

act two



NEWSDAY PHOTOS / BILL DAVIS

At the Caumsett State Park 50K ultramarathon last Sunday, from left: Kathy Martin of Northport, who crossed the finish line after 4 hours, 22 seconds — her time was 10 minutes faster than the existing record for 50-plus women; Timothy Kourounis, 68, of Flushing; Al Prawda, 58, of Brooklyn.



Stretching the limits of endurance

Who would run a marathon, then keep going for 5 more miles? Meet the 'ultra' crowd.

BY JOHN HANC
SPECIAL TO NEWSDAY

of the Greater Long Island Running Club, organizer of the 50K. "You can't run fast anymore, so you run longer."

Endurance does seem to be an athletic trait that improves with maturity. For example, Olympic marathon runners and long-distance cross-country skiers tend to be older than their sprinter, shorter-distance counterparts. Also, the distance of

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