

## SØREN LILLEØRE



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Søren Lilleøre was diagnosed with Type 1 diabetes in November 2002. From the 29th of March to the 6th of April 2009 Søren will participate in one of the world's harshest races: the Marathon Des Sables.

This annual marathon takes participants through a 240km stretch of the Sahara Desert over the course of six days, covering approximately 28km, 32km, 35km, 81km, 41km and 25km from days one to six respectively. With the exception of their tents, the participants carry all the equipment needed for the six days themselves; food, clothes, first aid kits and sleeping bags.

The 240km endurance race is harsh enough in itself, but having Type 1 diabetes means that the challenge is even greater for Søren, who'll need to monitor and treat his diabetes while completing the run.

If you want more information please take a look at our news site [www.runningwithdiabetes.com](http://www.runningwithdiabetes.com) or contact:

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# FACTS

**NAME:** Søren Lilleøre

**AGE:** 29

**BORN:** Thyborøn, Denmark

**EDUCATION:** MSC Human Nutrition

**PREVIOUS MARATHONS:** The Polar Circle Marathon/Big Five, South Africa/Great Wall Marathon, China/Copenhagen Marathon/Dublin Marathon/ New York Marathon

**WEEKLY TRAINING:** 100-120km.

**BLOOD GLUCOSE BEFORE TRAINING:** 7-8 MMOL/L

**BLOOD GLUCOSE AFTER TRAINING:** 5-6 MMOL/L

**MOTTO:** Prepare for the worst but hope for the best

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## PRESS RELEASE

He will run 240 kilometers across the sands of the Sahara in temperatures of 45°C, risking snakebites and scorpion stings. Like the other participants in the six-day Marathon Des Sables, Søren Lilleøre will carry a backpack filled with food, a sleeping bag and other essential equipment. Most participants' backpacks will weigh 10.5kg, but Søren's will weigh an additional 1.5kg. That's because Søren has Type 1 diabetes and will be carrying insulin, cooling bags, needles, blood glucose meters and testing equipment, with which he will manage his diabetes during the race.

When you ask Søren why a person with diabetes would even think of participating in one of the world's toughest races he replies:

"I thought it was over when I got diabetes at the age of 22. But then I read about a man named Will Cross, who was also a diabetic, but who had reached both poles and climbed the seven highest mountains of the world - with his diabetes. So I decided that I would also show the world that I could live a life with challenges. I know that there are people that truly have a struggle with their diabetes. But for me, it's important to show the world that I can master the situation and have control of my life".

When Søren steps into his running shoes on the 29th of March and begins the 240-kilometer race, it will be the answer to a question that's dominated his life with diabetes. How much can you really challenge yourself when you have diabetes?

"It's like the final exam. All the knowledge and experience I have accumulated about my illness will be really needed during a race as extreme as this one," says Søren Lilleøre.

Søren Lilleøre's friends and family just hope he will make it home safely, but for Søren, pushing the boundaries of what's possible is an essential part of human nature:

"I've never been one to give up, so I am pretty comfortable and confident about this venture," he says.