

Runners attempt to Break a Guinness World Record™ for ‘The Greatest Distance on a Treadmill over 24 Hours’

Rocky River, OH., March 2nd, 2007 - 12 runners from Team Good River Running Club will attempt to break the Guinness World Record™ for the Greatest Distance on a treadmill for 24 hours by a team. The current record is 247 miles, which was set in the UK in 2006.

The Great Lakes HSA 24 hour Treadmill Challenge will start on March 2nd, at 5:00PM at the Second Sole Running Store in Rocky River, OH located just west of Cleveland. The run will finish on 5:00 PM the following day.

The unique event was created by Great Lakes HSA to encourage people in leading a healthier lifestyle and to promote exercise in the community.

To break the current record, the 12 runners, who are all residents of Ohio, will need to average 5:49 for each mile over the 24 hour period.

The team is also considering the 48 hour record of 317 miles by continuing to run after 24 hours.

The event website, www.greatlakeshsa.com/24hour will have live video and audio updates throughout the 24 hours so everyone can follow their progress over the internet.

INTERESTING FACTS

- Each team member will run (roughly) 22 miles over a two hour period with a planned pace between 5:00 – 5:30 minutes per mile.
- 32,000 calories will be burned by the team over the 24 hours.
- The team hopes to run over 250 miles over the 24 hour period

Event: Great Lakes HSA Treadmill Challenge

Date: March 2-3, 2007

Where: Second Sole Running Store,
19341 Detroit Road,
Rocky River, OH
440-895-1311

Start time: 5:00PM to 5:00PM on Sat

Website: www.greatlakeshsa.com/24hour

Email: info@greatlakeshsa.com

Phone: 216-373-6748