

Eric Dugal's BIO

Location: St-Amable, Québec

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Occupation: Analyst-Programmer

Height: 5' - 10"

Weight: 200 lbs

Birthplace: Canada

Date of birth: November 25 1973

Years running: 6

Years running ultras: 4

PRs: too slow!!

Shoes I run in: Asics

Favourite running surface: 400 meters track

Some ultras I have completed: some 100Km, 12 hours, 24 hours and a 48 hours

Best performance: 85K in 12 hours, 116K in 24 hours and 162K in 48 hours

Ultra achievement: my ability to get my mind lost

Ultra I would like to do but haven't yet: More than 48 hours

Typical training week: between 35K and 100K per week...not that much

Injuries: knee...knee again...

Favourite ultra foods: Chocolate and sandwich

Favourite ultra beverages: Water, Powerade

Things I like most about ultras: the people, the pain, push yourself to the limit

Things I hate most about ultras: blisters

What got me started doing ultras: personal challenge

Ultra heroes: Michel Gouin....and all my ultra friends

