

Daily News

dailynews.com

JUNE 19, 2005

It's Ron Sarchian and some of his greatest hits!

By Lisa M. Sodders
Staff Writer

ENCINO — Ron Sarchian set out to break a Guinness Book world record on Saturday in an hour.

He actually may have broken it in just 20 minutes.

That's when Sarchian threw 4,104 full-contact punches. When the clock finally was stopped after 60 minutes, Sarchian had thrown a total of 15,089 punches — an average of 251 punches every minute at Premier Fitness in Encino.

"I knew I could blow it out of the water," said Sarchian, 41, an actor, personal trainer and stuntman. "It feels great to hit 15,000 because that was my goal, but to go beyond that is even better."

The previous record was set Aug. 19, 2001, by Paddy Doyle from the United Kingdom.

With rotating sparring partners wearing 1-pound "focus mitts," on each hand, Sarchian kept up a steady rhythm of punches, changing his stance and punching style regularly to prevent strain to his back, arms and other muscles.

"It's exhausting," said Patrick Barry, 40, of Hollywood, one of Sarchian's sparring partners, his shirt damp with sweat after only 10 minutes. "It's almost, but not quite, as tiring for the holder, because it's force against force."

"The first 20 minutes, it's all physical. The rest of it is emotion and heart."

After 30 minutes, Sarchian's hands inside his boxing gloves were numb, but he kept going. As he crossed the 58-minute mark, the crowd broke into cheers, counting down the final seconds like a rocket launch.

When it was all over, Sarchian

said he felt fine and could go another hour. Doffing his boxing gloves, he shook hands with well-wishers with a surprisingly strong grip.

This is Sarchian's second attempt at record-breaking. Last year, he broke the record for hitting a 100-pound bag, landing more than 100,000 blows in 36 hours and three minutes.

During both attempts, Sarchian also raised donations to benefit the Lance Armstrong Foundation, named after the six-time Tour de France-winning cyclist who survived testicular cancer.

Sarchian's father, Archie, was diagnosed with testicular cancer when Sarchian was only a year old. Archie Sarchian spent the next two years in and out of hospitals until he died of the cancer at the age of 33 in 1967.

Sarchian never really got to know his father, said Sarchian's mother, Mary Jane, 66, who traveled from Troy, Mich., to cheer on her son.

"He would really be proud of him," she said of her late husband. "I never know what (my son) is going to do next."

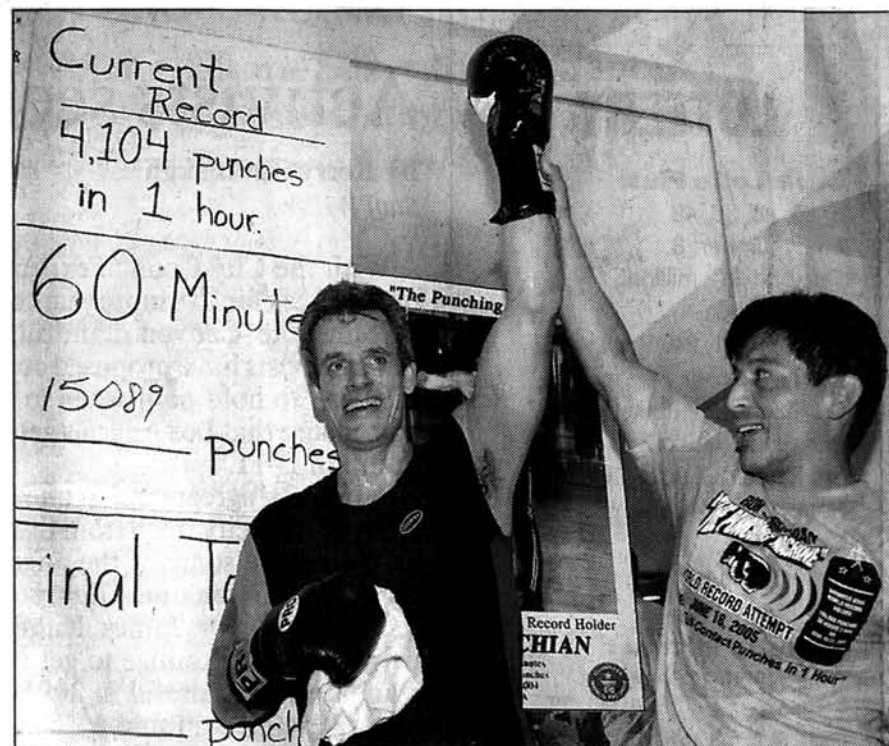
Sarchian's record-breaking attempt was videotaped with

witnesses and now will be sent to Guinness headquarters to be certified, a process that could take several months, Sarchian said.

Maritza Cabezas, 39, of Tarzana, one of Sarchian's personal training clients, said it was inspiring to watch Sarchian.

"It makes me want to work out when you see something like that," she said. "This is the best shape I've ever been in my life."

Lisa M. Sodders, (818) 713-3663
lisa.sodders@dailynews.com



Gene Blevins/Special to the Daily News

Ron Sarchian, left, celebrates breaking the world record Saturday for most contact punches in an hour.