

# In The Picture

November 2015

# Marc Bemong

Belgian Champion Marathon category M65

Belgian Champion 24h category M65



Marc Bemong was born in Genk. Until he was 26 years old he never exercised. Afterwards he started volleyball, cycling, judo and power training. In the year 2000 his GP advised him to start jogging. At that time he was 51 years old.

## **When did you start ultra-running?**

In 2006 I ran my first ultra-run. Immediately something special. I participated in a 6 hour-run on "Circuit Zolder".

## **Why did you start ultra-running?**

I started ultra-running because I was looking for a new challenge after about six marathons.

## **Which race track you find the most beautiful to run?**

The most beautiful race track is near my house. It's a mountain bike track through the Hageland.

## **Which earned title gives you the most satisfaction?**

I won the most beautiful title last year on the 100 km at Maasmechelen. I became Belgian Champion category M65 in a time of 9h59m1s.

## **Are there any specific targets for the future?**

I hope to keep on running as long as possible on a for my age reasonable level.

## **Which advice would you like to give to other runners?**

My advice for other runners is something I had to learn myself. If you are having a less fortunate day you should keep on going stubbornly. The condition or the speed will come back.

## **At the moment, do you practice other sports besides running?**

After a race of 20 to 50 km I cycle a bit to recover.

## **Do you train for a specific target or according to your own feeling?**

I always train according my own feeling.

## **Would you find it more fun when there are more road races for ultra-running taking place in Belgium?**

Definitely! What's possible in the Netherlands, should be possible here as well.

## **To which ultra-runner are you looking up to?**

Leo Pardaens. This man comes from the same region and on top of that he's a super motivated ultra-runner!

## **How well can you endure hot and cold weather conditions?**

I perform less in cold weather conditions. I'd rather prefer weather conditions around 25° C.

## **Have you ever encountered problems during running concerning food or the like?**

Not really. My favourite drink during the ultra is coke and I prefer to eat bananas whilst I'm running.

## **Thank you for the interview Marc.**

## **We wish you good luck running races. We look forward to your next participation!**

Kevin Simons