

## PRESS KIT

# RUN AROUND THE PLANET

## Run across 4 continents

### Serge Girard

Start 31 January 2016



[www.sergegirard.fr](http://www.sergegirard.fr)

# SUMMARY

- I A World First
- II Serge Girard, the continental mariner
- III Shared values

## Run Around The Planet: Facts and figures

- 26 400 km Paris to Paris
- 27 millions strides
- 630 marathons
- 400 days
- 65 km per day
- 4 Continents crossed: Europe, North America, Oceania, Africa.
- 150 tubes of anti-chaffing cream
- Several dozen T-Shirts
- 30 pairs of running shoes
- Temperatures :
  - +50°C in the American desert (Death Valley)
- Highest point : 4783 750m Loveland Pass (Colorado)
- Lowest point: -80m Death Valley in California
- Total uphill climb : 240 000 meters
- 6000 calories per day
- 36000 liters of water or 8 liters per day
- More than 5000 feeding stops, every 5 km
- 2000 energy bars
- 400 ready-to-eat meals by Fleury Michon
- 140 kg of pasta



## I. A World First

Run around the Planet, crossing 5 continents  
Compliance with the rules established and verified by The World Runners Club:

The 4 main rules are:

- Run a minimum of 26 232 km
- Cross a minimum of 4 continents
- Cross 2 antipodal points on the globe
- Start and finish at the same place



Additional information available: [www.worldrunnerassociation.org/](http://www.worldrunnerassociation.org/)

The current record is held by Australian, Tom Denniss. He covered 26 232 km in 622 days. [www.tomsnextstep.com](http://www.tomsnextstep.com)

Tom Denniss left Sydney on 31/12/2011. He arrived in Sydney on 13/09/2013.

His daily average was 42.32 km (travel and rest included) – 526 race days – 96 days with no running.

He ran east to west: Oceania, North America, South America, Europe, Oceania

### *The itinerary with estimated times:*

<b>Dates</b>	<b>Where</b>	<b>Start</b>	<b>Finish</b>	<b>Km</b>	<b>Time</b>
<b>31 January 2016</b> <b>February</b>	<b>France</b> <b>Spain</b> <b>Portugal</b>	<b>Paris</b>	<b>Lisbon</b>	<b>2 200</b>	<b>1 month</b>
<b>March - September 2016</b>	<b>USA</b> <b>Canada</b> <b>Alaska</b>	<b>Miami</b>	<b>Anchorage</b>	<b>11 200</b>	<b>6 months 1/2</b>
<b>September 2016</b>	<b>New Zelande</b>	<b>Auckland</b>	<b>Invercargill</b>	<b>1 600</b>	<b>1 month</b>
<b>October - November 2016</b>	<b>Australia</b>	<b>Sydney</b>	<b>Perth</b>	<b>4 000</b>	<b>2 months</b>
<b>December 2016</b>	<b>South Africa -</b> <b>Namibie</b>	<b>Durban</b>	<b>Walvis Bay</b>	<b>2 400</b>	<b>1 month</b>
<b>January -</b> <b>February 2017</b>	<b>Europe</b>	<b>Istanbul</b>	<b>Paris</b>	<b>4 100</b>	<b>2 months</b>

**Approximate daily average: 65km/day**

You can follow Serge at [www.sergegirard.fr](http://www.sergegirard.fr) or his daily progress in real time thanks to the Yellow Brick beacon.



## II. Serge Girard, le marin des continents

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Born in 1953, father of 3 children, lives in the Seine Maritime department which is on the English Channel. This experienced long-distance runner has, over the period 1997 to 2010, run across all 5 continents without a single day of rest on each race (70 km per day)..

- Los Angeles – New York : 4597km in 53 days = 90km/ day
  - Perth – Sydney : 3755km in 47 days = 81km/day
  - Lima – Rio de Janeiro : 5235km in 73 days = 71km/ day
  - Dakar – Le Cairo : 8295km in 123 days = 68km/day
  - Paris-Tokyo : 19097km in 260 days = 73km/day
  - In 2009 and 2010, Around Europe Footrace, crossed 25 countries and set a world record for the longest distance run in 365 days: 27,011 km = 74 km/day.
- The total distance covered on these 6 races is 67,990 km in 922 days = 73.8 km/day

### *Some key figures:*

Heart rate during a race: 110 bpm

Resting heart rate: 36 bpm

Ideal weight 62 kg

Estimated weight loss: 10 kg

Began racing at the age of 30 (20 km, marathons) and long distance races at age 40

Runs an average of 10,000 km per year

On the departure day, Serge has covered 200 000km since he began to run in 1983 (trainings , competitions and crossings continents).

### III. Des valeurs partagées

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#### ✘ In sporting terms

The Run Around the Planet by Serge will be an exceptional sports event. This Challenge requires intense physical preparation: limbering up, body building, running 200 km per week. Strengthening and staying in top physical condition will be one of the things that will enable Serge to succeed. He will be 62 years old when he starts.

#### ✘ In psychological terms

In addition to a fine-tuned physical training, mental preparation is indispensable. Sophrology (relaxation therapy) will also play an important role in helping him manage the intensity of this long race.

#### ✘ In terms of human values

Running around the planet obviously means sharing the fundamental values of friendship and tolerance. It will also be a testimony to the necessity of preserving our planet for ourselves and for future generations.

#### ✘ In terms of longing for escape and dreams

There is no limit to what the race will reveal. This adventure will allow Serge to share diverse landscapes, varied cultures and unique encounters. Hopefully it will stimulate discovery of an ever-changing world, as well as the desire to undertake new projects and go from dream to reality. These are the values that will be shared on this Run around the Planet.



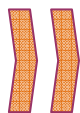


*The road is long for he who does not pursue his dreams*

You can follow the Run around the World by Serge Girard

On Internet site: [www.sergegirard.fr](http://www.sergegirard.fr)

<https://www.facebook.com/sergegirardofficiel>



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**Fleury Michon**

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