

Nico de Corato's personal record in Dubai

A new solo sport challenge event held in occasion of the Dubai Fitness Challenge by Nico de Corato, ultra runner and extreme athlete

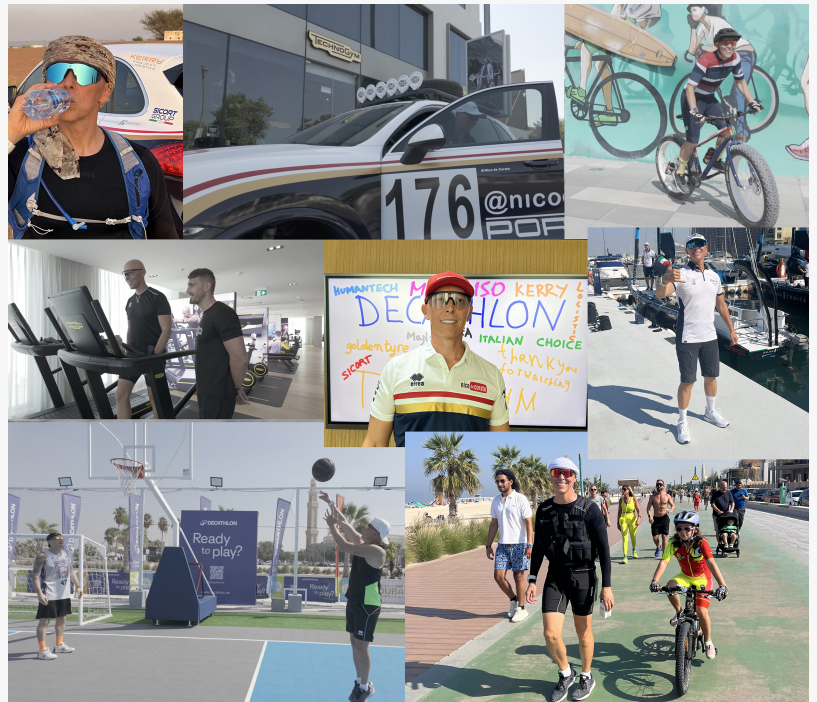
DUBAI, DUBAI, UNITED ARAB EMIRATES, November 20, 2024 /EINPresswire.com/ -- [Nico de Corato](#), or Abu Hamdan – as they call him in Dubai – after accomplishing his goal and run 200 Km alone in only 21 hours, passing through the desert of Ras Al Khaimah, Mangroove Beach in Umm al Qwain and several other amazing spots in the UAE, completed a new amazing challenge and achieved a new personal record: a solo endurance [decathlon](#).

Decathlon is a 10-event athletic contest, specifically is a composite contest that consists of the 100-meter, 400-meter, and 1500-meter runs, the 110-meter-high hurdles, the javelin and discus throws, shot put, pole vault, high jump, and long jump.

“In this solo decathlon I included sports I’m able with and/or will let me easily involve people from the local community (playing football with me for example or joining the fitwalk in Kite Beach) and will let me show some beautiful spots of Dubai, sailing for example. Of course, the last hour will be dedicated to running, with an iconic arrival at the [Dubai Fitness Challenge Village](#), the real hub of this event. It’s not a contest, it’s just my personal record, but also a way to enjoy this day with old and new friends that will attend the event. That’s why I also included sports where people can easily join me: the fitwalk for example (even though I wore a +10 kg



Finish Line at the Dubai Fitness Challenge Village



Some of the sports performed by Nico de Corato

weighted vest) or cycling from Kite Beach till Palm Jumeirah. With the occasion I cannot skip thanking my sponsors, my family and all the people who supported me for this event, including the PTs who followed me during some of the sessions, as well as the Banda dell'Esercito for the kind collaboration" says Nico.

This event took place during the Dubai Fitness Challenge (DFC), otherwise known as the 30x30, is returning to Dubai this October for its eighth edition. The annual event encourages

residents to take up 30 minutes of exercise for 30 days. First launched in 2017 by His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum, Dubai Crown Prince and Chairman of The Executive Council of Dubai, Dubai Fitness Challenge aims to get everyone to put their trainers on and work up a sweat. The 2023 edition saw more than 2.4 million participants join the event. It's not the first event Nico de Corato organizes during the Dubai Fitness Challenge.

An intense and structured program, which saw Nico perform in 10 different sports disciplines.

8.30 gym session at Technogym Jumeirah

10.00 fitwalk

11.00 calisthenic with coach Matteo Arnaldi

12.00 basketball session

13.00 fatbiking towards Palm Jumeirah

14.00 sailing with Italian Choice Sailing Team

15.00 swimming from the boat

16.00 animal flow with coach Cristina Castellucci

17.00 football session with coach Silvio Crisari

18.00 running

19.00 arrival at the Dubai Fitness Challenge Village in Kite Beach – FINISH LINE

A fall from his bike didn't stop him! He went on cycling till Palm Jumeirah where the boats of Italian Choice Sailing Team were waiting for him. After 45 minutes sailing Nico was ready to jump into the water to go on swimming for the following hour. Just in that moment 4 dolphins came around the boats and followed him for a few. Last hour of running ended at the Dubai Fitness Challenge village on Kite Beach where several people were waiting for him at the finish line. After a quick interview on the main stage Nico joined family and friends to celebrate at the Marco Polo Majlis by Patrizia Marin not only his umpteenth solo challenge but also his first 20 years in Dubai.



Nico is father to a girl named Adelaide Yasmin, and a boy named Raffaele William Hamdan and has been in the UAE for almost 20 years. Speaking to Sport 360 for his last challenge, Nico said: "I have been preparing for months for this new sport challenge, and I'm so happy for the support I received from the people around me. I can say, even though it's a 'solo' challenge this one is a community event for all the friends who've been involved in the realization of this sport event. For me, practicing sport is a way of living - The preparation of this challenge wasn't easy; it started more than one year ago"

The preparation of this challenge wasn't easy; it started more than one year ago.

Athlete, visionary entrepreneur and video content creator Nico is an Italian resident in UAE since 2004, known as an ultra-marathoner, triathlete and fat biker who has several challenges to his credit. His most famous venture so far is the 200 km solo run, but he also run a 140 km ultra marathon in the desert of Dubai in occasion of the 47th National Day, to celebrate his love for the UAE together with several other sport challenges.

And now, what's next? Let's suggest Nico a new extreme fitness challenge and stay tuned. I'm sure he'll surprise us again and again.

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