

## ***Bio de Nadeem***

**Location:** Toronto,

**E-mail:** nadeem97\_00@yahoo.com

**Occupation:** Political Strategist

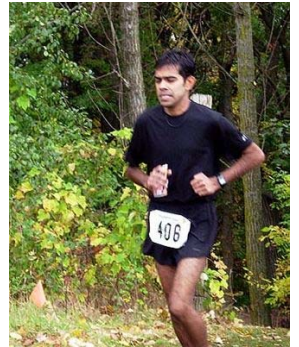
**Height:** 169 cm

**Weight:** 110 lbs

**Birthplace:** India

**Dates the birth:** 29 December 1978

**Year in ultramarathon:** 7



Nadeem fait de la course à pied depuis 18 ans, mais des ultramarathons depuis 2000. C'est son père qui fut son premier entraîneur alors qu'il n'avait que 10 ans. Son père demeure son plus fidèle supporteur. Comme bons nombres de coureurs, Nadeem a couru des distances variées et plus courtes, étant plus jeune, mais ne regrette pas d'être venu à l'ultramarathon, celui lui a permis des rencontrer des gens extraordinaires.

Nadeem a le bonheur de combiner deux passions : La course et les voyages. Il a eu le privilège de s'entraîner avec des athlètes de différentes nationalités.

Nadeem a représenté le Canada à deux reprises, lors de championnats du monde des 24 heures. Selon ces dires, c'est tout un honneur de représenter notre pays et de côtoyer des gens ayant le même but que nous.

Nadeem termine sa résidence en médecine à l'université de l'OHIO, et travaille également pour la Ville de Toronto.

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Nadeem Khan has been running for 18 years and has been attempting ultras since 2000. It was Nadeem's father who first coached him at an young age of 10 and he still counts him as the biggest supporter of his running endeavours.

In grade/high school and early university years, Nadeem was a track and middle distance runner. Then at the turn of the century, he ventured into ultra running and has been thankful ever since to be introduced to such a wonderful set of people.

Thanks to running, Nadeem has been able to combine two of his passions --- running and travelling. He has run in several countries over many continents. He has also had the opportunity to train with several elite British, Kenyan and Ethiopian runners.

Nadeem has run in two 24hr World Championships and has always been humbled by the atmosphere at these events. What epitomises the athletes is all of them running for one common goal --- running for their country under one flag, doing the best they can supporting each other through out the event.

He is currently finishing his residency at the Medical University of Ohio in Radiation Oncology Medical Physics and also works as a Policy Advisor for the City of Toronto.

He is looking forward to being the Assistant Team Manager of the National Team.