

# Joe Michaels Runs Off With Honors

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Joe Michaels, the "Cardiac Runner" of Bayside, is the winner of the first annual Sri Chinmoy Self-Transcendence award.

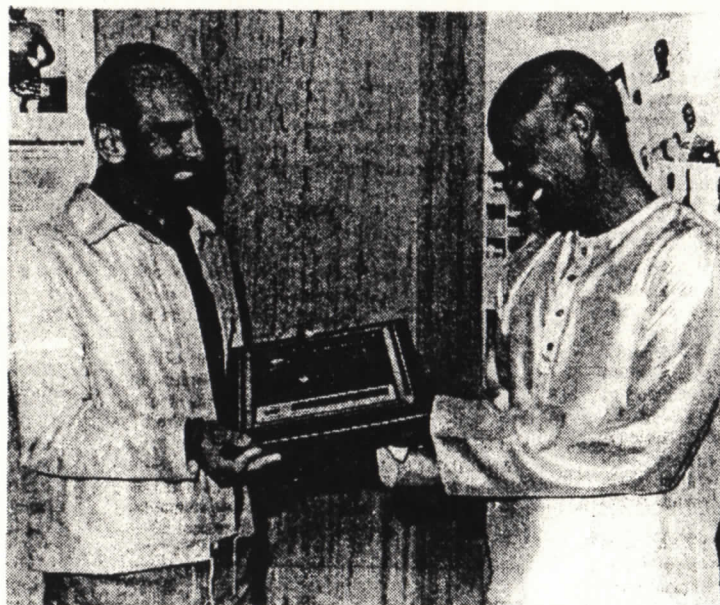
The trophy was presented by sports guru Sri Chinmoy in an Albany ceremony that also signaled the opening of that city's International Festival and the completion of a 150-mile United Nations Peace Relay.

Michaels, 44, suffered seven heart-attacks and a double-bypass operation before recovering his health through running. He gradually increased his running stamina so that today, an accomplished long distance runner, he has completed over 175 races.

These include fourteen marathons and nineteen ultradistance runs. His longest distance to date is 624 miles in a fifteen day 1,000 mile race. Michaels formed the Cardiac Runner Association, Ltd., to help other heart attack victims return to a normal lifestyle through the health-stimulating benefits of running.

Michaels, says Sri Chinmoy with admiration, is the "strongest believer in eternal life." The sports philosopher and meditation leader has followed the athlete's career for the past several years. Time and again he sanctioned Michaels' participation in Sri Chinmoy Marathon Team races at ultradistances other Teams would not permit him to run, because of his heart condition.

Through Michaels' successful participation in these events, he has opened up many new avenues for other former heart attack victims, and new understanding for the frontiers to which such athletes can journey. Said Sri Chinmoy on presenting the award, "The brave soul in you is a tremendous source of inspiration to all those who



Joe Michaels of Bayside receives the first annual Sri Chinmoy award from Chinmoy during a recent Albany ceremony.

challenge death and all countless obstacles on our way to self-perfection."

Michaels' life, his courage and daring, and his unflagging service to others who suffer as he once did, is the impetus behind the creation of this Self-Transcendence trophy.

It will be given annually to an individual, or individuals, who in their own lives overcome tremendous obstacles to improve and make great progress both for themselves and for society.

The trophy was given at the end of a two-day Peace Relay which saw 20 United Nations athletes

relay a flaming torch 150 miles up the Hudson and into Albany, finishing at the Empire State Plaza.

The event was undertaken in honor of the 1986 UN International Year of Peace and was co-sponsored by the NY State Office of General Services and Sri Chinmoy: The Peace Meditation at the United Nations.

On exhibit in the Plaza was a Self-Transcendence exhibit that traced that quality through the lives of athletes, creative individuals and politicians.

One entire panel was devoted to Joe Michaels.