



Joeri Schepers, better known as Running Cremke, started running in 2006. He finished his first marathon in 2008. In 2009 he completed his first ultra-run. During that same year he found out about the existence of the Spartathlon. Since then he systematically builds up his training sessions in order to be able to participate. Finishing the Spartathlon would be the icing on the cake.

## **How did you come up to organise something?**

At the end of 2009 Erik Carette asked me if I would join him on organising a 6 hour run together with him. That's how we started. On 11 July 2010 our first "6 uur van Aalter" took place.

## **Have you encountered problems while organising for the first time?**

Not only did I encounter problems during the first time, but every time again. Each time something went wrong. Volunteers calling off, the town clearing the wrong path for the run, rain that makes a small path barely runnable, a time registration that doesn't work, foreseeing extra drinks due to the hot weather, ... Organising means being flexible and adjust according to the situation of that moment.

## **Which edition you personally find the most beautiful?**

Of all the events I've done so far, I find "Bossen van Vlaanderen Trail" (together with "Radio Trail" and "Blekkerbos Trail") the most beautiful. We only had one edition so far. For me this is the most beautiful because I love this trail so much. On the other side turning in circles for 6 hours between many acquaintances has something special as well.

## **Are you trying to reach something with your events?**

"Ultra-running by ultra-runners for ultra-runners" is the motto. I'm proud to have motivated someone like Veerle Beernaert, Patricia Vandaele and Katrien Rogiers to take the step towards ultra-

running. There are still others, but these stand out because they perform strongly. Not only personal but also on a national and international level. I hope to make ultra-running even more popular. After 5 years "6 uur van Aalter" I notice that such an event means that more and more people practice ultra-running. Not only the quantity, but also the quality flourishes.

## **What can we expect in the future?**

The 6h/24h race track is already approved by the town. We also were allowed to occupy the public road for a bit more as 24 hours. The request to the KBAU (VAL) has been sent. Who know a Belgian Championship at Aalter. Personally, I'd like to organise the two Belgian Championships of ultra-running at Aalter. But for now I don't have everyone on the same line as I would like.

## **According to you, to what should organisers of running races pay attention?**

In order to continue to exist the financial aspect is important. That's why we started small and made the best of it. Also make sure you, as an organiser, have a back-up. The organisation "6 uur van Aalter" doesn't perform well on this area, but I'm working on it.

**Thank you for the interview Joeri.**

**We wish you good luck with organising running races. We look forward to your participation in the Spartathlon!**