

Race Walking Record: 894 Miles in March 2024

In March 2024, a group of ultramarathoners will attempt to break the world record for the most miles walked in a month. The current record is 894 miles, set by American David Goggins in 2013. The team of ultramarathoners, led by British adventurer Sean Conway, will embark on a 31-day journey across the United States, walking an average of 29 miles per day.



Race Walking Record 894 - March 2024 by Judy Fridono

★★★★★ 5 out of 5

Language	: English
File size	: 804 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 31 pages
Lending	: Enabled



The team will start their journey in San Francisco, California, and walk east across the country, finishing in New York City. They will walk through a variety of terrain, including mountains, deserts, and forests. The team will also face a number of challenges along the way, including extreme weather conditions, sleep deprivation, and physical pain.

But the team is confident that they can break the world record. They have been training for months, and they are all experienced ultramarathoners. They are also motivated by the desire to raise awareness for the homeless charity Shelter. The team hopes that their walk will inspire others to challenge themselves and to help those in need.

The Team

The team of ultramarathoners is made up of six men and three women. They are all experienced endurance athletes, and they have all competed in some of the world's toughest races. The team includes:

- Sean Conway, a British adventurer and ultramarathoner who has completed a number of world-first expeditions.
- Paddy Doyle, an Irish ultramarathoner who holds the world record for the fastest crossing of the Sahara Desert.
- Fiona Oakes, a British vegan ultramarathoner who has set a number of world records.
- Lizzy Hawker, a British ultramarathoner who has won the Marathon des Sables, the world's toughest footrace, six times.
- Dean Karnazes, an American ultramarathoner who has run over 200 marathons and ultramarathons.
- Mike Wardian, an American ultramarathoner who has won the Badwater 135, the world's toughest ultramarathon, five times.
- Charlie Engle, an American ultramarathoner who has completed a number of world-first expeditions.

- Suzy Walsham, an Australian ultramarathoner who has set a number of world records.
- Ray Zahab, a Canadian ultramarathoner who has completed a number of world-first expeditions.

The Route

The team will start their journey in San Francisco, California, and walk east across the country, finishing in New York City. They will walk through a variety of terrain, including mountains, deserts, and forests. The route is approximately 894 miles long, and the team will walk an average of 29 miles per day.

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The Challenges

The team will face a number of challenges along the way, including extreme weather conditions, sleep deprivation, and physical pain. The team will walk through a variety of terrain, including mountains, deserts, and forests. They will also face extreme weather conditions, including heat, cold, and rain. The team will also have to deal with sleep deprivation, as they will be walking for up to 12 hours per day. Finally, the team will have to overcome the physical pain that comes with walking for long distances.

The Goal

The team's goal is to break the world record for the most miles walked in a month. The current record is 894 miles, set by American David Goggins in 2013. The team is confident that they can break the record, and they are motivated by the desire to raise awareness for the homeless charity Shelter. The team hopes that their walk will inspire others to challenge themselves and to help those in need.

How to Support the Team

There are a number of ways to support the team on their journey. You can donate to their fundraising page, follow their progress on social media, or simply spread the word about their challenge. The team is grateful for all of the support they receive, and they hope that their walk will inspire others to challenge themselves and to help those in need.

To donate to the team's fundraising page, please visit:

<https://www.justgiving.com/fundraising/racewalkingrecord>

To follow the team's progress on social media, please visit:

- Facebook
- Twitter
- Instagram

To learn more about the team and their challenge, please visit:

<https://www.racewalkingrecord.com>

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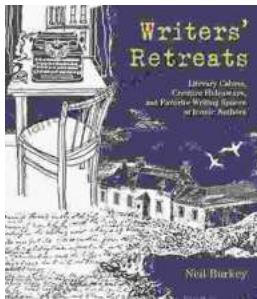
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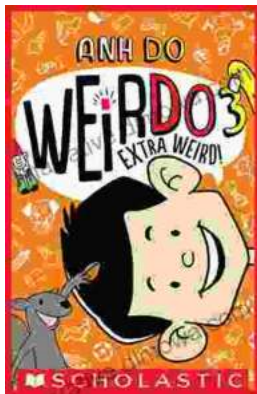


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