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Boxer hit world record, and he's still punching

By Jason Kandel
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ENCINO — Actor Ron Sarchian punched his way Wednesday into the Guinness Book of World Records, hitting a 100-pound bag for more than 24 hours and 16 minutes straight — and he expects to still be punching today.



SARCHIAN

“It feels good. Most people thought I was nuts. But I’m the only person who’s gone this far,” Sarchian said shortly after breaking the records at Premier Fitness in Encino.

Sarchian said he almost stopped punching early Wednesday, but got a second wind.

“At 3, 4 in the morning, I had serious doubts. My body shut down a little, but I kept pushing,” said Sarchian, 40, using a metronome to help him keep a steady

rhythm of one punch every two seconds.

“I’m at about my fifth wind right now. It’s a mental thing. Once you get through one of the rough spots, it gets easier to get through.”

To ease the monotony, Sarchian visited with a steady stream of friends who visited the gym while a large-screen television played Bruce Lee movies.

Sarchian set out at midday Tuesday to beat the previous Guinness record. He got a five-minute break every hour.

Sarchian, a 6-foot-1, 200-pound actor who once played a hit man on the daytime drama “General Hospital,” also used the punchathon to raise money for the Lance Armstrong Foundation, named for the bicyclist who survived testicular cancer to win the Tour de France. Sarchian, whose father died of testicular cancer at age 33, had raised more than \$2,000 by Wednesday.

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