



ECHO LIFE STYLE

LOS ANGELES - NEW YORK

5000 KM

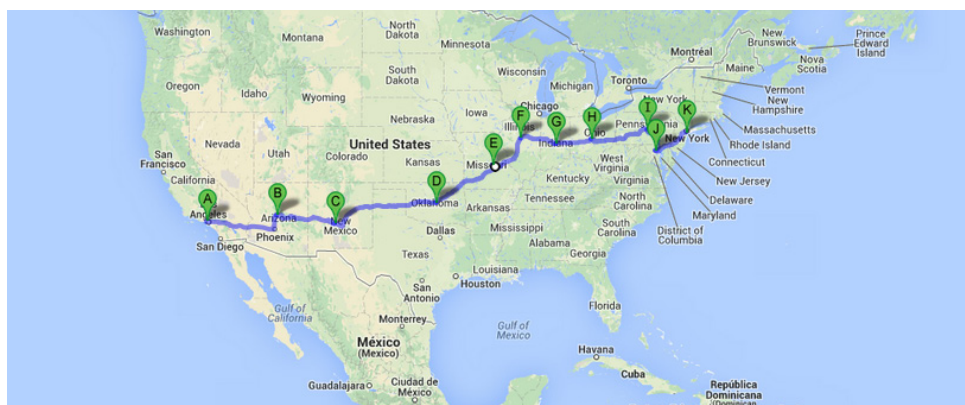
“Los Angeles – New York 2014 ECHO Lifestyle” is a breath-taking fulfillment of Aidas Ardizjauskas American dream - a run from Los Angeles to New York.

In 1928 a first Los Angeles - New York running was organized. 199 runners started in Los Angeles, but after 84 days only 55 of them finished the route in Madison square, New York. Only 130 runners have ever finished LA-NY running route. Runnings were organized in year 1928, 1929, 1992, 1993, 1994, 1995, 2002, 2004 and 2011.

Firefighter Aidas Ardizjauskas, have already run around Gibraltar, Vatican and Lithuania, overcame more than 3500 km and girdled the Baltic Sea. Now he is challenging human capabilities one more time. He is ready to fulfill his American dream - cross the North American continent from one coast of the United States to the other by overcoming more than 5000 km length running route from Los Angeles to New York.

Start 19th of June, 2014, Los Angeles

Finish 27th of August, 2014, New York



Route

Los Angeles (LA), Arizona (AZ), New Mexico (MN), Oklahoma (OK), Missouri (MO), Illinois (IL), Indiana (IN), Ohio (OH), Pennsylvania (PA), Maryland (MD) and New York (NY)

In every state or city running fans can join this running, but not only by running near Aidas, but also by becoming a volunteer of this amazing project!

volunteers@echolifestyle.com



Running objectives

- Run from Los Angeles to New York and to replicate the 2011 running route that is most similar to the 1928 running route;
 - Overcoming Los Angeles - New York distance faster than the winner of 2011 running did it;
 - To strengthen the Lithuanian emigrants' relations with Lithuania;
 - Make Lithuania name, culture and language known;
 - To promote firefighter's profession;
 - To strengthen the cooperation between Lithuanian and United States' firefighters offices;
 - To spread ideas of safe living and volunteering;
 - To spread running and healthy living principles.



Aidas Ardzijauskas

- Firefighter from year 1994;
- Started running year 1980;
- Already overcome more than 50 000 kilometers;
- Have run around three countries - Gibraltar, Vatican and Lithuania;
 - In 2013 during 45 days have circled the Baltic Sea (3 266 km);
 - Overcame 18 classical marathons (best time 2 hours 48 min 2 s);
- 8 times have participated in 100 kilometers races, 6 times in 101 kilometers, 3 times in 50 kilometers, 2 times in 6 hours and 4 times in 24 hours races;
 - In 24 hours running overcame 218.823 kilometers;
- During 24 days overcame 1182 kilometers (Run around Lithuania);
 - 7 times was participating in multi-day race.



Contacts



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