Boxing Marathon Bag

Donald Don

This marathon stems from the Guinness Book of Records (Guinness Record Document attached).

So I once inaugurated this new kind of boxing marathon bag, solo, and tried to enter it in the Guinness Book of Records. At that time, I was inspired by the longest boxing fight in history, which was held in Louisiana, New Orleans, on April 7, 1893, between Andy Bowen and Jack Burke, for a total of 110 3 minute rounds. According to the version in the Book of Records, the referee had to end the fight because the opponents no longer had the strength to fight. What will to win, courage, patience and perseverance (CPP)?

So, having acquired enough experience during these two previous marathons, including the first record of 50 rounds of boxing, on an experimental basis, took place in Rimouski, QC for 3h19 minutes, on April 8, 1989, at the Center Commercial. And the second in Edmundston, NB, on August 5, 1989, by completing 65 rounds, during 4h31 minutes, at Carrefour Assomption, and gave 11,027 blows to the bag during this record, with an average of 168 blows per round.

During this marathon, scheduled a few years in advance on a specific date, August 11, 1990 from 10 a.m. to 6 p.m. and all this with the aim of entering my name in the Guinness Book of Records. Unfortunately, it was a grueling day with extreme heat of 85 F (32 C) and 80% humidity. This was the first activity to take place during the official opening of the Edmundston Sports Complex. My feat was 115 3-minute rounds, with one minute rest between rounds, and 16,069 hits on the bag over an eight-hour period. I thus became by this exploit, the world record holder of this type of endurance test resulting from the Guinness Book of Records, because since this event, no media has announced, to date, the inauguration of this marathon of solo boxing bag. A fundraiser of $12,000 was raised at that time and donated to the pro-action Cardiac Rehabilitation Center.

At the start of this new marathon, my weight was 156 pounds (70 kilos). After eight hours of marathon, my weight was exactly the same as at the beginning. I had, however, consumed a gallon and a half of Gatorade, during the minute of rest, eaten half a watermelon and a quarter of a pound of figs, which represented at the very least, more than twenty pounds of water. Despite the effort made for such an endurance test, the official records homologation office refused to certify this one, claiming, and I quote: "The current record was established against another person and not against a sandbag. According to the logic of things, this argument is absurd and not valid because they did not retain that this marathon was recorded in the novelties (unpublished). I was inspired by this fight dated April 7, 1893 to inaugurate this solo marathon, which was, in my opinion, a real test of endurance.

According to the dictionary, Le Petit Robert, the word marathon means: "Protest or prolonged session which requires great resistance, long and painful". I think it is absurd to note that since this attempt to establish this new record, made in 1990. So in 2023, 33 years later, a large number of records have been approved without the participants having even sweated a fifth of what I myself sweat on this extraordinary occasion.

According to my perception of the subject, their argument is not admissible. It is rather probable that the person(s) in charge of the approval were people denying the existence of God (atheist) and did not appreciate that I give glory, on my tank top, to the One who was the greatest marathoner known on the planet, my Messiah, the son of God, Yahshua. However, it is much better for me to believe in my Creator and to please him than to be an atheist without hope of eternal life. The advantage of my faith is that life is much more pleasant, because I live in the hope of a better life where God's justice will finally reign: what bliss! Finally, I don't care that they refused to approve my achievement to date. The important thing for me is that God does not remove my name from the Book of Life. Anyone who was not found written in the book of life was thrown into the lake of fire. Revelation 20:15.

This feat was achieved in 1990, when I was forty-six years old. Dr. René Boucher, specialist in sports medicine and Director of the Cardiac Rehabilitation Centre, took charge of monitoring my training. During a VO2 Max test, my heart rate rose to 188 beats/minute, or 1.133 beats/second. According to Dr. Boucher, in proportion to my age, no National League hockey player was in better physical shape. At that time, in the morning, upon rising, my heart rate was 43 beats per minute. For such a performance, my heart was evaluated as an athlete's heart, such as cross-country skiers (hiking) and the best cyclists, who can maintain a high heart rate for several hours. However, an anti-doping test was required and carried out by the coroner Mr. Bert Lebrun, of Edmundston and no illicit substance was detected.

However, I would like to thank the medical group, namely Doctor René Boucher, nurse Margot Prentice, exercise physiologist Pierre Boulay, motivator and fitness specialist Pierre Hébert, as well as the group of friends of the Pro-Action Cardiac Rehabilitation Center for the magnificent moral support, Mr. Gérard Bard, principal financial provider as well as the main organizer Mr. Percy Dubé. Anyone interested in breaking this record, whatever their discipline, in order to register your name in the Donald Don boxing bag marathon registry book, please contact: donsos@nb.sympatico.ca

Donald Don Plourde, ex-boxer

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