked that I had done a triathlon yesterday – no, it wasn't yesterday, but three days before the Thanksgiving triathlon.



A long-range rocket for the transport of a space capsule

In the meantime I was so motivated that I also moved up to the 4:05 Pacemaker. She reported on the New York Marathon, which was cancelled because of Hurricane Sunday. Until a few days before, it had been announced that the marathon would definitely take place. This is all the worse because it was only upon arrival in New York that we learned of the cancellation of the marathon. It's never been so boring for her in New York. Here, too, I settled down after a short time, but now without success. Halfway through the finish, I was overtaken again and finally managed the marathon in a time of 4:10 – a time I hadn't run in 4 years and which was 30 minutes better than my qualification for the Boston Marathon. Corrects with the age factor this was at a time of 2:55:13. It was a very successful marathon for me with strong motivation from the American followers.

At the pasta party at white tables and speeches for the Marathonis, I received inspiration for the new design of the Elbe Tunnel Marathon/Hamburg-Germany, which was earlier on Sunday at 11 a.m. - and that's it.

In the future, the Elbe Tunnel for 30 € you had not just the start. A nice polo shirt, a medal, but also the day before a pasta party in the youth hostel high above the Port of Hamburg with a beamer-presentation about one of my exotic marathon. In the afternoon before, there was also a sponsored harbor tour for the Marathonis. For many, the Elbe Tunnel became an unforgettable and special marathon thanks to the suggestions of the Space Coast Marathon.



Finisher Medal at the Space-Coast Marathon

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New York Marathon or my way back to the life of a runner (2019)

In February I wanted to run the Melbourne Marathon in Florida, which was already part of the club trip to Florida several times. However, slight kidney pain with slightly elevated temperature allowed me only to participate in the 5 km run with my wife. My body recovered and I was able to walk in Boston, Hanover or Madrid, among others. However, in the Elbe Tunnel Marathon and a Marathon in Madagascar, the forces were only enough for a 1/2 marathon. The forces continued to decline rapidly until a urologist found that my kidneys were more or less "drunk" and that I needed urgent medical attention. An operation did not work, but at first I couldn't walk at all. Others were prescribed a spa stay after the operation or temporarily received a disabled card. After the operation, I had chosen the stairwell in the hospital as a training area.



Harbor tour through the Brooklyn Bridge and Manhattan in the background

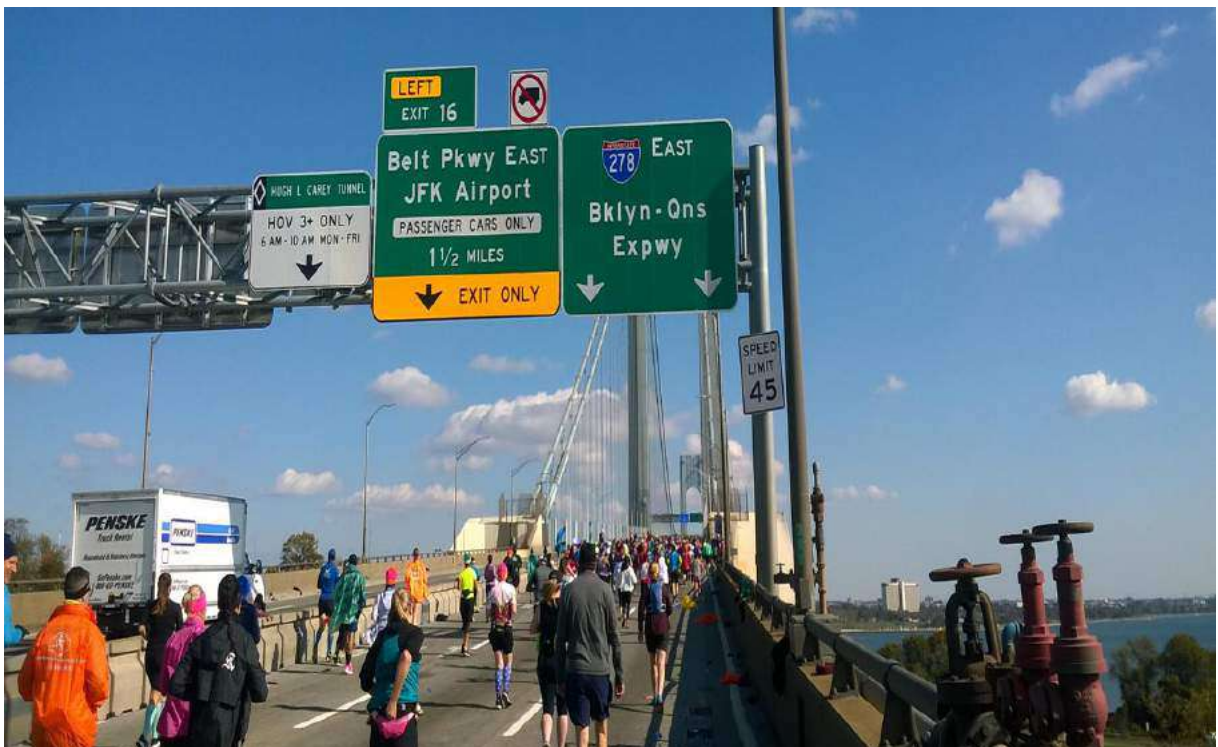
All my marathon plans were paid for but cancelled, including Budapest, Guernsey, Romania, N.Y., until a reporter from New York contacted me three weeks after my surgery. He asked me why I had finished 1st in my M80 age group last year. In fact, I had arranged to meet my wife about 1 mile from the finish, had spoken to her and took photos until my "Weber time" (60 marathons with 60 different end times within an hour) had come from 5:31. Nevertheless, I was 1st in my age group, with a distance of about 30 minutes to the second. I told the reporter about training at most every other day and stretching the muscles. This conversation inspired me so much that the same day I asked for a flight to New York. I was registered. I was able to cancel my room at the time, but not my free flight (mileage credit) from Fort Lauderdale to New York.

For 650 € there was actually a flight and a room in Chinatown for 50 \$ per night, so that nothing stood in the way of participating in the marathon.



Before the start of the New York Marathon

I hadn't run for 6 months. I had 2 weeks left until the New York Marathon! A distance of 12 km around a lake every 2nd day with subsequent stretching exercises rebuilt me. After 10 breaths, I had to interrupt the running and go to the regeneration. It took me 5 1/2 hours in New York last year, but the last one in my age group was 8 1/2 hours, 3 hours longer! I should be able to do that.



After the start of the New York Marathon

At the marathon fair and also before the start I met various runners, whom I already knew from other events. In New York, there were more than 70,000 messages, which were divided into 3 different starting blocks with 4 waves every 15 minutes. When my "wave" started at 11 o'clock, almost everyone ran away from me on the Verazano Bridge. After about 2 miles I caught up with the first runners again and then the overtaking continued "running" because I could keep my speed. The other runners started to go too. Finally, I was able to slow down the last km to reach my missing "Weber time" of 6:22. So I was 5th in 17 finishers in my age group. For me a great success, because the running time gave me my runner life back. Three weeks later, the Curacao Marathon was near Venezuela, which required a cutoff time of 7 hours, which I easily achieved with a new "Weber time" of 6:21. Afterwards there was a big trophy of honour for my marathon in my 106th country as the oldest person with marathons in over 100 countries. Now I have to train at smaller local marathon events for the Bermuda Marathon with a cut-off time of 6 hours.



The return flight from a successful re-entry into runner life

The Everglades Ultra and the Corona Crisis (2020)

Every year I am at the Everglades-Ultra over 50 km and now for the 5th time. The Everglades swamps are located in southern Florida and are a very large nature reserve with many rarer animals such as pumas and crocodiles. On Alligator Avenue, a highway that runs through the swamps, you reach Everglades-City and the Natural Park. Briefing is the day before in an event tent on a deserted lake, which serves the drinking water reservoir for the city of Miami and where the runners are also allowed to camp.



Juergen at the finish line after 50 km Everglades

Even in Seoul I could not run because of the Corona crisis. Now, due to this crisis, all sporting events were no longer allowed in Florida from the next day. However, through the state government of Florida in Tallahassee we received a special permit for this event with a 25 km, 50 km and 80 km trail run. After a tent night at the lake we drove at 6 o'clock with several school buses to the start with only 1 runner per bench. After the start we went first on a gravel track through dense trees. Every approx. 5 km there were catering points, whereby at the installed toilets always a disinfectant was available. At km18 there was a larger catering point and after that came about 20 km of prairie with mowed ground, which caused me so much trouble that I had to go mainly. On the ensuing jungle track, my legs took revenge with 2 strong muscle spasms, so That I had to continue to walk first. On the following road, I was surprisingly lighter than walking. In the 50 km run I was 55th out of 88 applicants.

Actually, we wanted to take part on a cruise of the Holland America shipping company after the Everglades Ultra. I also wanted to run a marathon in Costa Rica. Both ventures were cancelled or postponed due to the corona crisis. Even two ships of this shipping company are

now trying to obtain an entry permit in the Caribbean with more than 1,800 passengers and 4 Corona deaths in any port. So we decided to fly back to Germany early.

Because of the Corona crisis, we were able to book an early return flight without any problems and additional costs, but the realization then became a problem:

Two days before departure, we received the message that our flight was not to go via New York, but via Detroit - no problem. However, 1 day before we learned that we were supposed to leave at 6 a.m. because the 2 p.m. plane failed, i.e. get up at 2:30 a.m. and a 10 hour stay in Detroit. Only 10 of the 220 seats were occupied on the plane. At the Detroit airfield we were almost alone at first - all shops and restaurants were closed. Luckily, we found a coffee shop at the end of the terminal, which may not have been checked. While waiting, we found on the Internet in an e-mail to me that the flight from Amsterdam to Bremen should now also be cancelled. With Bahn.de I found a connection: by train to Groningen, then by bus to Leer and again by train. Hopefully the trains were still running!



Ingrid and Jürgen on the return flight to Europe

However, the plane to Amsterdam was almost full of "Europeans", among others with exchange students, who should return home after 2 months instead of 12 months. In Amsterdam we were rebooked to Hanover at short notice – it was the last plane that could still fly to Hanover, because the airfield was to be closed the other day, as Bremen already did - as we only learned now. From Hanover we went on by train - alone in the whole ICE wagon - to the final stop of our adventurous journey. Our abandoned suitcase did not take this hustle and bustle with us and we hope that one day it will find its way back to us.

The main thing was we were back home, healthy and happy.

Marathon on the Inca Trail to Machu Picchu (1998)

In 1998 I ran the **Machu Picchu Marathon**. This marathon was organized by the organizer (AndesAdventures.org), which offers marathon trips to South America. I loved to travel to this part of the world because of my second native Spanish and because of my strong legs for the climbs in the mountains. With the organizer I have been on several trips and was something like a guinea pig for new runner tours, such as on a trip to Ecuador, to Patagonia or to the biggest glacier of the world, the Perito Moreno in Argentina. Offered marathons with him have been my ideas.



Cathedral in Cusco/Peru

We runners met in Cusco/Peru in 3,400 m altitude for a city tour and acclimatization. On the way to the start on the Inca-Trail we camped and there were different runs for further height adjustment. We also visited old excavation sites and learned about the earlier ways of life of the original inhabitants.

The marathon was to take place on the Inca Trail, where in previous years fish and food were brought from the sea to the mountains by runners. The briefing for this abandoned part of the earth was especially important, because two years ago a runner got lost, who only met again two days later. During the actual marathon we passed, among other things, trekking groups who wanted to get to know the Inca Trail on short sections. After long climbs we came to a pass and suddenly the old Inca town of Machu Picchu (8,100 ft) was at our feet. I finished the race after 44.3 km/27.5 Miles in 8:34, it was one of my longest runs of my life at that time.

The next morning we had more time to visit this historic site and for the interesting explanations. We flew back to Cusco in a military helicopter through the deep valley of the Urubamba River.



The old Inca town of Machu Picchu high up in the mountains

Das was only the first part of our journey and again only for acclimatization. The second part took us by bus to parts of the country where only Quechua Indians, the original inhabitants of Peru, live. We camped in lonely valleys and started our runner tours from here. The highlight was a run of 34 km run with start from our tent camp in 4,800 m with passes at 5,000 m altitude and back to our tent camp in the valley.

Once again an unforgettable runner tour in the south American regions.



Group photo after the races in the Andes

Atacama Desert Marathon

(2007)

Even as a student, I did a commercial internship in Santiago de Chile. One weekend I took the bus from Santiago north through the endless Desert of Atacama. It was beyond any idea for me at the time to run a marathon there! However, Andesadventures.com made it possible as part of a stage run through the most beautiful parts of South America.

The journey was via Miami, Buenos Aires first to Salta in the north of Argentina. There, the stage race began with an exciting white water tour on the ice-cold Juramento river. Of course, for acclimatization we had to run back the mountain distance of about 14 km at a still pleasant 800m altitude. The next exercise consisted of a run of 16 km through an impressive canyon at an altitude of approx. 2,400 m. A subsequent downhill run of 3,400m down to 2,400m above half the marathon distance had to be enough to prepare for the desert marathon. With a modern coach we drove on the Altiplano, a plateau at about 3500 m altitude and a pass at 4,800 m, the height of Mont Blanc, to San Pedro de Atacama. The Altiplano, a plateau of the northern Andes stretches from Chile via Bolivia to Peru. The Atacama desert is located between the Andes and the Pacific Ocean, is about 1000 km long and the driest place on Earth with moon or Mars-like conditions.



River rafting on the Juramento River in Argentina

On a circuit, 42.2 km should be run through the hot desert Atacama (approx. 2500 m altitude) with catering stations every 10 km. With the bus and a photocopied hand drawing we drove out

into the desert, which here partly consists of rock massifs and elongated sand fields. Start was in the "Valley of Death", where it was still pleasantly cool from the night and the slight inclines were no problem. The subsequent steep ascent through a rocky gorge with a long tunnel were fascinating. However, according to GPS and the time needed, the first food place came a little early, as did the next one, which made me stupid. We continued through a long stone desert and then through a paid national park. The "Valley of the Moon" made a frightening impression due to its black-grey and monotonous sand dunes. At the last catering point and 32 GPS km it should only be 4.5 km to the destination. So my companions Melissa, Paul and I decided to continue to San Pedro after the finish for a full marathon distance. However, things turned out very differently! Some turn-off was badly marked and instead of running to the finish line, we ran astray. At first no problem, although the sun became more and more intrusive. Without the previous markings, we continued to walk through rock formations. We reconciled ourselves to the possible path, as well as our slowly tilting water supplies. Finally, we saw a vehicle on a deserted gravel road. The ride stopped and we asked for the place San Pedro. He wanted to take us but showed our GPS only 40.5 km. We refused, because it was only to be 5 km to San Pedro, which we wanted to go further, so that our route could count as a marathon. As we later learned, the critical position for the following runners was improved. However, the other runners had run only 36 km and not as expected, a marathon – bad luck for the others and luck for us, but not entirely harmless.



Salar of Uyuni with the coral island of Incahuasi

From San Pedro we continued with Land Rover across the border to Bolivia. We drove through the still largely untouched south of Bolivia past the Laguna-Verde(green),Laguna-Blanca(white) and Laguna-Colorada(red), which owe their color minerals or bacteria and are populated by different types of flamingos. The lagoons, as well as the volcano Lincangabur(5,930m) on the border between Chile and Bolivia was already known to me through a mountain tour with the Alpine Club.



Laguna Rosada with flamingos

Grandiose conclusion of the first part of this stage run through South America formed a 10 km run in freezing temperatures around the coral island Of Incahuasi in the dried-up salt lake "Salar de Uyuni" in 3. 650 m altitude. On the island there are more than 10 m high cacti, some of which are over 1200 years old. The dried-up salt lake was formed 40 million years ago as part of a gigantic lake in prehistoric times and dried up by a missing drain. The salt layer is about 100 m thick. The Salar is the largest salt lake of the Welt, a total of about 160 km long and has the size of Lower Bavaria. A few years ago, Stefan Schlett needed 2 days to go through it – all respect at this level!

I had proposed to run a marathon on the salt lake on a next runner's tour. A route would not be a problem at this salt lake: a run from the island of Incahuasi to the island of Isla del Pescadores, both on the salt lake and located about 10 km away. Thus, a 10 km run, with return a half marathon and twice would be a marathon would. The name could be Sunrise Marathon, especially since due to time constraints you should start the race in the dark. The Atacama Marathon with 43.5 km was already built on my proposal. A marathon is always more interesting than just running in the mountains, no matter which distance. Unfortunately, my proposal was not accepted, so there was no desire for me to take part in this tour again, it was a pity.

Lake Titicaca Marathon (2007)

As part of a stage run through South America, runs are offered at high altitudes of www.andesadventures.com. I had already reported about the acclimatization races under Atacama marathon on the 100MC homepage. The last highlight was a run around the Island of Incahuasi on the 3,612 m high salt lake of Uyuni in Bolivia, which was built in ancient times.

In Uyuni, on the world's largest salt lake, we swapped the Land Rovers for an overland bus that took us to Potosi on dusty and winding roads of the Altiplano. Potosi is known for its silver deposits there and also in earlier times by the production of Spanish silver coins. The local Monte de la Plata with a Mont Blanc height of 4,800 m was the start of a mountain tour of the Alpine Clubs 10 years ago with the completion of the ascent of the 6008 m high mountain Uturuncu. The plane then continued to La Paz, with the highest airport in the world at an altitude of 4,100 m. After visiting an excavation site from the pre-Inca period, we finally went to Copacabana at Lake Titicaca (grey Puma) at an altitude of 3,830 m.

A specially chartered ship took us in the morning to the island of Isla del Sol (Sun Island), where the start of the Titicaca Marathon was to be at an altitude of 4,000 m. The route consisted of a circuit of 21 km mainly in the mountainous region of the 15 km long island, but also with passages at sea-height. The course went over stick and stone, with partly steep passages up to 4,100 m altitude, along the beach and through small Inca villages. Even the move increased the breathing rate, how should one still run there?

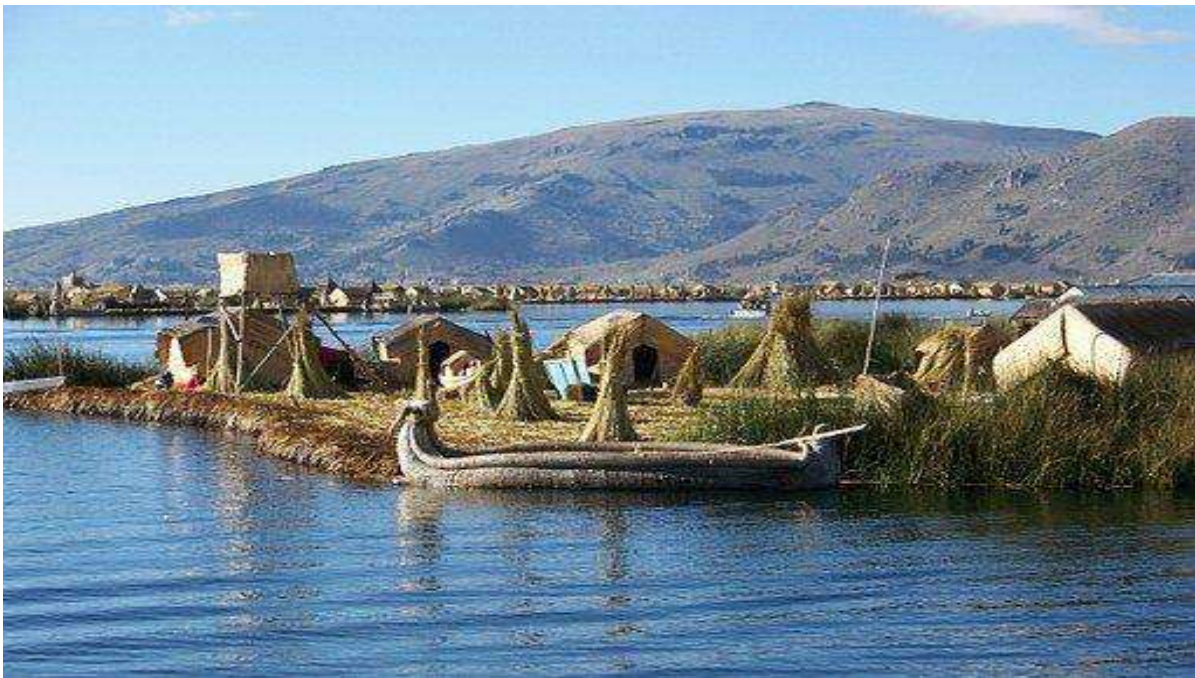


Lake Titicaca in Bolivia and Peru

A total of 21 runners competed. If possible, 2 laps with loop should be run for the 42.2 km, but at least 1 lap. Several runners had already participated in the Bad-water Heat Desert Race in the USA and had relevant experience. With my 300 marathons and my 3 x 100 km runs I felt almost like a beginner. There was also only one catering place after about 10 km or half a lap,

so that enough reserves had to be taken with you. The track was very difficult for most, especially on the climbs, so most were happy when they had made the first lap.

Only 2 runners wanted to know exactly and started for the 2nd round. Only runners who were able to finish this 2nd lap before dark were allowed to do so. Since I was well in the race and not yet completely exhausted, I accepted this unique challenge. I actually made it and needed an hour longer for the second lap than for the first lap and finished this Titicaca marathon in 8:22 hours, just in time for the limit. A 28-year-old runner from Japan needed only 6:15 – all respect. I was 2 1/2 times as old as him. My time was the same as my time at the Mont Everest Marathon, where, in addition to the descents, a positive height of about 2,000 m had to be overcome.



The floating islands on reeds in Lake Titicaca as protection against attacks

For me, this Titicaca Marathon was a unique experience, as I was astonished to be able to run a marathon at an altitude of 4,000 m on a difficult course and on the other hand I had also run a marathon in Bolivia alongside Argentina, Chile and Brazil. However, Moctezuma did not like this and his revenge was terrible (strong diarrhea). Through the effort my immune system was down and Moctezuma had an easy game with me. Nevertheless, I enjoyed the further trip to the "floating Islands" of Lake Titicacas and its inhabitants. However, Moctezuma also saved me from the last and most difficult run through the Colca-Canyon, the 100 km long and deepest valley in the world. At the subsequent award ceremony there was therefore no prize for me, but as the only German I "could" like all other nations sing my own national anthem alone. A few years later I made up for the Colca-Canyon run on another trip

An unforgettable stage run, especially the impressive friendship with our Peruvian friends in Cabanaconde.

MARATHON TRIP TO THE GALAPAGOS ISLANDS (2013)

The most impressive and beautiful marathon trips on the South American continent are organized by www.AndesAdventures.com. Jürgen, whose second mother tongue is Spanish, has been present at stage races (often with marathon): Machu Picchu, Patagonia and Tierra del Fuego, Atacama Desert, Titicaca in Bolivia/Peru and Ecuador. Some marathon trips have been reported in the past.

The trip to the Galapagos Islands should now be the crowning glory of these trips to South America. The journey took us via Florida to Guayaquil in Ecuador. From there, we took a 1 1/2 hour flight to the island of St. Christobal, one of the larger Galapagos Islands. There, a fee of 100 US dollars had to be paid as an entrance fee for the National Park "Galapagos Islands". Furthermore, a check should prevent foreign plants or animals brought with them from changing this exotic world. A trip in the afternoon to one of the many volcanoes with ascent and subsequent run to a giant tortoise station served for acclimatization and for the assessment of the followers. Jürgen has been in midfield before, not bad for his age. The next morning we walked to a secluded bay, where Darwin had landed with his ship "Eagle" in 1835. In the afternoon we took a yacht to the island of Dormiendo Leon (sleeping lion). This island consists of an imposing rock protruding 150 m from the sea, which looks like a sleeping lion from a distance. There was snorkeling and diving with the sea lions. We tried to dive as long as the air was enough. The sea lions, which are the size of humans, performed masterful and impressive dances while snorkeling in front of our eyes.



Model of the Galapagos Volcano Islands west of Ecuador

The next morning we went with a small 6-seater plane to the island of Isabella, where the marathon was to start the following day. There was still calm before the storm. Only one breeding station for turtles was visited, which caused the spread of the endangered giant tortoises by artificial insemination of the eggs. The sea lions were also an attraction on the island. In the evenings they lay on the park benches and during the day I even found a sea lion in a 6 m high observation tower. They are friends of the local residents.



Sea Lion sunbathing on a fishing boat

The **volcanic marathon** began with a turning track directly at the entrance of the nature reserve "Sierra Negra" with steep inclines. After reaching the edge of the volcano, which surrounds a 6 km wide volcanic crater, we walked on stepped-out tourist paths over a rugged lava field. The second half of the marathon led through the many inclines of the volcano. A special chicane formed two feral sections of the line, which ran between two separated fields. The soil could no longer be seen due to the dense vegetation and was partially completely shaken by wild boars living there. A special attraction was the passage through a 200 m long cave with provided flashlights and miner's helmets. Due to the bright sunlight before, our eyes could hardly see the faint glow of the flashlights or the branches marked with red and white ribbons. Food and drinks were available from two "rolling catering stations" or 2 vehicles drove back and forth between the runners and thus also had control over the runners in this god-abandoned area. The goal was in a park with giant turtles and with the subsequent award ceremony.



Giant tortoise eating a leaf

The next morning, at breakfast, we received news of the terrorist attack in Boston, in which 2 brothers killed 3 people and seriously injured more than 200. I spontaneously thanked the organizer for moving me through our extraordinary journey to give up my annual trip to the Boston Marathon.



Participants of the Galapagos Marathon-Tour

The day after the marathon there was peace again after the storm. With a larger motor yacht we rested at a breathtaking speed to the island of St. Lucia where we explored a cave system created by lava. We also visited a giant turtle tank exhibition before flying back to the

Ecuadorian mainland. The other stages were at the city of Cuenca. Here, too, the runs in national parks were at altitudes of up to 4,000 m.

It was an unforgettable runner's journey to an exotic part of our planet, where we could only explore the natural treasures on an ongoing basis.



Jürgen "disguised" as giant tortoise on the Galapagos

Dream Trip to the Caribbean

(2019)

When Z-Adventures.org invited to a marathon trip to the Caribbean, I couldn't stop. A cruise with 7 marathons in one week in 3 countries that have not yet been run was a reason for me after the very good experiences of the past with this organizer to register with my wife for this dream trip. Also 100MC member Rico Bogatz registered at short notice. We were not disappointed at all.

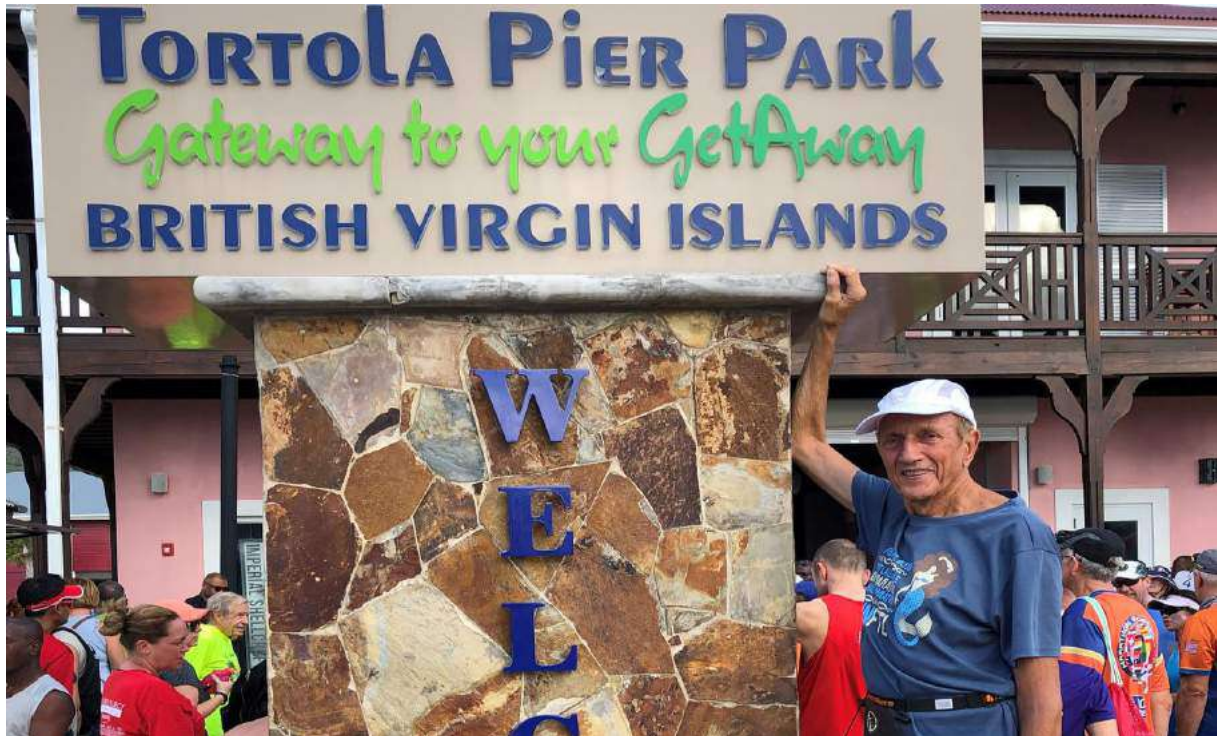
The journey should start in Guadeloupe. Everyone had to come at their own expense from different parts of the world. The cruise cost less than 500 euros. The marathon tour including overnight stay on arrival in Guadeloupe and transport to the ship 680 euros. For the New York Marathon, the organizer often pays twice as much.



Cruise ship "Costa Magica"

At the respective arrival in Guadeloupe, the 40 participants met in the evening in a nice garden restaurant for briefing and getting to know each other in the prevailing summer temperatures. Most of the participants already knew each other from previous marathon trips with this organizer. The first marathon was to take place on the French island of Guadeloupe, a department belonging to France. The start was already at midnight due to time constraints. At least 28 participants had started this night marathon. I renounced because this island belonging to France could not be a new marathon country for me. However, my competitor with "first" 101 marathon countries was there to my astonishment. However, the Hungarian Edit Kiss had not yet run in France. So this part of France counted for her as a new country and she had caught up with me in such an elegant way.

After the night marathon we went to the cruise ship in the late morning for the next 6 days. At the sight of the mighty ship, I was reminded very much of our 100-MC club trips to Florida with the Miami Marathon and subsequent cruise. Again and again impressive are these floating cities on the water in a length of almost 300 m and among others with a 3-storey theater for about 1000 guests, the various elegant dining rooms and restaurants, several pools and whirlpools, a shopping street, a large casino, a sauna and a fitness center.



British Virgin Islands, my country number 103, before the marathon

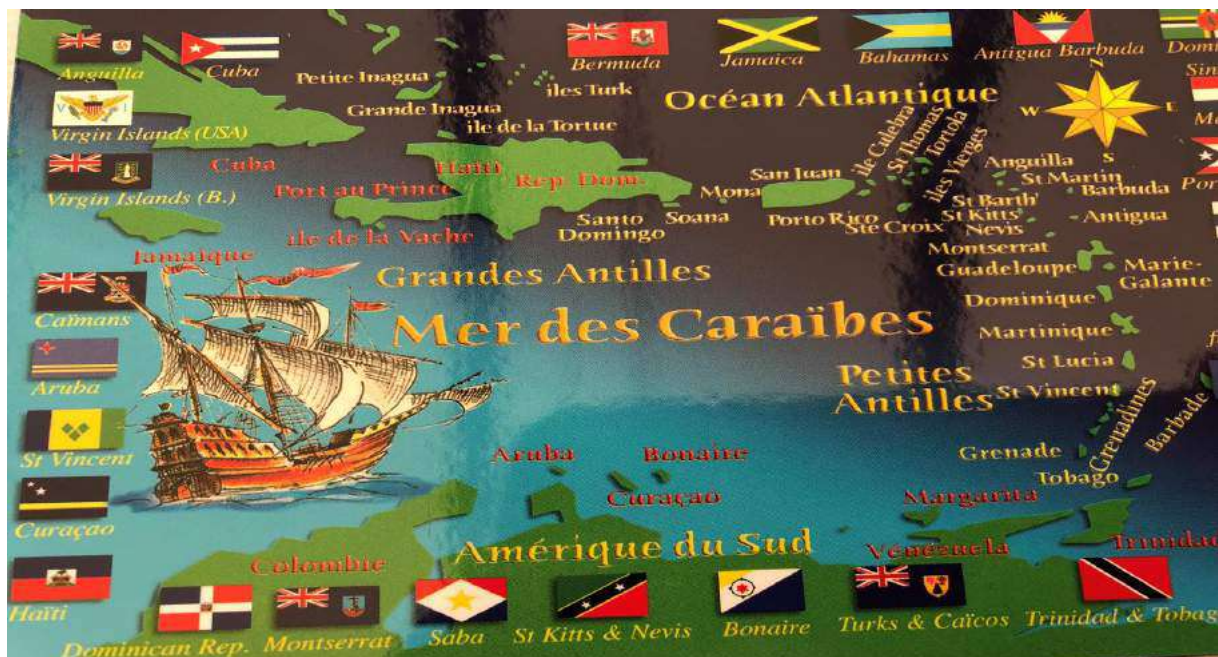


8 out of 10 runners who have run a marathon in over 100 countries

The first island and its own country was The British Virgin Islands, a British overseas territory. There is also the American Virgin Islands, an "unincorporated American outer territory". Not quite the political situation in this region, which is also called the Minor Antilles. Today it was my turn and ran the marathon in my 103rd country with a time of 6:31:12 – not bad in the prevailing heat, but important for me for my 7th "Weber" (60 marathons with 60 different end times within an hour) , for which I missed only a few slow times.

The next day we took us to Saint Martin, where years ago I had run a marathon on another cruise and then went jet skiing in the bay there. This year I only went jet skis with my wife and we strolled through the partly elegant boutiques afterwards. In the following days we went to Domenica and St. Vincent, which have been independent islands since 1978 and 1979 respectively, count for me as independent countries and thus increased my country marathon statistics to 104 and 105. Since it was very hot again, I went, as so often, to cool off on the beaches there. I found it nice afterwards that a good 25 younger good friend thought afterwards that he could finally hang me up. He had forgotten that in addition to my bathroom, I also had to interrupt my marathon for an interview. Another much younger runner, who had suspended this marathon because of the heat, asked me after the race if anyone behind me had even finished. Out of 24 finishers in Domenica there were still 8 runners.

On the last island of Martinique I didn't have to walk again, because this is similar to Guadeloupe a French department. Instead, I did a very nice kayak tour through the mangroves there with a snorkeling tour. Finally, we strolled through the city of Fort-de-France and found that the island had lost its Caribbean character due to its reference to France and that it felt like a small French town.



The Caribien Sea with all the Islnds

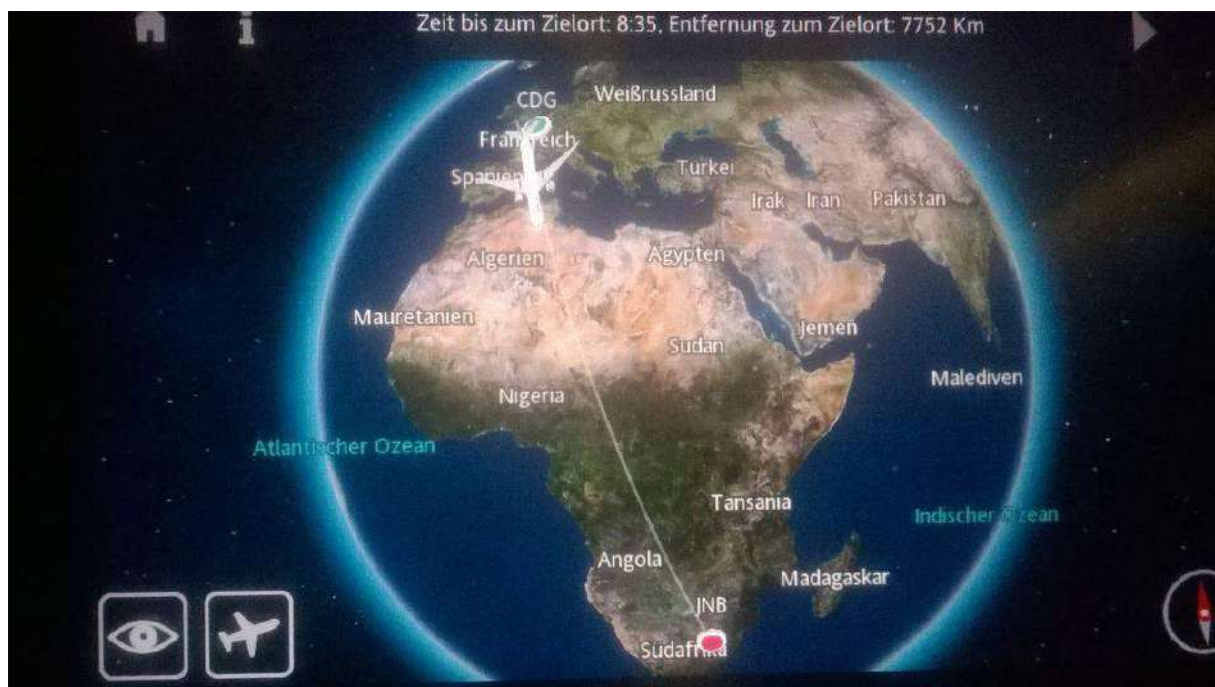
After a week, this little Antilles cruise with many friends from previous tours and many more experiences was over and everyone flew home again, also making for another marathon next weekend.

I would like to mention the 100MC club member Rico Bogatz. He represented the 100 MC very worthy and ran 3 times first in the finish. His best time was 3:46 on the night run in Guadeloupe, but he also had to pay tribute to the heat and joined the field of the other runners in the other races.

Dream Trip to South Africa

(2017)

I was amazed some time ago when Z-Adventures.org offered another dream trip for Marathonis to South Africa – for a price that others pay for a trip to the New York Marathon alone. 2 years ago a flight took you around the globe: with 7 marathons in 7 continents in 7 days, from which due to bad weather then 12 days. 1 year ago, the organizer organized 6 marathons in 6 countries on a 7-day cruise. I was particularly interested in this spectacular trip to South Africa, as I had visited most of these countries for business before and later flew over them with impressive experiences as part of a pilot's trip.



Flight from Frankfurt to Johannesburg/South Africa

Right at the beginning of the adventure journey it became exciting for me. I had landed in Johannesburg with Air France and wanted to take the subway to the city centre quickly. When I bought a ticket, however, my wallet containing some cash, ID, driver's license and credit cards was stolen. Police said the wallet was not "stolen" but only lost. Luckily, I had hidden my actual cash in my suitcase. At the later reception dinner for the participants from all over the world, I met various friends who had been there on previous trips, especially members of the Marathon Country Club, whose members try to run a marathon in as many countries as possible.

The next morning at 5 o'clock started the bus tour for the 25 Marathonis. The **1st Marathon, the Ladybrand Border Marathon** was to be in South Africa a few km before the border to Lesotho in Ladybrand. We stopped in an extensive amusement park with a nice excursion restaurant where we could set up our food stand. In addition to the organizer Ziyad we had 2 other organizers, who were responsible for the hotels and the transport to the individual marathon countries. Some of us had given up our marathon in the country of South Africa, because we had already run the 56 km long Two-Oceans, as well as the 78 km Two Comrades.

The marathon in the amusement park consisted of a lap of 2.1 km, which had to be completed 20 times. As some so beautifully say: pond meadow level. In order to ensure that no one "misunderstood" during the laps, a GPS with track recording was required. Almost every phone today can do something like this with the appropriate app. Checks were carried out before and after the race. This way, one had at all times a control over the distance travelled and time required. After the marathon there was still a small snack in the restaurant, before it went again by bus to Lesotho. Soon behind the border we came to the town of Masura, where also our hotel was located.



Members of the Country Marathon Club in South Africa

At 7 o'clock was the start of the **2nd marathon, the Maseru Bridge Marathon in Lesotho**. The rounds were as usual, but on little-used roads in the government quarter. The catering stand was already set up in advance, so that we could start on time near the hotel. To exit, you should stop the GPS and turn it back on your return so as not to lose any time. However, I myself continued to run the GPS and shortened the last lap according to the GPS display. However, some had to run an extra distance until the GPS indicated the full marathon track. Also some local runners ran sections with and driven soldiers cheered us again and again. After the marathon and a short lunch we went about 500 km further through South African land to near the border with Swaziland. The hotel was close to the country and we had to get out early, because we wanted to enter the next country shortly after the border opened. Once again for us a short night - we had to prepare coffee ourselves in our rooms, the breakfast was in a box on the bus.

The **3rd Marathon, the Sand River Marathon in Swaziland**, took place just beyond the border with Swaziland. It was supposed to be a mountain run, but the track was too difficult to run because of the debris. So we turned to an alternative branch line, even with inclines, but not quite as bad. A beautiful view of the nearby mountains compensated us. After the run we went again by bus for several hours back to our hotel in Johannesburg.

The next day was for relaxation. We flew "only" to Livingstone in Zambia to a nearest hotel/lodge. For the entry we needed a "multiple" visa, which I could obtain in advance through a visa service in Hamburg. For Zimbabwe, too, we needed a visa that could be purchased at

the border. Every visa needed one side of my passport. With the stamps of the other countries, a total of 6 pages of my new passport were "consumed" within 7 days. At the end of the day, we Marathonis had a cruise on the Sambesi River with the famous sunset or sundowner.



There was hardly any time left for hotels, the bus was the alternative

For the **4th marathon, the Hwange Marathon in Zimbabwe**, we went again the next day in the morning after a makeshift breakfast with a small bus. With so many marathons in a week, I can't remember this marathon, but the subsequent bus ride and crossing the next border to Botswana. So we ran a marathon in Zimbabwe that day between the two border crossings. On the approach to the next lodge I remember very well. The visited lodge was down the road. The chosen driveway between trees suddenly had a deep hole. With the power of the engine supported by us runners, the bus finally came free again. I had walked a bit to explore the state of the rest of the route. On the return I received a severe warning, as this is a lion reserve and an attack by wild animals was possible at any time. However, the lions had already fed and I got away with the warning. The lodge again consisted of small wooden houses with jewels a living/sleeping room + bathroom.

The start of our **5th marathon, the Chobe Marathon/Botswana**, was today only after breakfast at 7 o'clock. At first we were only allowed to start on the lodge area surrounded by an electric fence because of the wild animals. It was quite tedious, because the paths had little stepped out and partly had quite nice climbs. At dawn we were able to avoid the access road. When a runner then tried to walk on the little-used road, a motorist stopped and asked him to get in. The driver took him back to the lodge and said it was a game reserve with wild animals and only motorists were allowed to drive through. There was still a shortened route on the access road, so that today the most boring route had to be run several times. zu laufen war.

After the run, after a short snack with the bus, we continued through this nature reserve. Street signs warned of elephants. A full-grown giraffe later showed us in full beauty while crossing the road - unfortunately the time was too short for a photo. After stamping again on the border

with Namibia we finally reached our lodge on the Zambesi River in the dark. There were again individual wooden houses in the middle of an extensive fenced park.

At 4 o'clock in the morning was already the start of the **6th Marathon, the Impala Island Marathon in Namibia**, named after the island in the Zambesi River, which was opposite the lodge. After a few laps in the park in the dark and opening of the entrance gate we had our run again on the dusty gravel track in front of the lodge. At the end of the road was a local village, which seemed to date back to times but was normally inhabited. We saw very little of the River Zambezi because of the extensive shoreline. Only after the finish we were able to relax on the very nice terrace directly at The Zambezi with a snack, before we went back to our lodge in Livingston/Zambia. A buffet for dinner was already prepared. We knew our rooms, so we soon fell into the beds to be fit for our next and last start already at 4 o'clock in the morning.

Our **7th marathon, the Zambesi Waterfront Marathon in Zambia** was not directly on the Zambesi, but after the marathon we should visit the Zambesi with the impressive Victoria Falls. We already knew the lodge, but not yet the winding paths in the park, which was still closed in the dark. We were amazed at the size of this park and the different residential complexes for guests. Also a pool with heated water was now on our marathon track. After dawn we continued our run on the road. It was once again a 2 km round between 2 main roads, where the catering station was still at the lodge. After the finish I had run in my 81st country marathon. Klaus ran today his 138th country and was thus the man with marathons in most countries of the world.

It was time to hurry, not because of a subsequent bus ride, but we wanted to go to the well-known Viktoria waterfalls and a farewell dinner at a well-known restaurant in Livingstone. I already knew the Victoria Cases from an earlier pilot's trip to Zambia. At that time we received a special permit to fly over the water cases in the morning. However, admiring the Victoria - Falls from the overlying rock face was even more impressive. On different paths you could admire the cases from different heights. There was also a spectacular view of the bridge that spans the Zambezi Valley, from which you can also do bungee jumping – but nothing for me. Instead, my wife and I had taken part in a whitewater tour at the time and were able to



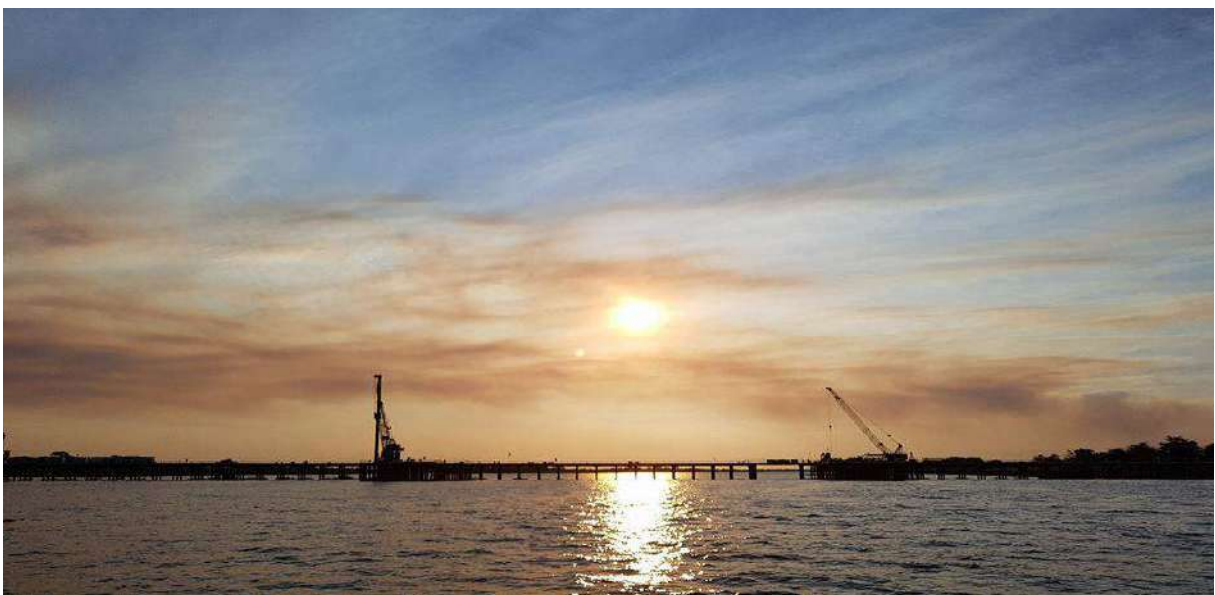
Group photo after the last race in Zambia

experience the many rapids with names like "The Terminator", "Washing Machine" or "Devils Toilette" up close. In the evening we all went together for the farewell dinner. I had chosen a pizza myself, with crocodile meat. The crocodile tasted like tart chicken. However, the crocodile still "bitten" me. Because 2 days after our dream trip to South Africa I got a severe diarrhea, The next morning we flew back to Johannesburg and from there everyone to his home country. An unforgettable journey came to an end.



Victoria Waterfalls with rainbow through the water dust

However, this is not supposed to be the end of all dream trips, because the organizer plans a marathon trip next year with 4 marathons in 3 countries and the Antarctic. Let's see if I'm still so fit, because then I'll reach my next decade. However, age does not protect against folly and especially not with me.



Sunset at the Sambesi-River

Mont Everest Marathon

(1999)

The world's highest marathon starts in 5,200 m. It is the Mont Everest Marathon that starts at a height that surpasses the highest mountain in the Alps, Mont Blanc with its 4,810 m. The decisive factor for the success is sufficient acclimatization - this was ensured by a three-week trekking tour by the organizer Diana Sherpani, starting in the Nepalese capital Katmandu. I used to go to Nepal for a trekking tour with a marathon that was run in 2 days and therefore did not count as a marathon. So, I had to go back to Nepal.



Visiting temples in Katmandu/Nepal

In Katmandu at an altitude of 1,300 m was the meeting of the 74 participants from all over the world. A visit to the exotic city with its many temples served to get to know each other. We could decide to stay in Katmandu for a few more days or start with a 1-week trekking tour from Jiri at an altitude of 700 m and hike to Lukla in 2,860 m. We didn't have to worry about the tents and luggage, our friends Sherpas took care of it. In Lukla we met the rest of the group and we hiked with our Sherpas uphill to Namche Basaar in 3,500 m, where we stayed in tourist hotels and where also days later the goal of the marathon should be. Already during the shower we were advised to use as little water as possible, as this would have to be towed from the mountains on foot. In order to improve the living conditions of the mountain peoples in Nepal, donations were collected, as aid funds usually end up in upper government circles. Even I had contributed over 1,000 dollars that I had received on a marathon trip to Jamaica for a fancy flight for me and my wife from the airline.



We flew from Katmandu (1,300 m) to Jiri (700 m)

In Namche Basaer it got serious, because it only now began the real adventure. With the Sherpas and the tents we had to climb about 500 m every day. Those who had problems with the height had to descend 500 m and then climb 1,000 m the next day. In this way, acclimatization could usually be made up.



Tent camp in Mont Blanc -height (4,800 m)



"Yac-Train" for transporting the goods in the mountains

On the way we visited a mountain rescue station for the Mont Everest climbers for information, especially since the base camp was only a little higher in 5,300 m. Our last tent camp was at 4,800 m, where a medical aptitude test was carried out the next morning. Also very good runners had to go back, because the blood values or e.g. the balance or orientation were not right. The rest of us continued up to the actual camp at 5,200 m altitude. Then rest of the day we spent with a visit to the base camp or the top of the Kalapatar in 5,600 m.



Arrival at an altitude of 5,200 m in the sight of Mont Everest

Already the evening before the start, the line-up for the marathon was practiced the next morning at 7 o'clock in the freezing cold. We slept in runner's clothes. Breakfast was brought to the bed or sleeping bags at 6:30 a.m. At 7:10 there was a loud whistle – quickly out of the sleeping bag and pack things, then off to the start. The run then began with a slight incline, in which the field already pulled out of each other. Nepalese military runners, who were also present, had the fewest problems. I got in trouble when a yak-train, several yaks in line, that look like buffalo and are used for transportation in the mountains, wanted to block my way. They go their way unwaveringly and you can only dodge, they just have priority. We already knew the way to be retracted through our ascent. The mountain passages were particularly difficult, which, despite the gradient, made up a total gradient of about 2,000 m. First, we ran past Namche Basaar into a valley and the final ascent again was the test of fire of the marathon. A Nepalese won with a time of 3:56, about twice as fast as me with a time of 8 hours 15 minutes. Nevertheless, I was 1st in my age group.



Dangerous Lukla airfield at an altitude of 2,860 m on a gorge

The subsequent descent to the airfield in Lukla was then only routine and farewell from the mountains. The return flight to Katmandu was exciting. Lukla is one of the most dangerous airfields in the world. The runway is sloping at an angle and at the end of the runway is a deep valley where there was an accidental plane at the time. The large group flew with several small planes and the take-off was very long. Finally, helicopters were also deployed. These were fully occupied and the luggage of all the runners came into all the rooms, so that the helicopters seemed completely overloaded. However, these helicopters are also used for mountain rescue at high altitudes in thin air and thus also had a high load capacity at this relatively low altitude of 2,800 m. The return flight to Katmandu after 3 weeks of trekking and on to Germany was no problem.



Back to Katmandu with a completely overloaded helicopter

When we landed in Munich in the afternoon, I immediately tried to call my wife – negatively. With the German friends of the group I went to the cinema until the departure of our night train. Another call was negative again. Probably my wife had left me after 3 weeks of trekking. No problem, then I can travel as much as I want. But on the night train my thoughts went to my wife, who should clean up everything in the future, cook food and especially suffer with me when I reported on difficult situations on my travels. On arrival at home, it turned out that my wife had only gone to good friends outside our city and had dinner with them. So the world was fine for me again.

100 km run in Mongolia(2003)

Mongolia is one of the largest countries in the world, but with a population of only 2.6 million. Of these, 700 T live in the capital Ulan Bator alone.

The most beautiful marathon adventure trips in the world have taken me to Antarctica, Patagonia, Arctic Bay, Machu Picchu, Siberia and Mount Everest.

I still lacked the marathon run in Mongolia in this exotic series. There are also runners trips to New York, Hawaii, Medoc, South Africa and many others, but they are not comparable to the adventure trips above, where the participants are completely on their own for some time and thus become a community. These trips depend on the personal contacts of the organizer with the local population of these countries.

After a ten-hour flight over Moscow with the Mongolian Airline, I met the runners from all over the world in Ulaan batar (UB), for example. from Mexico, New Zealand, USA and France. After visiting some places of worship and a Mongolian dinner with performances of Mongolian folk dances, we went on to a gravel road north of Lake Hovsgol in a specially chartered plane of the Mongolian Airline for the group. The lake is over a hundred kilometers long, over thirty kilometers wide and is located in an extensive national park.



View of the 100 km long Hovskol Lake

After a walk we reached the motorboat waiting at the lake, which was to take us to a Ger-Kamp. This camp consisted of about ten Yourten or "Ger", as the Mongols call their round tents with felt cladding and a steel stove that always burns. Otherwise, all-terrain vehicles rarely

run on extended gravel roads. The Mongols themselves seem to be intertwined with their horses and they prefer the grass steppe for the hooves of their horses.

We runners were accommodated in a ger for 4 people each. Until the marathoner we could acclimatized in the charming landscape at an altitude of 1,700 m and we could meanwhile wothers, ride, kayak or canoe or just warm up in the sauna.



We lived for 4 runners each in one Ger

The race is called Mongolia Sunrise to Sunset Run (S2S) because it starts before sunrise and often ends at sunset for the 100-kilometer runners. The start will therefore take place at 4:30 a.m. When waking up it rained terribly and one would have preferred to turn around again. However, just in time for the start there were the last drops. First we walked on lonely paths with obligatory flashlights through a dark forest. After passing the first catering station at km 12, we went steeply into the mountains to a pass height of almost 2,300 m. Because of the cold there it snowed and it was not easy to always find the markings. Unfortunately, we had to forgo the sunrise with an overwhelming view of Lake Hovsgol. We continued on slippery paths down into a valley, from where a next ascent to just over 2,000 m was waiting for us runners. The route was otherwise well marked, but at critical points, such as river crossings, there were Mongolian Horse-people who showed us the way and partly accompanied us with their horses.

The supplies of helpers and food were excellent, including easily digestible food and drinks, such as cereal, pudding, bread or milk. Each catering center was a new experience and a pleasant change, which made running very easy.



Horses instead of cars

Running was not about speed, it was about endurance. So I have consistently gone every increase. Over the course of the day, I acquired a running style that allowed me to survive. It felt like running on the spot, but it was faster than walking in the meantime.



The Mongolian volunteers accompanied us on horseback

Twenty-five runners chose the marathon distance. However, I wanted to know like 15 other runners and decided to run the more interesting 100 km off-road course. The time limit was set at 18 hours, with the obligatory cancellation of the race at km 65, if the target time there was not reached. At the 42 km station I was almost at the back. At the 55 km station, however, I

noticed that other runners had taken a longer break after the marathon and that a runner had to cancel the race due to health reasons. Finally, after a little over 16 hours before sunset, I finished exhausted but happy as the 7th finisher.

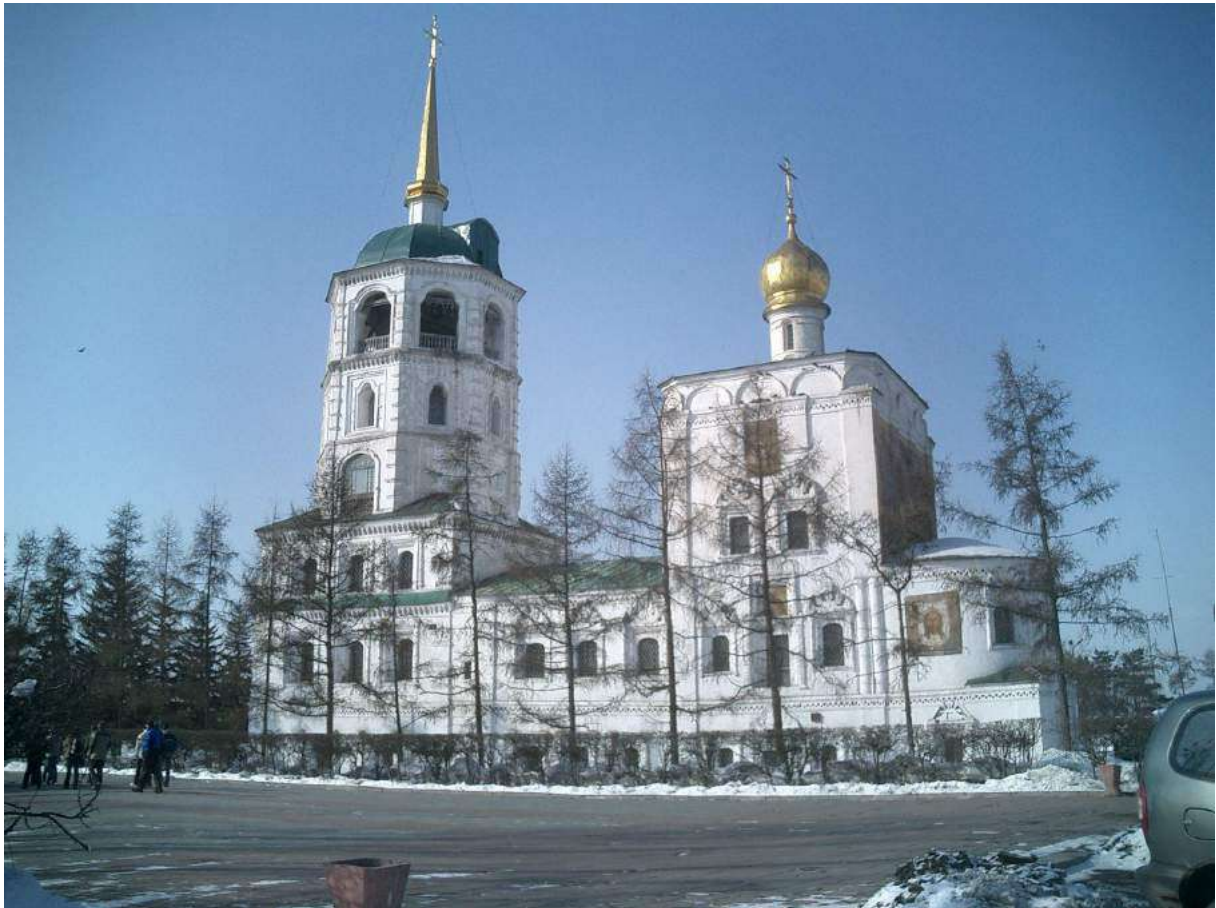
This 100 km off-road run in a Mongolian national park is quite challenging because of the width and the confusing terrain. A detailed map, a compass, an emergency ration, a flashlight, a survival blanket and a liquid stock of at least 2 liters were required. In my two bottles I had cola for strengthening and milk as a liquid food. There was plenty of water at the catering points, which were 12 km apart, and the runners who had passed by the station reported them to the organization center by radio telephone.

After this successful day, the big award ceremony was part of folkloric performances of this region. All in all, this run, or this journey to a still largely unknown part of the world, was an unforgettable experience for all runners.

A runner used the 100 km run in Mongolia for a return trip via the Russian border town of Ulan-Ude, by train to Moscow and a return flight to Germany. This idea inspired me a few years later to travel on the Trans-Siberian Railway to Vladivostok, where I and my wife visited the places where I had run a marathon before, such as Moscow, Omsk, the forbidden city in Siberia and especially on Lake Baikal. There I took the opportunity, as we moved from Listvyanka to an idyllic hotel in a secluded place on Lake Baikal, instead of sailing by boat,, preferring to "run" over the mountains. It was thought that it takes at least 6 hours for the route and I was already there in just over 3 hours. So 3 hours later I wanted to go back with the vessel to explore where my wife had stayed. She thought the same of me and so we were reunited in the vast Russia and the great Lake Baikal. Even on my marathon trips, I was fascinated by the Russian mentality. On this journey with the Trans-Siberian Railway my impressions were confirmed once again.

Ice Marathon on Lake Baikal in Siberia (2006)

It was before the Elbe Tunnel Marathon in Hamburg when Klaus Neumann approached me at my traditional cappuccino in the bistro "Puparsch" at the landing bridges because of an ice marathon in Siberia. I was fascinated! But no chance for me. In two days we wanted to fly to Florida for four weeks, after that a lot of appointments and besides, my return flight from Florida was too late.. However - where a will is usually also a way. The ensuing marathon in the Elbe Tunnel began. My registration for the ice marathon with visa was no problem due to my 2nd passport, also I could book a flight back to Frankfurt in time with my DELTA free miles and so I arrived there 4 hours before the further flight to Moscow. This day actually consisted only of these 4 hours, because when the night flight from N.Y. ended, we continued with the evening flight to Moscow.



Russian Cathedral in Irkutsk

Under the direction of Andreas Kiefer, 20 marathons with companions had gathered in Moscow for this extraordinary marathon trip alongside Stefan Schlett and Klaus Neumann. There the first rubles were exchanged, the wings of the plane were de-iced before the onward flight and already we went on to Irkutsk with a next pleasant 6 hours night flight where I had 2 seats on which I could sleep well, for myself..

In Irkutsk we received our dear Russian tour guide Christina, who spoke excellently German and who helped Andreas to prevent all possible problems, but not a breakdown on the way to the hotel on Lake Baikal. We lost our legs, but the cold drove us back into the bus. With a mobile phone help was quickly called in and already the journey went in the nicest weather to our pretty wooden hotel directly on the frozen Lake Baikal. After a plentiful lunch we went to the Baikal Museum, where we were told about the unique Baikal Lake. With 25,000 cubic km, it is by far the largest freshwater lake on earth, off Lake Tanganyika in Africa with only 12,000 cubic km. It has a length of 625 km and a maximum depth of 1425 m. As a diver, I was particularly impressed by the Baikal seal, which can dive up to 700 m deep due to its compressible grease pad. I was also amazed at the excellent drinking water quality of Lake Baikal, which is said to be very polluted by industrial waste water. A call during the marathon to prevent an oil pipeline at the lake showed us the increased environmental awareness of the local inhabitants.

The next day started with a dog sled ride. The excited dog barking could already be heard from afar. The kennel had about 30 brown huskies, which were housed in individual huts. The loving dog handler had already won many prizes and was very concerned about his dogs. According to the weight of the runners, 7 dogs were always stretched in front of a sledge. Ein Snow-mobile accompanied us by far, in case a sled should overturn during the frantic ride and the sled dogs should run away without a guide. If driving too fast or before bends, one could slow down the sled ride sufficiently by standing on the ice-brake. The dogs and also we had great fun.

In the afternoon followed a contrast program with a snow-mobile-trip on the snow of the frozen Lake Baikal. The Snow-mobile swords have guide rails and an armor-chain-like drive. Despite or because of my motorcycle experience, I wasn't quite comfortable with the conditions. A Russian rally driver in our group showed me the amazing border line behavior of this snow-mobile.



A dog sleigh ride for those interested was not to be missed



Extreme athlete Stefan Schlett at the ice bath

Before dinner, the ultra-runner and extreme athlete Stefan Schlett took a dip in the ice hole, which was specially cleared for him, at a water temperature of $+4^{\circ}\text{C}$. At the following tea we spectators were able to warm up again with the Russian friends. Sunday was the big day of the ice marathon on Lake Baikal.



"Accompanying vehicle" at the ice marathon

At 7 o'clock minibuses picked us up for the start on the east side of Lake Baikal, about 35 km away. It was still dark and partly quite bumpy. Traces on the ice led to some pent-up ice barriers

on detours to the other site of the lake. First of all, at a first stop over with vodka, the gracious Baikal god had to be drunk, so that the ice cream could hold – first with a small sip for oneself. The rest then had to be blown up on the ice in the 4 cardinal directions. During another break we could admire the ice camp "Meridian 105" – a castle built entirely of ice with an indoor mosque. Finally we reached the other side of the shore, where the start was - at -15°C and with icy winds of 8m/s, which indicated a felt cold of more than minus 30 degrees Celsius. I pulled my alternative clothes all over each other. I had never experienced such conditions! – also not at the start of the Mont Everest Marathon at -20 degrees Celsius.



Ice castle "Meridian 105" made entirely of ice on Lake Baikal

Luckily, the start was punctual at 10 o'clock and we were able to warm up before we got to our actual running rhythm. The breathing air on the sunglasses was immediately frozen and one had to develop special techniques to be able to still see in the shining sun and the reflective snow. Accompanying vehicle was a Hoover floating over the ice-power boat. Every 8 km there was a catering place in a minibus with hot tea, raisins, juice and sugar. Afterwards we continued again in the seemingly infinite ice desert towards the slowly emerging mountains of the western shore.

At the ice camp after about 27 km we had to be after 3 hours, which was not easy for the slower runners in today's conditions. Many snow-pains and ice fields repeatedly hindered the running rhythm. Finally, after long and lonely sections we reached the village of Lystvyanka on the other bank. Now it was only a few kilometers along the shore past us cheering Russians, who on Sunday afternoon there on the ice at the pancake-feast. The finish times were not very special because of the conditions on the ice, but we were all happy to have completed the marathon in these extreme conditions. The minibuses drove us back to the hotel to warm up again in the hot sauna.



Running over Lake Baikal over snow and ice alternating, not easy

In the evening at the noble festive dinner was the winner's honor – we were all winners, because we had defeated the ice of Lake Baikal. The fastest man was a Russian with a time of 3:45:25. Last year he needed 3:07 on the ice under better conditions. Nevertheless, we were very lucky with the conditions, because the next night it had snowed and the Baikal lake was closed to car traffic due to individual cracks in the ice. Only the Hoover-power boats were allowed to sail or glide.

On the way back to Irkutsk we visited a replica Siberian village and you could imagine how difficult weather conditions people lived there in the past centuries.

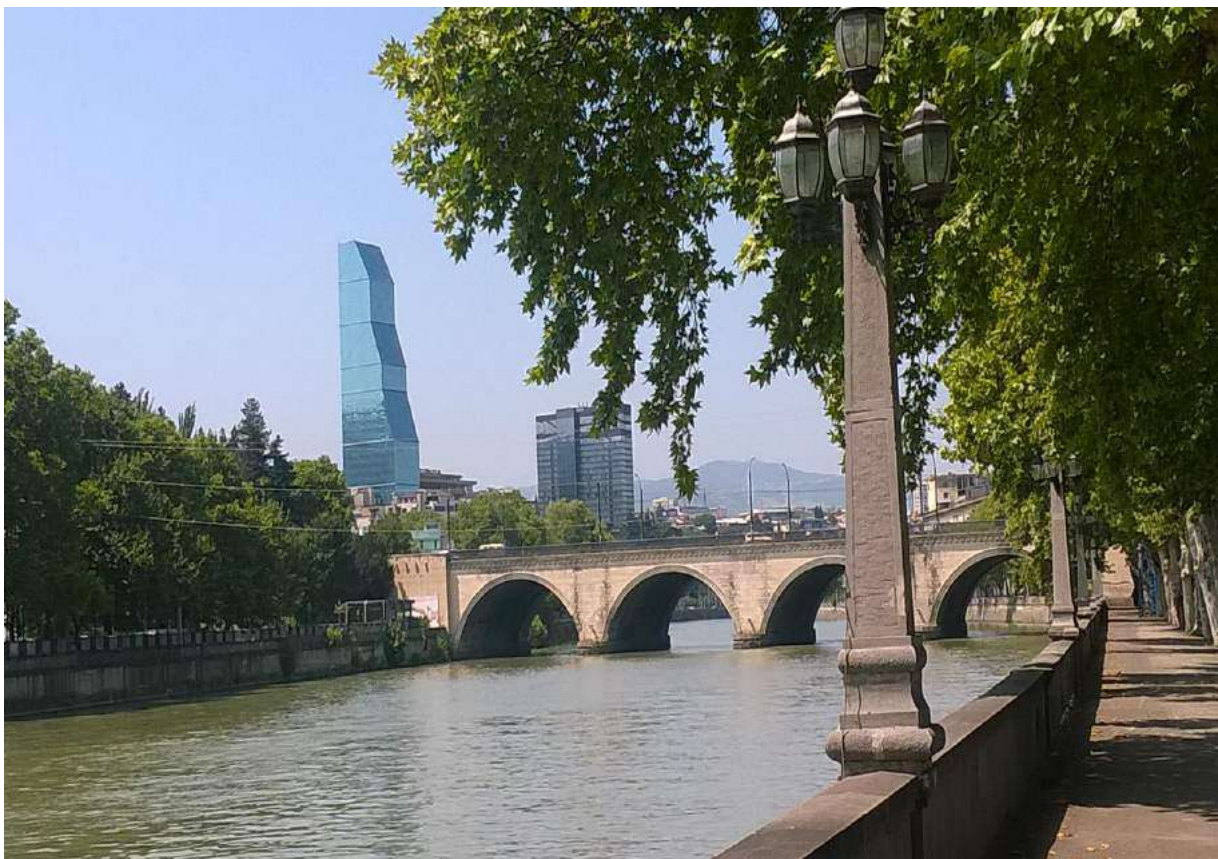
This marathon trip is one of the most beautiful and impressive in the world and you can equate it with the marathon trips to Antarctica, Mont Everest and Mongolia.

In order to round off the story, the pasta party of the Elbe Tunnel Marathon next year in the picturesque Youth hostel high above The Hamburg Overseas Port with projector projection of the interesting pictures of this impressive ice marathon trip is to be reported.

3 marathons in 3 days in the Caucasus (2018)

In Allermöhle you run 3 marathons in one day, but without a journey. When 3 marathons in 3 days in 3 different countries were offered at the Caucasus www.Z-adventures.org, 25 runners from 16 different countries were found.

Actually, the Marathon Country Club had organized a marathon in Baku/Azerbaijan. Afterwards, the annual general meeting was to be held in Tbilisi/Georgia and then the Yerivan Marathon in the capital of Armenia was to take part with a cut-off time of 5 hours. For 2 marathons I didn't want to fly to the Caucasus and spontaneously thought to organize another marathon in Tbilisi, because several members had already run there and a marathon was not planned there. Mario and Doris were immediately ready to run in order to secure recognition as marathons by the minimum number of runners. However, 3 months earlier there was an organized trip with marathons in the 3 Caucasus countries: Georgia, Azerbaijan and Armenia, for which I decided briefly.



Tbilisi or Tiblisi, a former Russian city, is located on the edge of the Caucasus

Tbilisi/Georgia should be the starting point of these 3 Caucasus marathons. In order not to stay in another hotel every day, a hotel was booked there for the entire duration of the trip. I had already arrived a day earlier for acclimatization and took a tour of the city on my own. A bank employee, whom I wanted to ask for the way, sacrificed her lunch break for me and reported on

the sights, history of Tbilisi and the Russian past on the way to the sought-after mountain railway. Afterwards I took the mountain railway to an amusement park high above the city and enjoyed the view over this modern city of millions on the slope of the Caucasus Mountains. The next day's tour with the group was just a boring repetition, without knowing the subtleties and peculiarities of this city or country.

The **Azeri Marathon in Azerbaijan** was the start of the Caucasus Marathon series. Actually, we wanted to run a marathon in Armenia at first, but because Azerbaijan should be quite meticulous on entry and Armenia was not welcome there in passport, so the first marathon was run in Azerbaijan. This was not so good, because one was not only meticulous at the entrance, but 2 runners, who had applied for the visa only for the following day, were not allowed to enter. Brent Weigner, the man with marathons in most countries of the world, wanted to run his 160th marathon country here. So he had to go back to Tbilisi and ran his own marathon there, which unfortunately did not count in any way. The marathon in Azerbaijan was held about 30 km behind the border on a little-used country road. It was quite hot, but the food was excellent. At the drinks place I not only drank, but also soaked my T-shirt with water to cool off. After a successful marathon we went to the award ceremony to a very nice lake with a restaurant on water stilts. Because of the long return journey we arrived late at our hotel in Tbilisi and had to leave at 4 o'clock in the morning. We only had 4 hours to sleep at night. Those who couldn't catch up on the bus had bad cards on this marathon trip.



Target photo after the successful completion of the Azeri Marathon in Azerbeidschan

The **Bagratashen Marathon in Armenia** was our next challenge. After the long journey the next morning, the Armenian border control was much easier and we were able to continue our journey to our next marathon on a mountain road with a very nice view of an elongated valley. There were some climbs, but they made us less difficult. Even today everyone has reached the finish line again, even if we had to wait a little longer for two marathon erupts. After the marathon we went to an ancient church from early Christian times. The award ceremony took place today in a garden restaurant on a raging mountain river. The evening was quite long with

the return trip, but the next morning we had to be ready for the trip to the Tbilisi Marathon at 6 o'clock in the morning – all relatively.



Target photo of the Capital City Marathon in a Tbilisi theme park

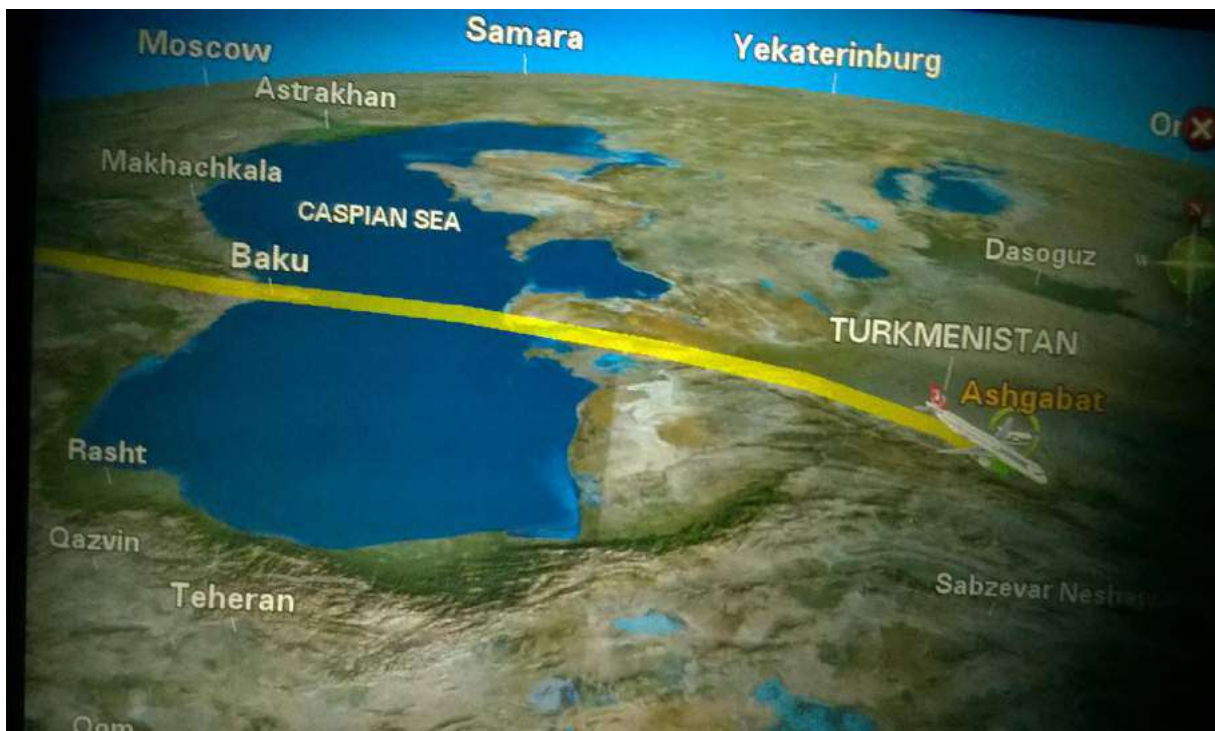
The **Capital City Marathon in Georgia** consisted of the 5 km long circumnavigation of a lake above Tbilisi in a large amusement park with bike and runner track. The excursion venues were used less by us runners, because the food was excellent as in the previous days. For the award ceremony at the dinner we drove today to a TV cooking studio. We were invited to the studio and were able to enjoy the excellent local cuisine. A great conclusion to an interesting marathon trip to 3 distant countries. The coming night was the shortest of our marathon trip, because our flight times were at 4 o'clock in the morning and we had to drive to the airfield in time with the taxis. On the flight via Istanbul to Bremen, you had enough time to dream of the past 3 marathons in 3 Caucasus countries.



3 medals with one stroke

Dream Trip to Central Asia (2018)

When the tour operator's invitation to www.Z-Adventures.org for a marathon trip to the Central Asian countries came out, I had to look at where these countries are exactly and how to get together. The trip should go to the -stan countries Turkmenistan, Kazakhstan, Kyrgyzstan, Uzbekistan and Tajikistan and in each country should be offered a marathon. Only Afghanistan and Pakistan were missing. In Pakistan, I had only taken part in a spectacular marathon in August with helicopter flight and take-off at an altitude of 3,400 m.



2 night flight from Florida via Istanbul to Ashgabat

The whole trip should only last 7 days – a logistical masterpiece. Problems were the procurement of visas for these different countries. Qualified guides and helpers were also to be sought for the marathon and sightseeing tours. One organizer even fell into a coma while preparing for the marathon trip for a few days. The different visas were already procured, everyone was responsible for the journey, only the intermediate flights had to be booked by everyone – no problem. I was a little afraid of the smooth running of this marathon trip with 16 participants from different nations.

Turkmenistan was the first country of our adventurous journey. Stupidly, I was just in Florida and had to travel from Miami via Istanbul - 2 night flights with a 5-hour stay in Istanbul. Arrival in Ashgabat/Turkmenistan was at 4 o'clock in the morning. For that night I had already booked the hotel room and so I was able to catch up a little sleep before the later sightseeing tour. Turkmenistan lives mainly from large natural gas reserves. The city has many great marble-clad buildings, but with very few population – wide streets and many beautiful parks, but without much life. Ashgabat is therefore often called the white city. We stayed in a very nice hotel at a large park, which we had to circumnavigate several times for the marathon. There was a detailed book about every lap and every runner. On the same day we went by plane to Almaty/Kazakhstan at 10 p.m.



Ashgabat/Turkmenistan Airport

In **Kazakhstan**, the plane landed at 0:50 in the capital Almaty, the country's largest city. There we had to pick up our luggage from the conveyor belt, drive to the hotel and sleep fast, because at 5 o'clock there was already breakfast and at 6 o'clock because of the expected heat of the day was already departure to the next marathon. Brent Weigner, the man with marathons in over 160 countries, had already run marathons in Kazakhstan, as had me. Many years ago I went with "Travel Time" to the highest ice stage in the world, "Medeo" and back to Almaty. Today we both wanted to pause. Since Klaus had to return to Germany for 3 days, there were only 9 finisher candidates left. 10 finishers were required for the recognition as a marathon - otherwise it would "only" be a group run over 42.2 km. So Brent and I promised to run if the other's did as well. So my break day fell into the water and the marathon in a large park near Almaty was saved. The next morning there was a nice sightseeing tour to the representative buildings of the city, among others, also through local markets. Then we took the bus to Bishkek/Kyrgyzstan, our next marathon country.



Group photo in Turkmenistan



Group photo in Almaty/Kazakhstan

In **Kyrgyzstan** or the city of Bishkek we stayed in the Grand Hotel. The day before, I had problems with digestion, which became an unforgettable diarrhea. So, I lay in bed all day and unfortunately could not take part in this marathon – a pity, but what is the point. But I was not able to complete my 100th marathon country not on this dream trip at the next marathon. Panama in Central America is my next option. After a mandatory sightseeing tour through Bishkek we went to the Ala Archa National Park in the nearby mountains and in the afternoon we took the plane to Tashkent/Tajikistan..



World-LWar memorials in Kazakhstan



Russian Mosque in Bishkek / Kyrgyzstan

I also knew Uzbekistan from a nice marathon trip with "travel time" via Samarkand, Bukhara and Tashkent, as well as a marathon on the Silk Road. Klaus had arrived again by now, so that I could do without this marathon because of the minimum number of runners and could continue to spare myself. Today's marathon course ran around a park with a stadium. There were 20 laps to run. After all, I was comfortable by 5.2 km and got a medal. After the marathon we went on to Khujand in Tajikistan with a modern travel bus that had already picked us up from the airfield.



A nice mosque in Tajikistan

Tajikistan is the furthest away and lesser known country on our marathon dream trip. Today's marathon was in the city of Khujand, not far from the Uzbekistan border. We were tuned in by a dinner in a nice street restaurant in summer temperatures. The next morning, our last marathon started on the edge of a little-used road. A slight incline down or high was the only change, but also the beginning of morning traffic. After the marathon we went back to Tashkent-Uzbekistan, where the success of 5 countable marathons in 1 week at the farewell dinner was duly celebrated. For most of them, I went home in the night hours, and for the 8-hour stay in Istanbul I had reserved a cheap room near the airfield. After Miami, it was another 12 hours of flight time. In the USA, the New York Marathon was waiting for me again, where I had the chance to get one of the first places in my age group. Indeed, I become first in the age rating of M 80.



Overview map of the countries

Karakoram Marathon by Helicopter (2018)

Some time ago I received an invitation from the organizer Z-adventures.org, through whom I had already participated in various world tour marathons, to apply for a free starting place for the 1st Karakoram Marathon at 3,400 m altitude. I was asked about my previous sporting successes and my intentions to take part in this extraordinary marathon. I was lucky, because after 2 weeks the invitation came from Islamabad in Pakistan with accommodation in the 5 star hotel SERENA (co-sponsor of this free marathon trip) and depending on the weather, transportation in Pakistan would be by bus or flight to the ski resort of Naltar in the north of the country.



A long flight via Istanbul to Islamabad, the capital of Pakistan

Via Istanbul I went overnight (3+6 hours flight time) at the end of August with Turkish airline to Islamabad, capital of Pakistan. Already at the airport, the approximately 30 Marathonis were received from the various flights and brought to the hotel with blue light. We all felt like VIP people. We were a little surprised about the passenger and luggage control of the hotel - as in the airfields. Finally, we stayed in the nice VIP hotel with a 25 m swimming pool in the park and another on a roof at the 3rd floor of the hotel.

The next morning, we went on to the town of Gilgit in the north of the country. Usually a 12-hour strenuous bus ride through the forerunners of the Karakoram Mountains with many curves. But because of the good weather we were able to fly with a parachutist aircraft of the Pakistani Air Force. We were amazed at the openness and kindness; we could take pictures and talk to the people at will.



We flew with a skydiving airplane to Gilgit in the north of the country . . .

After this adventurous flight in a military plane, we went on the bus again with blue light and police escort to another nice SERENA hotel, which was surrounded by a large park. Some participants were already known to me from previous trips. In addition to Frank from Frankfurt, the participants came from 24 different countries such as USA, Canada, Togo, Hungary, Argentina, Poland, Denmark, etc. Everyone shared their experiences and plans. It was an interesting round.



. . . and with a military helicopter into the mountains of the Karakoram



The chairlift brought us to the start at 3,400 m altitude

The next day we went on to a nice military camp in Naltar, a ski resort with a long lift. An arduous car journey should take 3 1/2 hours, but due to the good weather we were able to fly again, with a military helicopter for 10 people each. Every hour we were flown to the Airforce's holiday camp. For many, a first helicopter flight in their lives. The afternoon was used to explore the marathon route. We also took the chairlift to an altitude of 3,400 m, where the next morning, due to the expected heat in the valley, the start should be at 5 o'clock in still freezing cold.

After the start the next morning we went downhill on a steep and rocky gravel road to Naltar, where several laps were to be run and where the villagers and schoolchildren cheered us again and again. The round passed the military camp, through the village and ended after a flag parade



Local dances were performed next to a buffet for the victory celebration

of the 24 countries of the participants finally under a large victory gate. After the finish of the last runner there was an award ceremony by the air force chief. At the end of this first marathon in Pakistan was prepared a great buffet with subsequent performances of local dances.



Marathon-runners and organizers in Gilgit before the flight back to Islamabad

The next day we flew via Gilgit back to Islamabad. Thanks to the saved bus trips we stayed 2 days in Islamabad for visits to the museums with the history of the country, for the visit (but please without shoes) one of the largest mosques in the world, as well as the visit of a traditional market and a very modern shopping center..



The largest Islamic mosque we visited in Islamabad

To say goodbye to this extraordinary marathon trip, there was a large banquet (approx. 200 guests) in Islamabad in our 5-star Hotel SERENA with the President of the Ministers and government representatives.

After this visit to the country, our international group of runners had the impression that Pakistan was on the way to a modern future. One cultivates a liberal Islam here and consciously distances one another to Afghanistan. For me, an unforgettable great journey.



Prime Minister of Pakistan presents The Medal to Juergen

Helicopter Marathons

There are many marathon races, but few are connected to a helicopter flight. Not that I like to fly in a helicopter, only these flights often make a marathon unforgettable.

The **Machu Picchu Marathon** became unforgettable for me as part of a trekking tour in the South American Andes. Machu Picchu was founded in the 15th century to protect against the Spanish conquistadors and was located high up in the mountains. Only 100 years ago, this ruined city was rediscovered at an altitude of 2,400 m and it was the goal of this unique marathon. The route ran on the old Inca Trail, where long ago runners transported goods from the coast to remote places in the mountains. Two years earlier, a marathon runner had lost his way here and only joined the group 2 days later half-starved. The end and highlight of this marathon were the return flight to Cusco by a Russian helicopter for 21 people. The enclosed photo was taken under the stings of an infinite number of mosquitoes. After take-off, the helicopter rose, not vertically from the valley, but slowly following the valley of the Urubamba River with a fantastic view of the Peruvian mountains and the railway that has since been laid. In the meantime, about 400,000 visitors visit this memorable ruined city every year.



By helicopter through the Urubamba Valley back to Cusco

Another helicopter flight unexpectedly emerged from the Nepalese mountains. In 1997 I ran the **Mont Everest Marathon** from a height of 5,200 m to Namche Bazaar in 3,600 m with positive climbs of about 2000 m in the meantime, which demanded a final time of more than 8 hours. Back we trailed into deeper areas, namely to the airfield of Lukla. Due to the large group

and the weather, there were problems with the return transport to Katmandu with the plane. The organizer Diana Perchani organized helicopters for the remaining runners and the rest of the luggage. Small aircraft can only transport limited quantities at high altitude. The helicopters are intended for mountain rescue at high altitudes and were therefore able to load a lot at this altitude of approx. 1,800 m – so, not only runners on all places, but also luggage in all existing gaps. The helicopters were completely overloaded, but not at this "low altitude". On departure, we saw a crashed plane at the end of the runway or in the valley behind it, which might have been overloaded. We were simply happy when we finally landed safely in Katmandu.



Helicopter flight from Lukla to Katmandu

After the successful completion of the **Torshavn marathon** on the advice of the ultra-runner Stefan Schlett, I had booked a far less dangerous helicopter flight in the Faroe Islands. The islands rise steeply from the sea and usually you can reach the different islands by boat, a long underwater tunnel or by scheduled helicopter. When we arrived at the small landing area on the edge of a road just in time for the scheduled departure time, the place was filled with children from a kindergarten staring in fascination at the approaching helicopter. The kindergarten teacher was completely overwhelmed. It was only through my very loud screams that the children got serious about the situation and ran away in panic as quickly as they could. However, on the adjacent road, the cars had to stop until the situation had calmed down again. The flight itself was very impressive and went from island to island on schedule, almost like a regular bus. From the farthest island we first sailed back by boat. It was interesting at the docks how the captain of the ferry was able to maintain the position of the ship at the pier by means of an additional steering position on the outside without fastening lines, even in strong seas. We took the bus on the rest of the way back to Torshavn. The return journey through the steeply towering islands and the long tunnels was just as impressive as the flight over the islands before.

Not so spectacular, but no less impressive was the helicopter flight to the **geographic North Pole**. From Spitsbergen we flew with a Russian passenger jet Antonov-74 to the camp BARNEO on the floating ice of the North Pole. We ran the marathon with snowshoes on a 4.2 km circuit. Finally, there was this unforgettable helicopter flight to the actual North Pole, currently at 40 km.



Kuhlmeier after the Marathon at the geographical North Pole

The Ice surface at the North Pole drifts, at that time about 5-10 m/h or 100 to 200 m per day, so that the position of the ice camp constantly changes to the geographical North Pole. However, the magnetic north pole is a few hundred km away and is used for navigation. However, we needed a GPS for our flight, which accurately shows the current northernmost point of our planet. The helicopter was for about 20 people with simple benches on the outer walls. In the freezing cold (-28 degrees Celsius) the engine for the rotor blades had to warm up for about 30 minutes. On the flight to the geographical North Pole, an approximately 100 m wide fracture surface of the ice was impressive. The ice at that time had a thickness of about 3 m. Since 90% of the ice swims under water due to the specific weight, one had the impression of a wide river course with a height of the shore of 10% or 30 cm respectively. Also, at the ice camp were freight forwarding groups, who can transport their provisions and tents with sledges and translate them into their sledges at watercourses like this. The North Pole itself was a large white area with heights of about 5 m, some of which were created by ice shifts. Every winter landscape is even more impressive. After all, my Facebook photo comes from the North Pole with the Russian helicopter in the background.

My last helicopter flight was in Pakistan at the **Karakoram Marathon**. It was an invitation run for which you had to apply separately. Apart from the flight to Islamabad, there were no costs. We stayed at the 5-star Hotel SERENA and flew with a skydiving machine to Gilgit in the north of Pakistan. There we stayed in another elegant SERENA hotel. It was supposed to go

by bus over winding mountain roads further into the Karakoram mountains to a local military camp. However, due to good weather we were then flown by military helicopter to this military camp. It became an unforgettable helicopter flight over vast fields and deep valleys past the steeply towering rock faces of the Karakoram Mountains. The next day we went with a chairlift to an altitude of 3,400 m, where the marathon was started in the morning at 5 o'clock because of the expected heat of the day in the valley. The valley was still at an altitude of 2,400 m. After a great closing party with award ceremony and demonstration of local dances, we went by helicopter back to Dilgit and back to Islamabad with the skydiving plane the next morning. Once again, an unforgettable helicopter marathon trip.



Travelling by helicopter to the Karakoram Marathon

Another helicopter flight I made at the **Rennsteig-Ultra/Germany** , which I would like to mention,. At km 56 I was still cheerful and reported about one of my memorable foreign marathons Then I suddenly found myself in the rescue tent at km 64. For a short time, I didn't know how I had even come to the Rennsteig: memory loss and no more blood sugar. So, I was immediately flown by helicopter to the hospital Suhl. The doctor said: Rest and pick-up by the wife. After secret 10 squats and infusions I felt fit again, drove by taxi to the destination of the race and, since I had no money with me, back to the start in Eisenach for a total of 220 euros – expensive Rennsteig-Ultra, but with unwanted helicopter flight. My fitness check on the return trip the next morning with my fast Hayabusa motorcycle on the almost empty highway near Kassel with a short time 300 km/h was good and everything was ok for me again.

By Cessna to the Marathons

At the time of the Corona crisis, all the marathons were cancelled. Not only at the 100MC, the countability of the marathons is suspended for some time, but also worldwide the races are cancelled or postponed. So, you can now deal with the past, with special marathons, to which my wife Ingrid (then real treasurer of the 100MC) and I (formal treasurer) had flown with our Cessna 172. For the worse, however, the small aircraft had not been purchased with club funds.



Pilots Ingrid and me at a plane-rally

It all started at the Antarctic Marathon more than 20 years ago. We runners were already excited about the upcoming marathon in this unique area of our planet. Only my wife did not get in the mood. She whined: everyone would run the marathon now and only she would be stupid. So, I promised her that after our return flight to Germany I would make use of the offer of an ultra-light flight school of a test flight. After the test flight we also bought an ultra-light aircraft. My wife was very enthusiastic about flying and she is still a member of the German female Pilots Association. After 2 years of local flights, we switched to a Cessna 172, a four-seater small aircraft also good for longer distances. A guiding principle for fliers is: "The way is the goal", namely flying. So, we had to find destinations, e.g. visiting friends, having lunch on an island or even a marathon, and there was enough of that.

So, the **Ems-Jade-run** over 72 km. The well-known ultra-runner Stefan Schlett had travelled from Frankfurt especially for this event. To offer him something special, I flew the route with him the day before at low altitude. It was a nice flight along the Ems-Jade Canal.



Stefan, Hajo and Pilot Ingrid on the way back from the Ems-Jade-Run

Hajo Meyer, then chairman of the 100 MC, had also arrived and stayed with us. The next morning my wife drove us by car to the start in Emden. It was a nice run mainly along the Ems-Jade Canal. However, the highlight of the race was then for Stefan and us the pick-up from Wilhelmshaven. It was great weather, and my wife came instead by car with our Cessna. A beautiful flight in the evening sun past the Jadebay and over the autumnally colored forests formed the conclusion of this ultra.

The **Helgoland Marathon** is usually only accessible by a 1-hour drive and a 2 1/2-hour boat ride. However, in fine weather you can also fly. A landing on the island of Helgoland is reserved for experienced pilots with a briefing because of the short runway. Luckily, we already had them. Since we had a stable weather situation, we could fly with our Cessna. The marathon then took place in bright sunshine. I ran another "Weber-Time" and had to wait 5 min before the finish. A reporter interviewed me meanwhile, to whom I explained the "Weber time" (60 Marathons with 60 different times within one hour), I told also about the sophistication of the route with the jet fighter (a steep section of the route to the Upper-land) and the turning route on the approximately 1.5 km long pier. Two weeks later, my sister from Freiburg reported on a corresponding article in the *Zurcher Zeitung*. You can also hide nothing.

The **Rennsteig-Ultra-73 km** was another time for me the destination of a flight to a former student friend in Bavaria. The long journey was replaced by a nice flight to Eisenach. The start was as usual at 6 o'clock in the morning. On the track I befriended an "Ossi" – and I was the "Wessi". We both raved about the reunification and especially the many new marathon possibilities. In the finish there was a big marquee, and it was played again and again: "The lumberjack is dead, no he still is alive . . .". By bus we went back to Eisenach to my wife. She looked nasty there. When asked what was, she said: after getting up, having breakfast, washing

my hair, and reading books, I was still not there. So, she wanted to buy something quite expensive out of anger to annoy me too. However, all shops in Eisenach had already closed at 12 o'clock. Therefore: she never wanted to fly with me to Eisenach again for this Ultra.

Better was the **marathon in Mont St. Michel**, a castle island with a narrow land connection on the French Atlantic coast. The flight took us via Holland and Belgium along the Atlantic coast to the St. Michel peninsula. We were lucky enough to get a room at an affordable price right on the castle island. The next morning, we took a taxi to the start. The marathon ran on a beautiful track. Some people were already wondering about my advanced age – 15 years ago! The marathon ended right at the island, so this time my wife had no problems with the waiting time.



Airport of Wangerooge

A flight to the **Berlin Marathon** is also worth mentioning. We were on the island of Wangerooge and wanted to go back to Oldenburg. I thought that this weekend was the marathon in my native Berlin. Since my wife did not protest, we flew with our still full tank immediately to Berlin. It was at the time when the new airfield in Berlin-Schöneberg was still in its early state of construction. The approach went over a reporting point south of the square. As I swung into the final approach, I saw a large cross on the runway. But then came the announcement via radio: "please the next runway". So, I might have landed on the runway of Berlin's new major airport many years ago. After the landing we went with the metro to the registration at the former airfield Tempelhof, where we had landed several times before and where this year the marathon fair took place. Horst Preisler was there because he wanted to run his 1,000th marathons here. He was guest of honor and had access to the VIP area. I claimed that I belonged to him and so came through the control. There I said I wanted to run with him. After paying an extra fee, I also came to a desired start number. After the race I met Horst and proudly told him that I had now completed 100 marathons. He then said affectionately: "Jürgen, I also started once small" - everything is just relative



Exhibition of the Marathon at the Airport Berlin Tempelhof

There are other marathon flights to report, but the marathons were often more interesting than the flights. For a long time now we have not been flying (e.g. after the destruction of our Cessna by a tornado on the island of Wangerooge) and you can only do training runs because of the Corona crisis and revel in the past and report about it.



Ready to fly to the next Marathon

Marathons of a Businessman

One of my first marathon runs was in New York on a business trip. I was on my way to our business partner for the US market in Birmingham/Alabama and used the flight for a weekend stop in **New York** for the marathon.



New York is always fascinating

A member of my staff who was responsible for export asked me if I was also interested in a concert in New York – I was. So, I got a call from a conductor. I politely thanked him, wrote down the exact address and said that I had never been personally invited to a concert by a conductor. The taxi driver had no problems finding the Lincoln Center in Manhattan and the largest concert hall there, Every Fisher Hall. The problem was that I did not understand the conductor's name. When I asked about the free tickets that had been put back, the box office woman wondered that I would not know one of the three most famous conductors in the world: it was Zubin Metha, from which I could later buy various concert DV's. The free tickets were for the conductor's lodge and we sat there with the Persian ambassador. The 6th Symphony by Beethoven, the Pastorale, which I also had as a "record" at home, was played that evening. During the break we met with Zubin Metha. I had the impression that Zubin Metha was more effort-hard at a concert than I did in a marathon. When asked by Zubin Metha if we would meet for an dinner after the concert, I denied that the marathon was the next day and I was quite nervous. My wife is still angry about this today. The marathon the next morning was no problem. At 7 a.m., the buses left for the Marathon to the start at the Verazano Bridge, which was not supposed to be at 11 a.m. It was a beautiful sunny day. Because of the many runners, after the starting shot, I sat down on a boundary pillar of the bridge and listened to the classical sounds of the Pastorale, which sounded to motivate the runners from the loudspeakers. So this New York Marathon became an unforgettable experience for me thanks to Zubin Metha.

A next business trip took me to **Tunis, North Africa**, where "randomly" the marathon in Marrakech was to be at the same time. The departure in Bremen was already delayed due to fog at take-off. So, we arrived late in Frankfurt and missed our plane to Tunisia – no problem, we were diverted via Marseille and arrived in Tunis a little late. The problem arose when we picked up the luggage, because our luggage, including my running clothes, had flown a different way and we received it after our return to Germany. The business meeting in Tunis went as expected. After the meeting we flew to Rabat in Morocco. There we borrowed a car and drove to the marathon in Marrakech. I was able to run badly with business clothes, so I had to get sports clothes there. Immediately we were joined by a "tourist guide".



Mosques in Marrakech

But when it became too intrusive, we fled to a rooftop restaurant. From above we saw him waiting for us below. In the restaurant above we happened to meet our guide, who had supposedly picked us up at the airfield. When he also became too intrusive about the purchases, we publicly scolded him. Immediately a new guide came forward, whom we pushed away, and we fled to a shoe shop. There I bought a pair of running shoes. The owner of the shop then provided us with a seller as protection. Now he was our leader and we found that in Marrakech it is not running without a leader. The marathon the next morning started an hour late because the king who was to start the marathon has slept too long. On the way back to the airfield in Rabat we almost missed the plane because we had first arrived at the military part of the airfield. So we were the last to climb the jumbo via the entrance to the pilot's pulpit and were then able to fly back to Germany without any further problems, but also this marathon remained so unforgettable.

Another "marathon business trip" went to Arusha/**Tanzania** in Central Africa. It was found that the drug we were distributing also showed good efficacy in AIDS. The whole country had heard about the successes and I should visit the country as soon as possible. How nice, there

was also a marathon at this time of year in Arusha near Mount Kilimanjaro. Already on arrival I was received as a VIP person. But first I had to go to the marathon with a few white foreigners and many locals. Among the foreigners was the ultra-runner Stefan Schlett, whom I met in this way first time and who had just come out of the week-long pre-trial detention in Nigeria. He had committed the crime to use the same passport with which he was initially in South Afrika,



About Arusha for the business meeting in Dar's Salam

also, to enter Nigeria. The run was mainly a turning track into the local desert with some curves – not left and right, but up and down. I befriended a local of the same speed. Since he had shoes without solen, I promised him my after the run. His T-shirt was also in need of renewal. Only my running trousers I could not and wouldn't give up. Since the flight to Dar es Salaam was fully booked, I had to take the bus – with 5 narrow seats in a row – all night until the early morning. There a TV team was waiting for me for recordings. I reported on the stabilization of the immune system and the general improvement of AIDS patients with our drug. However, since a cure and thus a further spread of the virus could not be prevented, one was not really interested. We later obtained a German patent by documenting these successes in Tansania.

The next business/marathon trip this year was less spectacular. The representation of Austria in Vienna had to be visited again urgently. I ran the marathon in the morning, and, to the astonishment of my business partners, I already had the meeting in the afternoon. This marathon was unforgettable for me, as I ran my Boston qualification for the first time, which gave me a reason for a trip to the USA next year. We had some business friends there, who were certainly expecting a visit again.

My trip to **Rio de Janeiro** became more exciting. On the upper floor of a jumbo jet I went directly from Frankfurt to Rio. Since I initially had other business appointments in Germany, I

was only able to fly later. So, my airplane did not land until 20 hours before the marathon. When I tried to, catch a taxi at 5 o'clock in the morning, finally stopped after several attempts



Christ statue in Rio de Janeiro on the Corcovado

a taxi-driver. He said Rio was so dangerous that you can only call a taxi from the restaurant or hotel by phone. Instead of the promised morning coolness, there was only rain and sultry. There were three accidents on the marathon track, as the marathon was completely unknown to the spirited Brazilians at the time. My marathon time was not very impressive because my acclimatization was too short. Only in the afternoon after the marathon I felt fit again and climbed the Corcovado mountain (710 m) with the Christ statue. After the business meetings in Rio we went on to La Paz in Bolivia. To stay in training, I walked from the Bolivian capital to the airfield at 4,100 m altitude and back. Only later did I realize how high La Paz alone was in 3,600 m. On the onward flight I had a meeting in Caracas/Venezuela. Since I still had a day's break until the departure, I climbed the nearby mountains. On the way back I was attacked by a swarm of killer bees. Because of my swollen face, they did not want to let me go into my room at first. Only the photo in my passport convinced the hotel that I really was. So, this trip with marathon and training sessions in addition to my business activities became a lasting experience.

The next "business trip" this year went to **Reykjavik/Iceland**. We had good contacts there and a trip seemed reasonable. After the negotiations we went on a round trip on this interesting volcanic island, during which we learned a lot about the habits and peculiarities of this island on the edge of Europe. The marathon was on Sunday and consisted of two laps. The weather was bad and there was little to report. Only one runner got an irrepressible hunger in the race



Geyser on an interesting round trip in Iceland

and wanted to stop the run. When I later met him at the finish, he reported that Icelanders who wanted to go to the Pickenike had turned back because of the bad weather. They offered to take a little from the basket. So, he fed half the contents of the basket and was able to continue and finish his run successfully.



The beach of Waikiki in Honolulu

The last marathon in this eventful year took me to **Honolulu** in December. For the awfully long journey I was compensated by the summer weather there. Due to the expected heat, the marathon starts at 6 o'clock in the morning. However, the shuttle buses were already running at 3 o'clock at night-time to the start. I was not very fast, and I felt like this wasn't my day. However, on the way back from the circuit at km 30 or km 12 there were still a lot of runners – mainly slow Japanese, for which the Honolulu Marathon means a kind of marathon pilgrimage.

The real reason for my trip was the visit of our representative in Colombia. In Honolulu, I received a fax from our representative that at the National Cancer Congress, where we wanted to exhibit our drug, North American doctors had refused to travel because of bomb alerts to give lectures. So, I was asked to report on my drug in Spanish at this national cancer congress in Colombia. I grew up in Spain as a teenager but giving a lecture in front of doctors was something else. So I prepared a lecture with my "youthful" Spanish, which was then "translated" overnight in "medical" Spanish by the physician of our representative. On the way to the congress hall I had to practice a fluid presentation until the arrival. Since the American speakers had not come, I received special applause for my speech and the registration of our medicine was reached very soon within three months after answering the questions.

So, my enthusiasm for marathon running helped me to be internationally active and successful. Unfortunately, business life is not always about activity, but also about success. But through the many activities you also learn to limit the success. When the Chinese wanted to get into the business because of my activities there, I initially refused. After several negotiations, they convinced me by the positive response to my selection criteria. So we finally became the number 6 internationally imported medicines on the Chinese market thanks to my travel activities and the experience gained from them.

Marathons at high Altitude

Some people are amazed when, as in the **Jungfrau Marathon** of Interlaken in Switzerland, you run from 600 m height to the Jungfrau-Joch in 2,400 m a marathon. There are even age groups up to the M 65, so that older people probably no longer participate in the last part of this run due to the height and possible rescues on the very steep slope. However, height is relative! The Super-Zermatt Marathon starts from 1085 m in St. Nikolaus-Dorf to the Gornegrat with 3,089 m after 46 km. There is also the Swiss Alpine from Davos in 1,560 m down to Filsur in 1032 m and again high above Berguen in 1,365 m, the Ketsch hut in 2,632 m and the Sertig Pass in 2,739 m and back to Davos with a total of 78 km is one of the most strenuous mountain runs in Switzerland. All only relative!



Jürgen in the goose march on a mountain ridge at the Jungfrau Marathon

The **marathon in Mexico City** at an altitude of 2,600 m is quite demanding. Arriving in the plane with a set pressure in the cabin of 1,800 m is already the first acclimatization. Furthermore, 2 days before I climbed the Popocatepetl (5,462 m) in central Mexico with my son up to a height of about 4,800 m to prepare for this high-altitude marathon. The marathon was then just routine. After the run, my eyes were slightly red due to the height load, not by alcohol, but by height. So, at first, they didn't want to let me on the bus to Acapulco and therefore checked my coke with me for possible alcohol content or cognac.

The **Inca Trail Marathon** to Machu Picchu (2,700 m) was another challenge in the mountains of Peru. Preparation were runs in the lower "regions" for acclimatization. Impressive was

especially when we crossed the last pass and suddenly the old Inca town of Machu Picchu was in front of our feet. The Spanish conquistadores could not find this remote place. Back to Cusco



Tent camp at 15,500 ft or 4,650 m altitude in the Andes

we went by helicopter through the Urubamba valley. However, the marathon was only the start of another run of 34.4 km in the Andes with passes up to an altitude of almost 5,000 m more than the height of Mont Blanc. Even our tent camp before the race was at an altitude of 4,650 m.

The **Atacama Marathon** in northern Chile in the foreland of the Bolivian volcanoes is actually still quite moderate. Start is at 2,800 m altitude. One runs first through the valley of death, the valley of silence and finally after corresponding mountain passages through the mouse-grey valley of the moon. The goal is in the level at an altitude of 2,600 m – a preliminary exercise for the following races. More demanding was the next run of this journey, the Salar de Uyuni in Bolivia, a 160 km long dried-up Salt Lake at an altitude of 3,660 m. A half marathon and the subsequent ascent of the coral island of Incahuasi were planned. However, due to the too short acclimatization it was only 10 km run at this altitude. The ascent of the island, which is about 100 m higher, was again no problem.

Lake Titicaca (3.860m) can be reached via La Paz, the capital of Bolivia (3,600 m) and the city of Copacabana. From there you can take a boat to the Sunny Island (Isla del Sol) with a ridge of 4,100 m. A half marathon was planned there. After the crossing to the island and an arduous ascent to the local Eco-Hotel, the start was already after a short rest to the half-marathon, which consisted of a circumnavigation of the island. Only those who would be back in time and thus also after the second lap in time before darkness in the finish, could run the 1/2 marathon

twice and thus a full marathon at this height. Only a good 27-year-old Japanese marathon runner and I, as the eldest, managed to the astonishment of the rest of the group the second



Floating island on Lake Titicaca to protect against enemies

loop in time. Until then, I was the dear old man and then not anymore. The acclimatization was done at that time by a previous runner's tour through Argentina so far that I was able to complete the second lap for the full marathon also because of the moderate climbs.

Then we continued on the Peruvian side over the city of Puno with the floating islands, to which the inhabitants retreated when enemy troops passed through the country. From there we drove to the largest valley in the world, the Colca Canyon. There was another run into the valley of the canyon - on the other side up and back the whole thing. Back from the valley, I and some others did not go any more. So we were able to ride the mountain route on the back of mulas, who had supplied the catering point, back to the town of Cabanaconde.

The Mount **Everest**-Marathon, organized by Diana Scherpani and planned for an acclimatization of just over 3 weeks, is also challenging. This starts in Katmandu/Nepal in 1,200m. From there, you first fly at an altitude of about 700 m and slowly climb up to Namsche Bazaar at 3,600 m. There the actual ascent to an altitude of 5,200 m begins with daily stages of approx. 500 meters of altitude. Problems with height are gradual: headache-nausea-loss-loss-vomiting-pulmonary edema (noises of the lung fluid). Other symptoms include restlessness, insomnia, increased pulse and blue lips. Accompanying doctors pay attention to these symptoms and send the runners back for acclimatization: the runner descends a day stage under supervision and has to complete 2 stages the next day, which goes under effort and usually also helps. Only before the last ascent is the actual medical check on altitude adaptation, i.e. pulse, sense of orientation and balance. Only after a successful check you can

continue to the start at approx. 5,200 m altitude and the next day with the appropriate emergency equipment (flashlight, rescue blanket, signal pipe, compass, emergency catering



From The Kalapatar (5,600 m) the Mont Everest (8,134 m) looks very close

and drinks) to the Mount Everest Marathon. Even very good runners did not pass this check, were not allowed to climb any further and had to descend instead to Namsche Bazar.



"Group picture (Sherpas) with lady" in front of Mont Everest

The start of this extraordinary Mont-Everest-marathon in the freezing cold at 7 o'clock in the morning is already practiced the night before by a trial set-up according to the expected running speed. Breakfast is still available the next morning for the runners in their sleeping bag. At the military whistle it was necessary to tie the sleeping bag together for the return transport within 10 minutes and to hurry to the start and set up for the start. After the strenuous overcoming of a low height at pace, it usually goes loose downhill. Only the long positive climbs (approx. 2000 m) through the intermediate valleys require again very great efforts. The finish is in Namsche Bazar at 3,600 m. However, we continue downhill to the next village before reaching the finish line in Namsche Bazar exhausted after a final climb. At that time, It took me a little over 8 hours, until then my longest marathon, but at least I was 1st in my then age group M60.

The essence of these marathon journeys to high altitudes is sufficient acclimatization and the ability to cope with the different inclines. The climbs are already a challenge even at "low" heights, but in height they often count.

100 Marathon Club-Tour to the Chicago-Marathon (2007)

It is already a tradition that the 100 Marathon Club (100MC) organizes an annual club trip to an extraordinary marathon. After trips to Istanbul and Malta, however, this extraordinary marathon itself was exceptional this year, but later.



100 MC club members with the captain of an excursion ship in Chicago

At this year's Elbe Tunnel Marathon, we received an invitation from the Friendship Circle Chicago-Hamburg (Partner Cities) to participate in one of the world's largest marathons in Chicago with free accommodation for friendly runners in Chicago or the surrounding area. Only the flight (approx. 450 €) and the Marathon-fee (approx. 100 €) were to be paid in addition to gifts and own costs. A unique offer, which the 100MC and the members Dietrich, Karl Heinz, Helmut, Ingrid and Juergen, Otto and Christoph made use. Other members would also have liked to come along, but at some point, the registration deadline was over. The journey was individual, Ingrid and Jürgen e.g. on the way to Florida.

The first meeting of the 100MC members was announced at the marathon fair in Chicago, where the organizer of the friendship-exchange Gerhard Fresmann, himself a marathon runner, supervised the stand and patiently answered all questions regarding the programs of the next few days. Everything was clear, only the marathon had to be run by everyone. On the Saturday

before the marathon there was a pasta party at noon in the spacious rooms of the art professor Rolf Achilles, where we were able to eat a delicious pasta with the other Germans and partly the host parents very well - groomed with beer and wine. The pizza was prepared by a group of German medical assistants who were also in Chicago as guests.



On a boat trip with the club: Chicago skyline

It then became exciting at the actual marathon, because the extraordinary heat of the past days hardly wanted to subside even at night. There were also many marathonis who wanted to run their first marathon after hard months of training and had signed up as a pacemaker with the appropriate end time on their backs in the euphoria of the upcoming marathon event. The heat marathon, however, turned all illusions into niece. After the start in the still "pleasant" temperatures of almost 30 degrees, the marathon went according to plan. However, given the heat, I had set myself for an end time of 5 hours. But soon the pacemakers were behind me with 4:30, 4:15 and 4:00, even 3:55 and a 3:50- I was able to leave him behind. At km 29 runners climbed into buses after half the marathon distance. Karl Heinz Jost sneaked past the barrier and was able to finish his marathon on the original track by asking passers-by. The problem was not the organization, but the Marathonis, who not only drank above their dimensions because of the heat, but also used the precious water to cool the body. The fire brigade and the population provided all noses with water and fountains for additional drinks and cooling. The marathon was cancelled but still scored. Finisher was everyone who crossed the finish line. Marathon finisher, however, was only in who ever had all the 5km intervals in the results list and thus he had not taken the later prescribed abbreviation.

At the final Race post-race party in an old Irish castle there was a lot to tell and to report: unfortunately we also heard that a 35-year-old with a heart defect had died in the heat and at km 30. About 300 runners needed medical care, of which 150 were in hospitals. For us

100MC'ler this heat marathon was difficult, but not exceptional. The marathon was more of an ultra in terms of performance, but often too difficult for a marathon beginner. But all respect – all of them have fought valiantly despite the heat.



Farewell meeting with our guest families of the friendship-exchange

At the end of this marathon trip, a boat trip on the Chicago River and Lake Michigan was planned. The group photo shows us with relaxed faces, ready for new heroics. On the boat trip we also learned interesting and less interesting things about the impressive architecture and history of this impressive metropolis. We are now excited about where the club trip is to go next year, suggestions are welcome.

100 Marathon Club Cruise from Florida to the Caribbean (2018)

Now for the 4th time the 100 Marathon Club trip to summerly Florida took place in the cold winter season in February. As in previous years, a cruise with the possibilities for further marathons should be offered between 2 marathon weekends in Florida. Already in March the first requests came from club members and in October the hotels and a cruise ship were booked to take advantage of the low prices of the early bookings.



Our cruise ship for the next few days

Jürgen, who is usually on site in Florida during the winter months, already explored the offered hotels on location, comfort and proximity to the beach on his training tours with the road bike. The planned cruise ship Victory from the Carnival shipping company was also examined in advance during a "test cruise" in the autumn for the equipment of the cabins as well as for the possibility of marathon runs on board. Nothing should go wrong. The Miami Marathon was clear, but the planned 2nd Marathon in Melbourne/Florida was postponed at short notice after booking all hotels and the cruise due to another event. The start-up-related hotel in Melbourne had to be cancelled and a replacement hotel with a marathon had to be found.

Finally, it was decided to book the beach hotel in Miami-Beach after the cruise and offer 2 more marathons in South Florida, the Birch Park Marathon on part of the original route of the A1A Marathon in Fort Lauderdale and a beach promenade marathon in Miami-Beach.



After the Miami Marathon is before the Caribbean cruise

On Friday, January 26, 2018, the journey was on a 10-hour flight to Miami. Michael had booked a rental car in advance and was able to take part of the group to the booked Collins Hotel in Miami Beach after arriving in Miami. Beate and Brigitta, who arrived a little later, took a taxi to the hotel. The normal price is about 25 USD, but the driver demanded from every 25 U.S. dollars and thus made a tourist bargain. The next morning was an appointment to visit the marathon fair in Miami. With the rental cars we drove to a shuttle bus, which finally drove us to the marathon fair. The venue had only been announced two weeks before the Miami Marathon. The afternoon was then available to explore the surrounding area of the hotel, as well as the surrounding shops, restaurants, and the km-long beach.

Miami Marathon (28.01.2018) The next morning was the Miami Marathon. Already at 5:30 the rental cars started. There were more than 20,000 runners registered, about 5,000 marathonis and for the half-marathon an additional 15,000 runners, all of whom were to start together. Luckily, we found a parking space in a side street. The runners were divided into starting fields from A to L. Start was in waves, so that the actual start took place partly over 30 minutes later. After the start but at dawn we ran uphill on a km-long bridge and past the cruise port of Miami Beach. There we should start our Cruise next day. On winding roads, all runners went back to Miami via Venetian-Island. The second half of the route led for the Marathonis through the elegant residential neighborhood of Coral Gables, a part on the bridge to Key Biscayne and finally ended again in Miami in Bayfront Park, where all the tents stood for food and clothing delivery. The weather was moderate and not too hot. After the run we went back to the hotel and to relax on the wide sand-beach at the Atlantic.

Cruise (29.01.-02.02.2018) On Monday we went to the Port of Miami for boarding for the 5 day cruise with the ship VICTORY of the shipping company CARNIVAL CRUISE. The ship had

more than 2,000 passengers and a crew of more than 1,000 men and women. It had a length of almost 300 m and over 100,000 GRT. Thanks to a favorable \$-course, we were able to book spacious outdoor cabins. First, the extensive buffet on the Lido deck on the 9th floor of the ship was enjoyed. After inspecting the cabins, we explored the wide range of entertainment options during the cruise. After the departure of the ship, everyone had to go to the lifeboats for the rescue exercise. Impressive was the harbor exit with an backdrop of the Miami skyline past Miami-Beach, where we had run the Miami Marathon yesterday. We later met for dinner in the elegant Pacific restaurant.

1.Carnival Cruise Marathon (30.01.2018) At sea, i.e. during the crossing to the private island of the CARNIVAL shipping company "Half Moon-Cay" the first club marathon was run on the 12th deck with a lap length of 261 m or 265 laps. Not only Sven's wife Maren had agreed to count the lap, but also the non-runners in the meantime. Meals could be made up at any time from the buffet deck. After all, there were 8 runners on the way, 6 of whom completed an entire marathon. At the award ceremony during the dinner there were the 100 marathon club medals, with the date, the name of the marathon and the distance running on the back. The results were published on the homepage of the 100 Marathon Club after the club trip.

1.Half-Moon-Kay Island Marathon (31.01.2018) The next morning we reached the private island of the shipping company "Half Moon Cay" in the best weather. Tender boats were disembarked. Already before we had all met in the foreshore to put over with the first boat. Auf of the island we had a total of only about 7 hours stay. For the marathon we had a maximum of 6 hours with the walk to the start and construction of the stand. Everyone loved the island, green palm trees, a white beach, turquoise blue water above it and deep blue water decorated with our cruise ship. After a short walk we reached the covered and open catering station. On the side was also the start. A measured circuit of 1 mile as well as an extension to a riding horse station formed our running laps. 6 runners competed, but because of the heat and the limited time, "only" 4 participants ran a full marathon. After returning with the tender boats and the common dinner were handed out the deserved medals.

1.Nassau Island Marathon (01.02.2018) Nassau in the Bahamas was the last stop of the cruise. Today there was plenty of time on the island. Nevertheless, we were the first to leave the ship to take advantage of the cool morning hours. A catering station and a marathon route were planned: a shady square beyond the harbor and a turning route towards the airfield. Jürgen provided the drinks and food from a local supermarket. Everything seemed to be perfectly planned again, but during the day the track filled up with a lot of traffic and many pedestrians, so that the running later amounted to an obstacle course. After all, 4 runners reached the finish line again with correspondingly longer marathon times. After a stroll through the streets busy with locals and tourists, we went back to the ship and back to Miami.

1.Birch-Park Marathon (03.02.2018) After we disembarked in Miami on Friday and moved back into our quarters at the Collins Hotel in Miami-Beach, the 600th marathon of Jürgen was to take place on Saturday in the beach-near Birch-Park in Fort Lauderdale. Prior to this, the approval had been agreed with the park management on a part of the A1A marathon-route, which was also held two weeks later. Our route ran through dense tropical trees and past the coastal channel Intra-Coastal, which runs from the Mexican Gulf parallel to the coast. There are many rest areas with tables and benches for the city dwellers. Today all 8 participants



Birch-Park Marathon in Fort Lauderdale, Juergen did his 600th Marathon

completed the full marathon, especially since the weather was moderate again and we were no longer under time pressure. Afterwards Ingrid and Maren had prepared a pasta party in Jürgen's high-rise apartment. It was a nice setting for the presentation of the certificate for the 600th marathon of Jürgen by the board member of the club, Michael.



Group photo after an airboat tour in the Everglades

The next and last day, the Promenade Marathon was planned in Miami-Beach. However, after a joint decision we drove the rental cars to the Everglades swamps and took part in an impressive airboat tour. So, we learned a lot about life in the Everglades and behavior of the crocodiles. The boat driver finally said goodbye to "our" crocodile with "see you later, alligator" – a saying that is also jokingly used among friends. Afterwards we went to the large Aventura-Mall, an extensive shopping area with many shopping centers. This mall was so big that you could not only get lost, but partly did. It was winding and had 5 other large parking garages built around the mall in addition to the parking lots outside. A participant of ours was, as usual in this case, led from a security post back to the car.

Melbourne Marathon (11.02.2018) Actually the whole group wanted to run the nice Melbourne Marathon, which had been postponed for a week after planning the club trip because of another event. Only Sven and Maren extended their Florida vacation by this week, watched the Florida Keys and the city of Key West, and then drove with Jürgen and Ingrid to a beach hotel near Melbourne. The marathon is known for its many music performances on a round course. A piano player stood out on a white grand piano on the top of a bridge of 50 m high over the Indian River there. Both Sven and Jürgen won the first prizes in their age group, a nice success for the 100MC runners. It was the conclusion of a great 100 Marathon Club trip to Florida.

Marathon in 109 countries

The author has already run marathons in more than 600 times in more than 100 countries.

At the New York-Marathon, which he ran as part of a business trip, grabbed him very much to the wish of the company and to the delight of the export manager the "marathon fiber". In this way, international contacts worldwide could be strengthened through personal visits. Later, the experience gained from these contacts led to a very successful entry into and large sales on the Chinese market.

After retiring from his professional life, the author continued these marathon trips to the distant countries, which he had not yet visited. He has now run a marathon in 109 countries, making him the only person in the world over the age of 80 to run a marathon in more than 100 countries.

To mention: North Pole is not a country to be counted. North pole is a drifting icefield.

List of Marathon-Countries

No	Date	Marathon/City	Country	Time
1	22.09.1985	Karlsruhe-Marathon	Germany-W	04:38:00
2	06.11.1988	New York-Marathon	USA	04:15:09
3	15.01.1989	Marrakesch-Marathon	Marocco	03:51:26
4	14.03.1989	Mt.Meru-Marathon-Arusha	Tansania	04:45:03
5	16.04.1989	Wien-Marathon	Austria	03:38:35
6	30.04.1989	Madrid-Marathon	Spain	03:43:15
7	25.06.1989	Rio de Janeiro-Marathon	Brazil	04:23:08
8	20.08.1989	Reykjavik-Marathon	Iceland	04:04:11
9	22.04.1990	Potsdam-Marathon	Germany-E	03:59:25
10	17.02.1991	Malta-Marathon	Malta	04:54:49
11	26.05.1991	Hamburg-Marathon	Germany	04:43:11
12	19.04.1992	London-Marathon	England	03:58:00
13	25.10.1993	Dublin-Marathon	Ireland	03:59:26
14	24.04.1994	Paris-Marathon	France	03:56:42
15	04.09.1994	Moskau-Marathon	Russia	03:59:09
16	09.10.1994	Eurasia-Marathon/Istanbul	Turkey	04:56:20
17	12.03.1995	Hong Kong-Marathon	Hong Kong	04:05:54
18	24.04.1995	Rotterdam-Marathon	Netherlands	03:59:25
19	05.11.1995	Athen-Marathon	Greece	04:15:26
20	02.03.1996	Blue Mountains-Ultra/Sydney,46 k	Australia	06:11:13

21	17.02.1997	Last Marathon/ Antarktis	Antarctic(I)	04:07:00
22	29.03.1997	Two Ocean/ Kapstadt 56km	South Africa(II)	05:53:49
23	06.07.1997	Midnight Sun Mar./ Nanisivik	Canada(III)	04:27:35
24	26.07.1997	Post Marathon/ Davos 67 km	Switzerland(IV)	10:05:02
25	28.09.1997	Adidas Marathon/ Buenos Air.	Argentina(V)	03:37:14
26	26.10.1997	BMW Auckland Marathon	N-Zealand(VI)	03:37:35
27	07.12.1997	Mobil Marathon/ Singapur	Singapore(VII)	04:28:04
28	13.02.1998	Egyptian Marathon/ Luxor	Egypt	03:58:52
29	25.08.1998	Inka Trial Run/Machu Picchu 44 km	Peru	08:34:00
30	13.12.1998	Cancun Marathon	Mexico	04:17:56
31	14.02.1999	Kingston-Marathon	Jamaica	04:03:25
32	11.04.1999	Mount Everest Marathon	Nepal	08:19:26
33	10.06.2000	Spitzbergen-Marathon	Norway	04:33:08
34	06.04.2001	Dead Sea Marathon 50 km	Jordan	04:59:35
35	24.06.2001	Astana-Marathon	Kasakhstan	04:58:23
36	21.07.2001	Greenland-Marathon	Greenland	04:26:14
37	14.10.2001	Peking-Marathon	China	04:11:23
38	10.01.2003	Dubai Marathon	U.A.E.	04:10:52
39	01.05.2003	Laskowice - Marathon	Poland	04:08:14
40	26.06.2003	Mongolia Sunrise to Sunset 100 km	Mongolia	16:13:00
41	07.12.2003	Macau-Marathon	Macau	04:31:58
42	15.02.2004	Mumbai-Marathon	India	04:29:46
43	10.06.2006	Alpin-Marathon	Lichtenstein	06:41:06
44	07.09.2007	Atakama-Wüsten-Marathon 46 km	Chile	06:35:34
45	13.09.2007	Titicaca-Lake-Marathon	Bolivia	08:22:10
46	13.05.2008	1.Silk-Road-Marathon	Uzbekistan	05:20:58
47	28.06.2009	North-Sea-Beach-Marathon	Denmark	05:14:20
48	26.02.2012	Cruise-Marathon-Nassau	Bahamas	04:43:11
49	18.04.2013	Vulkan-Marathon, Galapagos	Equador	06:01:30
50	11.05.2014	Prag-Marathon	Czech Republic	04:55:36
51	25.05.2014	Kosovo-Marathon	Kosovo	05:38:20
52	11.02.2015	Tunis-Marathon	Tunesia	05:46:19
53	17.05.2015	Riga-Marathon	Latvia	04:50:25
54	31.05.2015	Luxemburg-Marathon	Luxemburg	04:55:36
55	19.07.2015	Grodno-Druskininkai	Belarus	04:57:49
56	28.11.2015	Durres-Marathon	Albania	05:06:05
57	15.01.2016	Sheraton-Marathon/Doha	Qatar	05:00:43
58	31.01.2016	San Juan Habor-Marathon	Puerto Rico	05:35:17
59	01.02.2016	St.-Thomas-Cove-Marathon	Virgin Islands	05:55:34
60	03.02.2016	Carlisle Bay-Marathon	Barbados	05:52:55
61	04.02.2016	Pitons Peak-Marathon	St. Lucia	06:23:12
62	05.02.2016	St. Kitts-Waterfall-Marathon	Saint Kitts	05:54:21
63	06.02.2016	Waterfront-Marathon	Sint Maarten	06:27:18
64	02.05.2016	Belfast-Marathon	N-Ireland	05:08:54
65	04.06.2016	Torshavn-Marathon	Faroer Islands	05:29:35
66	16.07.2016	Andorra-Mountain-Marathon	Andorra	11:11:48
67	17.09.2016	San Marino-Marathon	San Marino	06:04:31

68	10.12.2016	Boa Vista-Marathon	Cap Verde	07:57:31
69	27.01.2017	Muskat-Marathon	Oman	05:04:22
70	12.02.2017	Port au Prince-Marathon	Haiti	06:25:40
71	02.04.2017	Bratislava-Marathon	Slovakai	04:58:16
72	22.04.2017	Belgrad-Marathon	Serbia	05:14:54
73	14.05.2017	Maas-Marathon	Belgium	05:03:28
74	28.05.2017	Edinburgh-Marathon	Scotland	05:34:07
75	11.06.2017	Kaunas-Marathon	Lithuania	05:05:56
76	30.07.2017	Maseru-Bridge-Marathon	Lesotho	06:03:08
77	31.07.2017	Sand-River-Marathon	Swaziland	06:32:23
78	02.08.2017	Hwange-Marathon	Zimbabwe	06:10:20
79	03.08.2017	Chobe-Marathon	Botswana	07:17:32
80	04.08.2017	Mpalila-Marathon	Namibia	06:34:12
81	05.08.2017	Zambezi Waterfront Marathon	Samibia	06:29:38
82	12.08.2017	Helsinki-Marathon	Finland	05:32:56
83	10.09.2017	Tallin-Marathon	Estonia	04:44:14
84	19.11.2017	Havanna-Marathon	Cuba	05:22:13
85	02.12.2017	Gibraltar-Marathon	Gibraltar	05:08:15
86	17.12.2017	Pisa-Marathon	Italien	04:49:27
87	07.01.2018	Tiberias-Marathon (AIMS)	Israel	04:56:05
88	29.04.2018	Kharkiv-Marathon	Ukraine	05:28:18
89	06.05.2018	Skopje-Marathon	Mazedonia	05:24:08
90	27.05.2018	Novi Grad-Marathon	Bosnien	05:32:14
91	02.06.2018	Stockholm-Marathon	Schweden	05:27:08
92	18.08.2018	Azeri-Marathon	Azerbaidjan	06:12:18
93	19.08.2018	Bagratashen-Marathon	Armenia	06:05:10
94	20.08.2018	Capital City-Marathon	Georgia	06:18:13
95	29.08.2018	Karakoram-Marathon	Pakistan	07:38:16
96	23.09.2018	Ston-Wall-Marathon (AIMS)	Croatia	06:37:25
97	30.09.2018	Chisinau-Marathon	Moldava	05:24:36
98	21.10.2018	Kopet Dag-Marathon	Turkmenistan	05:39:10
99	27.10.2018	Khujand Trail-Marathon	Tajikistan	05:56:43
100	25.11.2018	Panama-Marathon	Panama	05:33:18
101	20.01.2019	Funchal-Marathon	Portugal	05:33:16
102	27.01.2019	Trinidad&Tobago-Marathon	Trinidad brit. Virgin Islands/VGB	05:34:15 06:31:58
103	10.03.2019	O Neal Webster-Marathon	Domenica/DMA	06:54:31
104	12.03.2019	Titou Gorge-Marathon	St. Vincent/SVG	06:24:02
105	13.03.2019	Volcanic Sand-Marathon	Madagaskar Rumänien Guernsey Ungarn	
106	24.11.2019	Curacao-Marathon	Curacao	06:21:14
107	19.01.2020	Bermuda-Marathon	Bermuda	06:48:35
108	25.01.2020	Nicaragua-Marathon	Nicaragua	07:23:06
		Corona-Virus	Seoul	

	Corona-Virus	Costa Rica	
	Corona-Virus	Wales	
	Corona-Virus	Slovenia	
	Corona-Virus	Malaysia	
	Corona-Virus	Mauritius	
	Corona-Virus	Isle of Man	
	Corona-Virus	Dom.Rep.	
	Corona-Virus	Aruba	
	Corona-Virus	Jersey	
109	11.10.2020 Sofia-Marathon	Bulgaria	05:41:07
		Monaco	

Remarks:

Remarks:

