

My name is Zanas Nikolaos (Nikos), born on 10<sup>th</sup> of May 1973.

I have studied Chemical Engineering, having also an MSc in Business Economics.

Besides Greek I speak and write English fluently. I stay and work in Athens Greece for the last 11 years, having a managerial position in a leading petroleum company in Greece.

I have volunteered in several events including Athens 2004 Olympic & Paralympic Games in the Public Relations and Services section.

I started running in a more frequent way during my last years in university (ie mid 90's), then I stopped for some years and started again in 2006 having a goal of finishing a marathon. So I ended up an Athens Marathon 2006 finisher, which was my first race.

My participation in trail races started in spring of 2007 just a couple of months after my first road Marathon. Until now I have participated in approximately 60 trail races in Greece with distances varying from 5k up to 128k with the majority being round marathon distance ie 42k. I have also participated in CCC in 2010.

Besides trail races I still continue to participate in road races in distances varying from 10k up to 42k.

Trail running in Greece has evolved drastically in the past several years ending up having in 2016 approximately 23.000 athletes participating in 160 trail races. So I believe Greece deserves a good representation within ITRA from the runners' point of view.

I love trail running and everything round it and I believe that I have the adequate experience and technical knowledge to be elected as a runners' representative in ITRA's Steering Committee.

Zanas Nikolaos

