

Man Breaks Long-standing Record of Slowest Marathon Ever



BOSTON- Today at the world famous Binder-Letovsk Marathon, Charles Gnoffenheim broke the world record for the slowest race ever in a stunning display of strength and endurance. His time of 3 days 0 hours 14 minutes 56 seconds and 20 milliseconds shattered the previous record of 02 : 14 : 05 :18 : 53, breaking the mythical 3 : 0 : 0 : 0 : 0 barrier. His intense joy could be felt by all as he crossed the finish line, in a glorious 4,865th place finish, dead last.

The 3 : 0 : 0 : 0 : 0 barrier, called the “big bad 3” by bittersweet runners who attempted and failed the challenge, was theorized by many to be impossible to break. Dr. Hutzel of New Zealand is a renowned physical therapist and gives us a few words on the topic:

“I don’t understand, yah,” he said, shocked, “the human body can’t physically move that slowly! I don’t understand why he did it, he could have died.”

In response to this, Gnoffenheim boldly stated: “You just need to love running. With passion and hard work, you can overcome anything.” His dedication to the sport has sparked a nationwide

running sensation- people from Palo Alto to New York are following in his sizable footsteps and have joined his fan club, Gnoffen’s Veggies, named after his elegant vegetablesque running form.

John McDougal, the previous world record holder, spoke about Gnoffenheim’s incredible feat: “I can’t believe it. It’s inspiring to us all- from now on, I’ll work harder to be as slow as I can.”

Gnoffenheim speaks to us about his experience during the race and the pre-race training regime he went through:

ONN- What were you thinking about during that whole ordeal?

Gno- Well, I was pretty hungry, so I was thinking about hamburgers.

ONN- How about during the race? Did things go as planned?

Gno- Actually I tripped on the crucial “start line cross” maneuver- it was a good omen. As I progressed I knew my pacing was great. When I got particularly energetic I sat down and started thinking about how much I would have rather been playing Warcraft. That was an old trick taught to me by my coach. In the final stretch things got really tough. I was scared that I might not be able to handle the boredom for those last hours, and break out into an all-out sprint for the finish line. Of course, I wouldn’t be able to sprint any way, I’ve toned myself to be incredibly out of shape.

ONN- Can you tell us about your training regime? From what we hear, it was quite rigorous.

Gno- Absolutely. Just like the saying goes, “the will to prepare is the will to win” or something, I forget. It was hard work. Every day I got up at noon and ate at McDonalds. Dinner was a cycle of Burger King and Taco Bell, but some days I ate Pizza Hut. One of my toughest workouts was the ‘motionless day’ where I tried to minimize my physical movement to chewing and tapping buttons on my Xbox controller.

ONN- God, that sounds impossibly hard.

Gno- Yes, it sucked, but it was all worth it in the end- I’m on top of the world baby!