#### Marc Herremans

Whaterver happens on your way through life,

You can if you think you can. If you think you are beaten, you are

# Getting a good card is a gift





## Sports and Adventures







# **IRONMAN TRIATHLON**



2 x Belgium Champion Olympic distance 2 x 8th place World Championships Long distance





#### WHEN COACHING LEADS TO A FRIENDSHIP FOR LIFE

MARC HERREMANS

#### BLACK CARD GAME OVER



# STILL IN THE GAME



# Fighting back



# HAWAII 2002



## Sports Personality of the Year 2003











The 5 nominees



#### Christopher Reeves

#### October 2003







YOU CANNOT DREAM YOURSELF INTO A CHARACTER YOU MUST HAMMER AND FORGE YOURSELF INTO ONE.

## Hawaï 2004 2005

#### Meet Carlos Moleda







#### Hawai 2006









#### **Crocodile** AUSTRALIA











The hardest longest and most adventurous MTB race in the world

## Coaching





# 185 Coaching Center

















#### Anne-Lou









