



Luc is married and has four children. As a physiotherapist/osteopath you can find him in his Belgian and Dutch practice. At the age of thirty he began to run, but it wasn't until 2007, after his hundredth marathon, before he made the move to ultrarunning. He also tries to combine running together with organising.

## How did you come up to organise something?

I ran the Belgian Coast Total Run a few times on my own. When Vincent Meers indicated he would like to run it as well some time, the spontaneous reaction to do it together came pretty quickly afterwards. This plan was shared among some friends, and our first edition was a fact. For the second edition, we made the idea more widely known and systematically our group became bigger and bigger each year. The refreshment stations were set up more thoroughly as well. It remains a run between friends with the aim of doing an LSD training together and having a meeting moment among ultrarunners who wish to run a beautiful track. The trail at the Provincial Domain Het Leen originated when I was training for the first time together with the Cavalopers. I enjoyed running through these woods. I didn't know the domain in this way, so I brought forward the idea to organise a trail here. They gave me little chance that permission would be given but I thought I contact the Department of the Provincial Domain and we'll see. The first contact was an immediate success and a target period for the trail, with respect for our nature, was immediately arranged.

**You organise besides the Trail Het Leen, the Belgian Coast Total Run 70 km as well. This is a landscape course. What should we imagine by this?**

Actually there are only two things fixed. It's the starting place, Esplanade De Panne with a starting time, and the finish at Knokke. In between it's different every year. For example the ferry to Ostend usually doesn't work out or sometimes we prefer the beach instead of the boulevard. The

refreshment stations are announced. Using two cars they drive from the first post to the next stop. Participants can choose themselves whether they wish to run the whole track or only a part of it. When they leave the track, they can take the coastal tram. In addition, runners can also start at Ostend. As the group grew, various groups with a wide-spread pace were formed. I actually run each year together with the slowest group. In the meantime we also have a fixed pub where we meet after the finish to refill ourselves. In recent years we also award the Pheidippides Award to the best Spartathlon athlete of the year.

**How high do you estimate your chances that you'll break Mister Spartathlons (Leo Van Tichelen) record of finishes?**

Running friends believe that it's an easy task for me, but nothing is farther from the truth. Each time the date comes closer, the fear crawls into my head. At the moment I have seven finishes and Leo Van Tichelen has nine finishes. By running 218 km at the 24 hour of Barcelona in December 2015 I enjoy a direct subscription during the next two years. To stay medically healthy is the first prerequisite of course and if I wish to break Leo's record then I must continue till I reached 61 years. It's not easy, but if it works I will also become the oldest Belgian finisher!

**Thank you for the interview Luc.**

**We wish you good luck.**

**Kevin Simons**