THE EXTREME RUNNER

MY ADVENTURES STARTS BEYOND YOUR COMFORT ZONE

I have challenged the toughest competitors across the highest mountains, through the most dangerous deserts and jungles, and to the south pole.
EXPLORE MORE
Summary

It has been warmer than 60 degrees and colder than minus 50 degrees, higher than 6,000 meters above sea level and with an humidity above 90%.

+ 63 degrees in Gandom Beryan is the warmest race in history
- 54 degrees in Yukon is the coldest race in history

SEARCH FOR
YOUR LIMITS

Don’t become a victim of the limitations that other people place you. As an individual you should seek to find your own limits and adventures.

- 54 degrees
483 KILOMETER YUKON

+ 63 degrees
250 KILOMETER GANDOM BERYAN

6.048 MASL
2:37 TIMERCORD SAIRECABUR

No. 4 in HISTORY
250 KILOMETER SOUTH POLE
MY Contribution
Subjects to the public
Adventure, motivation, preparation, how to complete, success criteria, team building, food, energy and training.

KNOW YOURSELF
Motivation
I am competing against professionals alone for several days and must survive with the food and equipment in my backpack, through inhospitable wilderness in extreme temperatures.

A BETTER LIFESTYLE
From fat 2 fit
From 107 kilograms, Vice President for a Nasdaq listed company with 3,500 corporate customers to a 67 kilograms adventurer with a backpack running through hundred of kilometers of dangerous wilderness.

DON'T SCREW IT UP
Planning
Geography, locals, culture, environment, equipment, nutrition, implementation, adaptation, unforeseen events, mental and physical preparation.

SHAPE YOURSELF
Goal seeking
Prerequisites, Goal Setting, Physics, Mental Strength, Running Technique, Strength and Alternative Training.
Risk Management

All races have their unique challenges with extreme nature. There have been earthquakes, volcanic eruptions, sandstorms, colds, heat, snakes, spiders, scorpions, wolves and wild dogs. I never had any serious injuries or had to cancel a race.

World Running Academy
As of today, I coach at the World Running Academy where we provide running and technique training for individuals and groups.

Pose Method® Certified
I'm an educated Running Technique Specialist at the Romanov Academy of Sports Science. Our technical training will make you more aware of your running technique. You will increase the race capacity both in terms of distance and speed. In addition, proper strength training will contribute to a more resilient body.

Coaching and self-knowledge
How to help yourself to succeed, we look at emotional intelligence. From the vision to the action for your success. I am a college educated coach with extensive experience in management, sales, motivation, coaching and team development.

Equipment and planning
Equipment expert in stage races, project manager, risk and security management. The competitions I participate in are extremely remote areas with extreme weather conditions where the days in the trial have been up to thirty hours. Equipment, shoes and clothing can not fail in these competitions as there will not be “spare parts”.

Merit list

Maharaja Ultra Marathon - 250 km, No. 3
+ 43 degrees in the worst sandstorms of the history's with 79 dead locals.

Yukon Arctic Ultra - 483 km, No. 3
- 54 degrees of cold and six people who had to amputate.

Manaslu Trail Race - 200 km, No. 7
How to get a lady who never ran a marathon to finish 6,000 above the sea level.

Trans Atlas Marathon - 300 km, No. 5
A race with 14,000 altitude meters and some of the best runners in world.

Antarctica The Last Desert - 250 km, No. 4
No. 4 in the world history that complete the whole race.

Lofoten Ultra Trail - 80 km, No. 1
In front of the European champion.

Ultra Norway Race, 140 km, No. 3
Along the Lyngsalps and in front of the champion of 2016/2017.

Iranian Silk Road Ultramarathon - 250 km, No. 5
The hottest race in history with temperatures between 40 and 63 degrees.

Oslofjorden Rundt - 175 km, No. 1
NRK made television series of preparation and the competition itself.

Ecuador Incatrail, Mustang Trail Race, Atacama Crossing, Safecatburr uphill, Arctic Circle Race, Gobi March, Swiss Alpine...