



Robby Verschueren was born in Boortmeerbeek. As a recreational runner he has achieved podium places on several races.

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

In 1990 I started running.

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

My father died unexpectedly. I didn't have the chance to say goodbye. In order to give this grief a place I started running.

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

At home I always train on asphalt. I prefer to run on paved tracks. My first race was at my home, also on asphalt. It tasted for more races and I learned to know other tracks as well.

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

I'm not podium place minded. Each race I give myself to the fullest. The race time and the achieved place in the race aren't important to me. Each race I run, I try to reach the finish. That's what satisfies me the most. Participation is more important than winning. I'm a long distance runner, a marathon is entirely my thing.

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

Don't force anything, rest in time and listen to your body. One day isn't the other.

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

No.

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

I train according my own feeling. I don't use a sports watch, a heart rate monitor or sports gels.

## **To which sporter are you looking up to?**

Gaston Roelants is my example.

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

I have absolutely no problems with that. I can run both in freezing weather and in tropical conditions where the temperature rises above 30°C. My body is now used to that.

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

If I run a race, I adjust my diet and I do make sure that I sleep enough.

Thank you for the interview Robby.

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

Kevin Simons