

# Astronaut to run Boston Marathon in space

U.S. astronaut Sunita Williams may not be running the Boston Marathon alongside her earthbound counterparts, but she still faces a tough challenge in her bid to run the race tethered to a treadmill more than 300km above Earth aboard the International Space Station

## Harness

Worn to keep from floating off treadmill – causes hip and shoulder pain, requiring regular breaks

## Perspiration

Does not fall but stays around body. Changing clothes halfway through race is essential

**Track:** Loosely bolted to wall – so pounding of feet does not affect station orbit. Slight movement makes it harder to use

Bungee cords

## Boredom

Williams may watch film or baseball game to make up for lack of crowd, scenery and competitors

## Fatigue

All crew members exercise for two hours a day to slow down muscle loss caused by weightless conditions



▶ 41-year-old Indian American began NASA training in 1998

▶ Holds record for women's spacewalking – over 29 hours

▶ Completed 2006 Houston Marathon in under 3.5 hours

▶ Space time likely to be much slower – six minutes per km

▶ Because station is moving at about 27,000km/h, Williams will technically finish in 5.4 seconds

*Other exercise equipment aboard station includes bicycle and weightlifting devices*

