

# In The Picture

March 2016

## Jannet Lange

Four time Dutch champion 24h

First Dutch female Spartathlon finisher



Jannet Lange runs far, long and often... Very often! She won the Dutch Championship 24h running four times and was the first Dutch woman finishing the Spartathlon successfully. In 2015 she ran the Tour De France Footrace, 2824 km in 43 days!

**You entered the Tour De France Footrace, a multiday race of 2824 km. How do you look back at it?**

In one word: great! A very tough race but I really don't want to miss it. A multiday race is a beautiful way to see a country, but also very tiring. The stages were long, with a lot of altimeters and it was hot. The first two weeks the temperature didn't go below 40 degrees Celsius and the weeks thereafter the temperature went below 30 degrees only once. Sometimes I wondered to myself if I could start the next day. But the next morning you simply put on your shoes again and start running. A human being can do more than he thinks. The ambiance was really great. The participants were not competing with each other, but were acting as one big family helping each other as much as possible and sympathising with each other. In those six weeks I barely had contact with the outside world. I lived entirely in my own little world and just needed to sleep, eat, drink and walk.

**Do multi day racers pay everything themselves or do they have sponsors sharing the costs?**

Shoes, clothing, travelling, entrance fees, staying overnight and food; I pay it all by myself.

**Do you foresee a break after a multiday race, or do you just continue your training towards the next race?**

It depends on how long the multi day race is. If it's one week, I don't need a long resting period. I had planned a break after the Tour of at least three months not entering a race. It's possible, but you have to be careful with your body and it'll only do you good. I continue training but I run less often

and shorter. After my Tour resting period I had lung problems. Because of this, it took a few months longer before I could resume training. Today, I'm already entering races again.

**Sometimes you solve problems ad hoc (eg. you cut your shoes open at the front). How do you get to the solutions of these ideas? Is it experience or just luck?**

That's the experience you gain during other competitions. Cutting your shoes open is something you feel sorry for in the beginning, but if you have to choose between painful toes and torn shoes, then the choice is easy.

**Do you have big plans for this year?**

I want to attempt a 144-hour race in May. In August I'm planning on running the Transe Gaule, a multiday race of 1200 km in 19 days through France. Furthermore I'm thinking about the EC 24 hour in October, but I want to wait and see how things work out with my health. If I think I that a good performance isn't feasible, I won't enter the EC.

**Which milestone do you remember the most?**

The Spartathlon and the Tour de France were unforgettable experiences. The Spartathlon is in first place, but the Tour is definitely in a good second place.

**Thank you for the interview Jannet. We wish you good luck.**

**Kevin Simons**