

SUSANNE BEISENHERZ

# RUNNING IS HER LIFE

The ultra marathon runner will be in Oman for Dune-Up 2008

It is not easy to get hold of Susanne Beisenherz as she is always running or swimming or on her bike. Moving her body constantly seems to be a necessity and a passion for her. Susanne is constantly in training for extreme sport competitions like the Iron Man and Ultra Triathlons and is a holder of many world records

**Q** How do you motivate yourself during such an extreme sport event?

It is difficult to describe. First of all it always fascinates me that such distances can be managed with pure muscle power and mental stamina. During the race I never put myself under any pressure. It is very important to start relaxed and not to think about the long distance ahead of you. I do have a high level of self-motivation, but there is also the support of my team. They are with me every step of the way, and cheering me up me up constantly. During the competition I am fully focussed and try to enjoy myself.

**Q** What do you do to prepare well for such extreme sporting events?

I do about 20 training units per week. In the beginning I used to train much more, but now due to more competitions I also need more time to rest and recuperate. Mass is not class. I am integrating training into my normal everyday life. Instead of taking the car, I run or use my bike. It needs a lot of organisation to manage a job and the training.

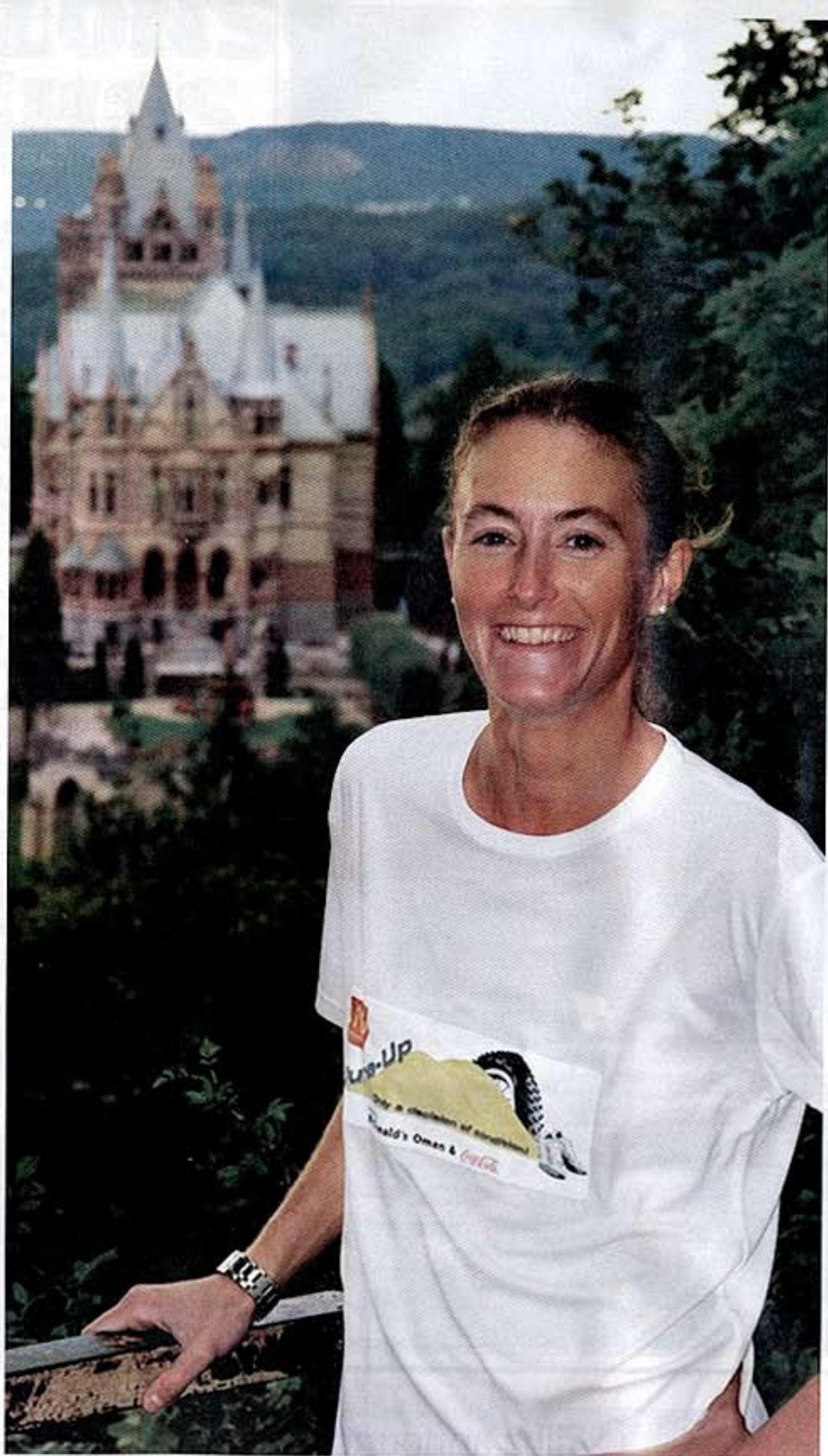
**Q** What kind of a fitness regimen do you follow?

I don't smoke or consume alcohol. During competitions I listen to my body. It tells me what it needs. Such competitions mean at least a 50 hour punishing run and sleep deprivation. The body craves for food like pizza, hamburger, sugar, salt and also a lot of fluids.

**Q** You are coming to Oman to participate in the First McDonald's Dune-Up, an extreme sporting event which consists of a 100km mountain bike ride through the Jebel Shams area and a 120km run through the barren wilderness of the Sharqiya Sands. Dune-Up is not regarded as a race, so why did you sign up?

I have always wanted to visit Oman with its fascinating landscapes. On the bike and while running I feel close to nature and can enjoy the environment without the added pressure of a race. Furthermore, I like the fact that it is a team-building event. Omanis and foreigners will be running together and motivating each other. We will run as a team and not against each other. I am looking forward to meeting Omani athletes who share similar passions during the event.

The First McDonald's Dune-Up starts on December 6, 2008, and will end at the Raha Camp close to Mintrib. For further information email [oman@dune-up.com](mailto:oman@dune-up.com)



## A test of endurance

On December 5, 2008, European athletes and their service teams will arrive in Muscat for one of the most extreme sporting events ever held in Oman.

The McDonald's Dune Up 2008 is an extreme sporting event which covers a 100km bike trail up to an altitude of 2,200m at Jebel Shams, and a

120km run through the barren Sharqiya Sands over a period of three days. Although the event is not considered a race, it makes extreme physical demands on all the participants. Sand, extreme heat, wind, and the uncertainty of the route to take can all make it really tricky for the participants.

The aim of the McDonald's Dune-up is to bring together local and international runners who share a passion for nature and sports, says organiser Martin Trier from Germany. The athletes will run together in a group, motivate and support each other. In case one member decides to quit, the team will wait till a service car arrives to pick him or her. It will be a real test of endurance for the athletes.