

What is Ultra Marathon ?

Endurance races involving running longer than the traditional marathon length of 42 km are called "ultra marathon". Every year 70,000 licensed and non-licensed runners compete in ultra marathon events held at various distances in all continents on tough courses such as paths, mountains, deserts, etc.

About Lycian Way Ultra Marathon

Lycian Way Ultra Marathon is an international sports event involving a high level of competition, which was the first ultra marathon organized in Turkey in 2010. Lycian Way Ultra Marathon covering around 240 km of the Ancient Lycian Way that is 519 km long in total is to be completed in 6 days with one lap being completed every day, and it is up for taking a special place between world's major ultra marathon destinations in the near future. Its characteristics, every one being a factor of attraction, can be listed as follows:

High level of difficulty

Lycian Way Ultra Marathon stands out with tough courses it offers to ultra marathon runners who are focused on pushing the limits of their strength. Specified route covers descents and ascents between sea level and 800-km mountainous areas, and provides various land conditions such as beaches, dirt roads, stony and rocky paths, forestlands made slippery by needle leaves and steep slopes.

Fascinating historical texture

Covered area promises an unforgettable experience with the Lycian Way, which has been the cradle to hundreds of civilizations for many thousand years as well as impressive historical ruins, ancient cities, castles, and amphitheatres.

Unique natural beauties

Lycian Way, standing out with its natural beauties in addition to its historical characteristics, presents a visual feast to the eyes of the runners with its spectacular scenes of mountains coated with green forests as well as the bays and gulfs, while allowing them to run alongside Patara Beach, which is the 3rd longest beach in the world.

Route of the Lycian Way Ultra Marathon, as officially supported by the Turkish Ministry of Culture and Tourism, which aims to host athletes from all over the world every year, has been created by Prof. Taner Damcı, who is the project consultant and who himself has already completed a major ultra marathon.

Please visit our web site for more detailed information on Lycian Way Ultra Marathon 2011, conditions of participation, fees and advantages:
www.lycianwayultramarathon.com

A new route in 2012 "The Challenging Run Towards Fire"
www.runfirecappadocia.com

"For the marathon, everything was considered in an ultra manner, befitting an ULTRA MARATHON... Apart from authoritative and strict rules, the positive approach taken by organizers and their search for solutions alleviated our feelings a little bit. I can say that it is the best organization held in Turkey ever. I think those who did not participate in the event missed a lot, and they will soothe their sadness with our magnificent photos, videos and memories."

Alper Dalkılıç

"The Lycian Way Ultramarathon was not only my 40th marathon race. It was also one of my best running experiences to date. The race was very well organized, the staff was very professional and the atmosphere in the base camps was great. One should not underestimate the importance of comfort and convenience in the base camps. It gives the runners a safe home where they can recover properly between the stage."

Soren Kruse Lilleore

"On the Lycian Way Ultra Marathon where we experienced the self-struggle with the hardest conditions, we have enjoyed rather than agonized while we have discovered ourselves by becoming purified of all our identities. Maybe the most beautiful one is the Turkish coffee that we drunk with crew and kind conversations when we finished the challenging racetrack lasts 6 days. Everyone have felt and experienced on the Lycian Way Ultra Marathon whatever they wanted to feel or experience. The only truth on this road which touches our dreams was our standing that starts every day all over again."

Aylin Savacı Armador

"Finish... May God make everyone live that feeling. But, it will never be as much as us, those ten persons. Because, we made a first. We sometimes felt sad, sometimes laughed, sometimes ran, and sometimes just walked. But, we became a family in the end! This family is so big that it involves many people from the driver to the nurse of the organization, from those who set up a tent to those who cooked food during the organization. Men have memories of military service, women have stories of childbirth, and our family has memories of Lycian Way Ultra Marathon. We are so different!"

Emin Bayraktar

"I believe I know my body. I learned what I did not know day by day in Lycia. The course had awaited us like a beautiful princess. It took a long while for us to conquer it. All the effort was worth every moment. I ran in a team and made good friends. Now I have two darlings: Medicine and Sports. I am lucky; no matter with whom I may spend the night together, the other one would not be jealous."

Hasan Onat



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