

#### Marc Herremans

You can if you think you can.

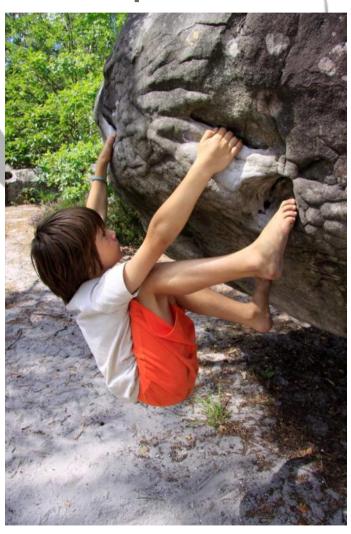
If you think you are beaten, you are

# 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

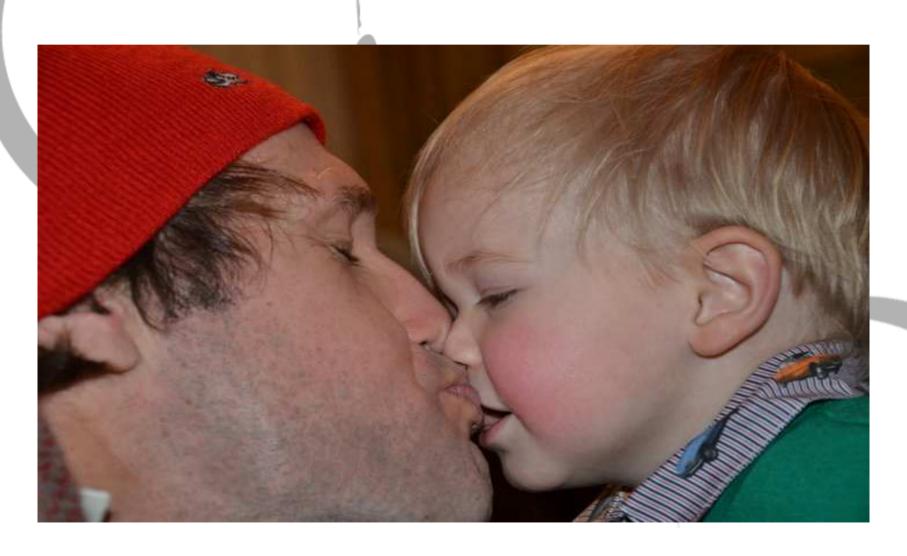
MARC HERREMANS

#### 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.

### Hawaii 2004 2005

Meet Carlos Moleda





#### Hawaii 2006









# Crocodile







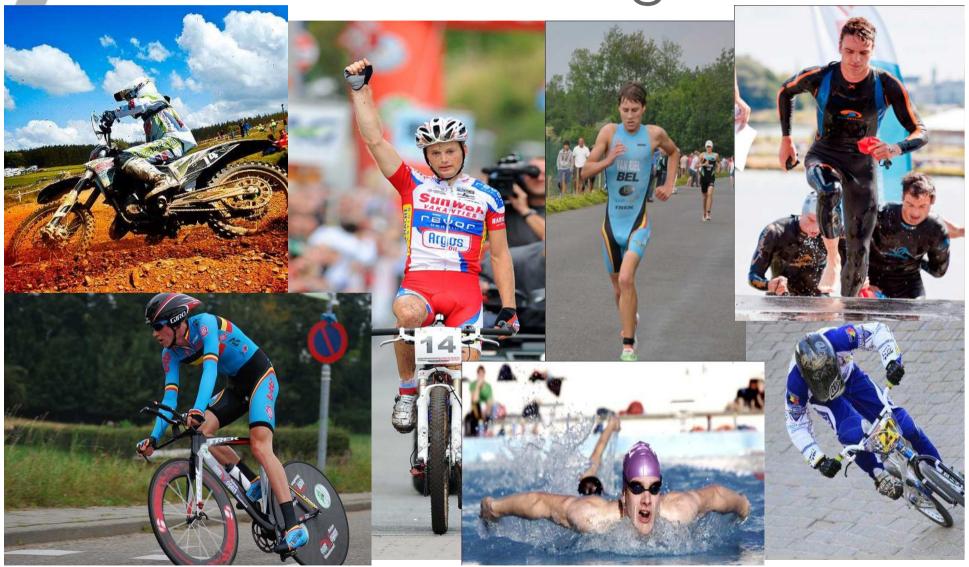






The hardest longest and most adventurous MTB race in the world

Coaching





# 185 Coaching Center









U Turn project









#### Anne-Lou





