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IRONMAN 70.3

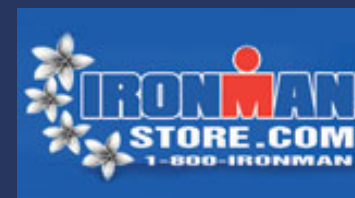
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"The Tigers Eye"

Isabelle Janssens profiles Danish athlete Klaus Ursin

Published on Tuesday, May 15, 2007 at 12:40 PM.

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Klaus Ursin, is a 51-year-old sportsman who runs marathons, does ultra-distance swimming, parachutes out of planes, paraglides and loves

The Latest

Team Hoyt: On TV and Online
As Father's Day approaches, we'd be hard pressed to pick a more appropriate father and son story than Rick and Dick Hoyt. Be sure to set your TiVos to record Team Hoyt's upcoming appearances on the Oprah Winfrey Show (June 14, 2007) and HBO Real Sports with Bryant Gumble (June 20, 2007).

to ride horses. He does all that despite the fact that he's been blind since he was 20.

Despite several severe accidents, broken bones and over 25 surgeries for cancer eye cataract, he sees no major obstacles or limitations as to competing equally with other sportsmen. Nor does he feel that he has to use a cane, feel sorry for himself or have special terms. And when asked about his favourite occupation, his answer is: "long distance and sea swimming, not less than 20 km!" which he has been practicing since 1990, because he admires the interplay between human power and Mother Nature.

Ursin likes to push his body to the limit even though it sometimes means having to stand extreme pain. Which is why Ironman is the ideal challenge for him.

"The reason why I have chosen Lanzarote for the race, is not just a coincidence," he says."First of all it will be one of my greatest achievements ever if I make it through. And secondly, I have been coming here with my girlfriend Marianne Laursen three or four times a year since 1998, so of course I have a sort of special attachment to the place. And CLS is also the place where I first met my very good friend Brian Overkjær, with whom I have been training for many years."

Ursin starts training every morning at 3 AM. He trains about 30 hours a week. He uses a snorkel to swim with and is attached by an elastic band to Overkjaer,

For good luck, he has a lucky stone with him for the race called "the Tigers eye" which so far, has brought him good luck. His philosophy in life is that if you start something you should also finish it, even if you do not get a medal or finish within the time limit. So his expectations for this Ironman obviously are to push a little harder than usually and hopefully complete within the time limit, but first and foremost he will aim to have an enjoyable time with his friend Brian Overkjær.



We'll follow Ursin's progress during Ironman Lanzarote during our live coverage here at Ironman.com this Saturday.

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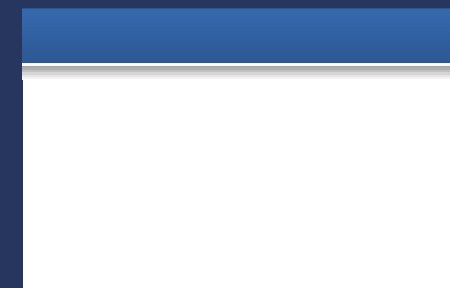
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In the meantime, check out our Team Hoyt YouTube videos ([My Redeemer](#) and [their story](#)) and the

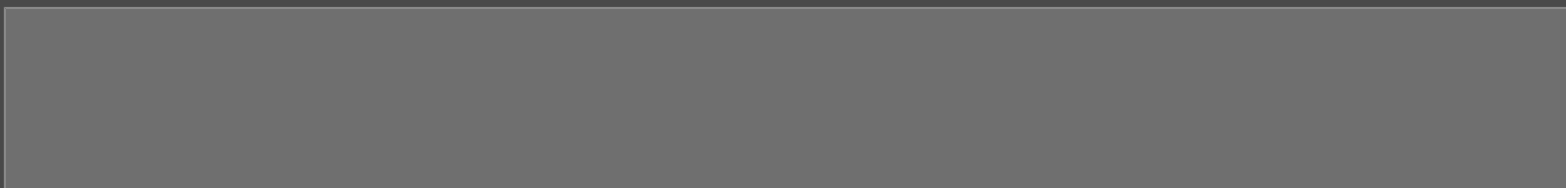
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