

GUINNESS
WORLD RECORDS

CONQUERING

ACROSS INDIA

A tribute to the **Indian Armed Forces**

6th Guinness WORLD RECORD starts **MAY 12**

KANYAKUMARI to KARAKORAM

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IN CONVERSATION · MAY 12, 2026

“Running Is Not Just a Sport — It Is the Most Honest Conversation You Will Ever Have With Yourself”

On the eve of the Kanyakumari → Karakoram flag-off, SufiyaSufi runner sits down to talk meditation in motion, the difference between fitness and resilience, and the dream of running to 18,000 feet.

SufiyaSufi runner recently broke her own Guinness World Record on the Manali–Leh route. On May 12, she begins her most ambitious undertaking yet — 5,000 km from Kanyakumari to Karakoram, a tribute to the Indian Armed Forces. We sat down with her to understand what running really is, and what it demands of the person who stays with it long enough.

Everyone starts running for the same reason: fitness, weight loss, a doctor's advice. Where did it begin for you, and where did it take you?

For me, it all began with frustration.

I was stuck in a robotic airport routine, living the same day again and again, searching for a way out. I didn't start running with big dreams — I just started with 3 km in a park, looking for a little fitness and a little peace.

But something changed.

Running became my form of meditation. With every step, I could feel a shift within myself — mentally, emotionally, physically. I kept showing up every day, not knowing where it would lead.

And somewhere along the way, it stopped being just a habit. It became my passion. It became my purpose. It took me to heights I never imagined — into the world of ultra running.

And I never stopped.

You've described running as the most honest conversation you'll ever have with yourself. What does that mean?

When I started, I wasn't chasing distance or records — I was searching for a purpose. I needed something that could bring me peace, especially mentally.

And running gave me that.

With every step, there are no distractions, no noise — just me and my thoughts. It feels like meditation in motion, where I connect with myself on a deeper level.

Out there, I can't hide. I face my doubts, my fears, my strength — everything. And in that silence, I find clarity.

India's top CEOs and founders are increasingly turning to running. Why do you think that is?

Running is one of the purest sports — there's no dependency, no complex setup. You don't need a team, a ground, or special resources. It's just you, your running shoes, and the open road.

For people leading intense professional lives, every day can become a fixed routine — meetings, decisions, pressure. Running gives that space.

It clears your mind, brings you back to yourself, and creates a sense of freedom that's hard to find anywhere else. Out there, titles don't matter — everyone is just a runner.

Once you truly start enjoying every step, every breath, every moment — you don't want to stop. It stops being just exercise. It becomes a part of who you are.



Run for Dreams · Kanyakumari → Karakoram · 5,000 km

You often say the fitness fades, but the resilience doesn't. Can you explain that?

For me, “fitness fades, but resilience doesn't” comes from everything I have lived through on the road.

Fitness is temporary. It goes up and down — injuries happen, fatigue builds, the body has limits. There are days when the pace drops, when the legs feel heavy, when the body simply doesn't respond.

But resilience is different.

Resilience is what makes me show up again the next day. It's what keeps me moving when I am already exhausted, when conditions are harsh, when nothing feels easy. It's built through every early morning, every long kilometre, every moment where quitting feels like an option — but I choose to continue.

From starting with 3 km runs to taking on extreme endurance challenges across countries — fitness helped me begin. But resilience is what kept me going.

Because at the highest level of endurance, it's never just about how strong your body is. It's about how strong your mind becomes when your body starts to give up. And that strength doesn't fade.

On May 12, you begin a 5,000 km run from Kanyakumari to Karakoram — the first civilian to attempt this route. Is this about a sixth Guinness World Record?

It has always been my dream to run on the Karakoram. And now, I finally have the opportunity to turn that dream into reality through this 5,000 km journey from Kanyakumari to Karakoram.

Yes, this attempt is also for my sixth Guinness World Record — but for me, it's more than just a record.

Every time I take on a high-altitude challenge, it's my way of paying tribute to the Indian Armed Forces. What we call an “adventure,” they live every single day in the harshest conditions, at extreme altitudes, far away from their families.

We can run for passion. They stand there for the nation. Through this run, I carry both — my dream and my respect.

This journey is not just about breaking records, it's about running with purpose, pride, and gratitude for the country.

You will be the first Indian to touch Karakoram. What does that mean to you?

Starting from Kanyakumari and finishing at the Karakoram — it gives me goosebumps every time I think about it. From the southern edge of India to one of the highest, toughest points in the country... it's not just a run, it's a complete journey across extremes.

By the time I reach Karakoram, I know my body will be completely drained. I can't even imagine the level of exhaustion — but this will be the first time I finish a run at 18,000 feet, in the lap of the Karakoram range. That thought alone fascinates me.

It's not just about reaching the destination. It's about what it represents. Running across the entire country, pushing beyond limits, and finishing where very few can even stand — it's a matter of pride.

Running for the country. Running for a dream.

What is the one thing you want every Indian to take away from this run?

If there's one thing I want every Indian to take away from this run, it's this — step out of your own limits. We all live inside boundaries we create in our minds. But the moment you break that shell, everything changes.

With a positive mindset, hard work, self-belief, and unbreakable faith, you can reach heights you never even imagined. That's exactly what happened with me. I just kept believing, kept showing up, and kept breaking my own limits.

And beyond personal success, I want people to feel pride in our country. Because serving the nation isn't only about wearing a uniform — it's also about being a responsible, strong, and positive

citizen.

If we all grow, we all rise — together as a nation.

Last question — what do you want someone who just started running to know?

Start slow and build gradually. There's no rush. Run for yourself, not for anyone else. Keep a positive mindset and allow the process to unfold.

Running has a way of giving you peace, clarity, and relief — if you stay consistent. Trust the process. Be patient with yourself.

And most importantly, enjoy every single step of the journey. Because that's where the real magic is.

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Run for Dreams begins May 12 from Kanyakumari, passes through 11 states and every war memorial on the route, and concludes at Karakoram on August 7. Kargil War Memorial visit on Kargil Vijay Diwas, July 26.

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