

HOOOLRRUN

#MOUNTAINRUNNING

**"At Kamnik'17
we made history
of our discipline
in our Country"**

**"I AM THE SON OF
A MILK PRODUCER,
I ALWAYS LIVED
IN THE NATURE"**

"After the silver medal
at world trail in Miranda
I decided to run the classic format
in Patagonia,
because this is the real spirit
of our discipline and
I wanted to push myself
with these runners "

juju
Le Professeur

Julien Rancon from France,
at the top since 25 yrs.. and counting!





On the cover

Photography: **Marco Gulberti**
Styling: **Elisa Bazzana**

Inside

Photography: **Marco Gulberti**
Photography: **Giacomo Meneghello**
Photography: **Alexis Courthoud**
Photography: **Damiano Benedetto**
Interview: **Alessandro Scolari**

JUJU, la grandeur de France

France is one of the great founding nations of the modern mountain running and today represents the absolute epicenter of the Trail Running movement. Many great French champions have marked the different eras, have dominated lustres and more and more some important and iconic races grew up became famous.

In the middle of all these changes a constant of the last 25 years has been that French-Guy from the massif central, with a French face exactly like we have in our head and imagination, always on the wave-crest, always at his place dispensing class, talent and results.

JuJu built his entire life on sport and he is actually not only a running coach but more likely a true sports-scientist. He invested in a sports enterprise and has been able to refresh himself to the new era of Trail showing what you really need to grab success and medals: be a RUNNER not a camel.

When I met him in tears 2 years ago after the Jungfrau Marathon (he suffered from cramps around 30st km and was forced to an inglorious ending) I reminded him what he always represents for mountain running fans: He is “La France” and on his shoulders he is now leading a new generation to conquer the world in the mountains, not only on the trails.

After 25 years of fights on the tracks and on the roads he was able to win a silver medal at the World Trail Championships in Miranda Do Corvo and then fly to Patagonia to run the classic format in the grueling World Mountain Running Championships, just because of the spirit of competitions and the variety of the technical skills and demand of that race. This is what someone calls “leaving the comfort zone”, and this is what I call being a Champion.

JuJU **FEATURED**

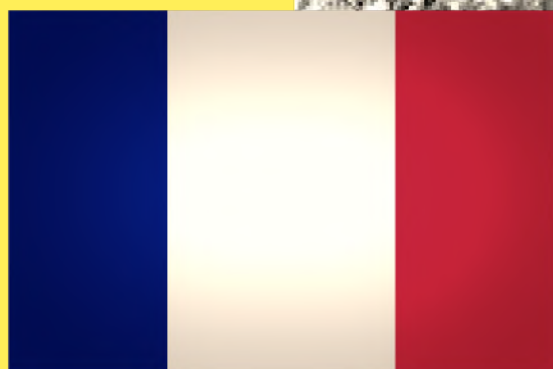
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Q. Hallo julien, welcome to HOOLIRUN, are you ready to punch out your thoughts about running ?

JUJU - Yes of course, running is my passion for over 25 years and it is with pleasure that we will talk about this ;-)

I TELL YOU MY STORY

COMING SOON



JULIEN RANCON

DOB: 18/11/1980

PLACE: MASSIF CENTRAL

COUNTRY: FRANCE





JuJu

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Q. you are a monument of our sport and I have so many things to ask you, but first i'd like to know more about you in your private and your origins. What's your story juju ? Where do you come from, what's about your family, what's your daily life today ?

JUJU - Oh I'm getting old now ;-) I'm 39 years old. I was born in the Massif Central, a mid-mountain volcanic region in the Center of France. I have always lived in nature because my father was a farmer, a milk producer. I have a brother who is also a runner and a sister. I started to run at 8-9 years old thanks to my father and to the race which was organized in my little village every year. At the same time I played football but I loved following my father on the weekend races. I then participated in the school cross-country races. My results encouraged me to continue even if I was far from being the best. I really enjoyed running. Then I joined a club for athletics, cross country, road races. In high school I started to progress and a friend introduced me to mountain running. It became a revelation. In 1999, I managed to qualify in the junior world championship in Malaysia. Since then, I have not left the mountain trails even if I love running in all its forms: cross-country, road, trail ... In parallel, I studied in the field of sports training and physical preparation, where I obtained a Master's degree. At the start of working life I tried to associate both my professional life and my sports career as well as possible. I have always worked in the field of sports but keeping as much free time as possible for my personal practice. For a long time I also stayed on the family farm because I love working the land and I am very attached to my roots. Today I am a Free lance coach, where I take care about twenty athletes of all levels and all disciplines. My daily life is to plan their training and follow their evolution day by day. This allows me to manage my work time and to be able to have time to train. I live near Lyon in the Monts d'Or, with Julia who is also a runner since a long

Q. And now your sports life , and the history you made and you witnessed: I want to start from what I think it's one of the main spot , KAMNIK 2017, for the first time ever you won European team gold medal , making Italy cry... relive that day for us and tell us what did it mean ...

JUJU - 2017, it was already 18 years that I knew the national mountain running team and I participated in international championships. I had great individual performance (for me!) there (bronze medals at the 2006 European championship) and collective good performances with a few team medals, failures and defeats too. But since the history of the discipline our best friends / enemies Italian dominate us without sharing. We never managed to get ahead of them in the team classification. Italy is for me the "Mecca" of mountain running. For all these years I have forged very friendly ties with this country and I have a lot of respect for what you do for the discipline and for all athletes. This day in July 2017, I do not think that with my teammates (Manu Meyssat, Didier Zago and Fabien Demure) we thought for a second of the gold medal before the race. We started out hoping to bring back a team medal but we were thinking more for 2nd or 3rd place. And then there are days when the planets line up. We all have a good race with 4 French runners in the top 9. Meanwhile Xavier and Francesco are already giving 2 individual medals to Italy. But crossing the line and waiting for Alex (Baldaccini) to arrive we still start to quickly count the points. It is a little confused in the finish line area. We realize that it will be very tight. It may be the chance of our lives!

Finally after long minutes of waiting, we are ex-aequo with Italy, but our best 3rd runner allows us to finally win gold. After so many years of waiting! It's almost always when you don't expect it that it happens. We obviously benefited from special circumstances but it made the history of our discipline in our country. It was an immense joy, a great reward for years of investment and above all a lot of emotion. I said at the time: happiness is so great that it transforms all the sweat spent to reach this goal in pleasure. That day, one of our dreams came true! That day I was very happy for Xavier too, who deserved the individual title

Kamnik 2017, the Story of a Masterpiece



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JuJu

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Q. The same year you were an active witness of what I consider the greatest mountain running race ever run: PREMANA CLASSIC! you finished in the top 10 of that dramatic and superb race, once again, tell us the story from your memory

JUJU - Yes I agree with you. A race of an extraordinary level in an extraordinary atmosphere. This made the event magical.

I knew Premana for having run the Giir di Mont there in 2013. I knew that the enthusiasm of the public would be incredible and the place always so beautiful.

I knew it was an edition not to be missed. Under a magnificent sun, I keep only beautiful images of this day, the course, the atmosphere, the race, the fraternity ... A very intense race, trying to fight for making his place in this high level race. Sport and values as we love them so much. On my side, I had produced a very good race with the feeling of having given the best. I think every body have good memories from this World Championship.

JUJU
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legendary



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Q: In 2019 you run the trail running world championships in MIRANDA Do Corvo conquering an amazing silver medal. Looked like as the world realized who is Julien Rancon, something I consider as a nonsense , tell me why in France “Le Trail” is so important and successful ?

JuJu: Yes, in France trail running is very popular. Much more than mountain running. I sometimes have trouble understanding it. Mountain running has a more elite image, while trail running has a more approachable image. It must be said that the equipment manufacturers put a lot of money to attract the runners. The discipline arrived at the same time as the big development of social networks and new means of communication which made it very visible. People discovered the pleasure of running in nature, the media, pushed by the brands were interested and showed beautiful images to the general public. This has demotivated a lot and visibility has increased. All runners now want to run trails in France. It is very popular. Running a long mountain race has become a challenge for many. But it also brought back a little visibility on mountain running at the same time



<<Mountain running has a more elite image, while trail running has a more approachable image >>

JuJu

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Q: After that medal on a 50k trail you went to PATAGONIA and clearly choosed to run the classic and not the long distance , people did not understand why but I guess you have a clear reason to give us

JuJu: Yes there are even several reasons for this. First of all I had already run quite a bit races on 40-50km formats during the year. I like these formats but I remain a lover of shorter races, more dynamic, more intense, more challenging formats ... And I wanted to come back on it at the end of the year. On the other hand, this classic format, remains the historical format of our discipline, I like this traditional side. This format is the spirit of our discipline. Finally, from an athletic point of view, it is very interesting because much more approachable and requiring more varied qualities. And the level is just incredible and it motivates me a lot to come and push myself with these runners, Even if the long format was also of an incredible level.



Q: being a professional in running today, you are graduated in sports science and technic , can you create a job-model from this and from your sport activity ? Are you supported by a brand ?

JuJu: Yes today my passion allows me to live completely from that. On the one hand I am helped by private partners like the Hoka One One brand but also others like the sports nutrition brand Ergysport and a company that works in artificial intelligence: Adaptiv System. These brands support me financially to practice in good conditions but that is not enough to live on. Besides that, I am graduated with a Master degree in sports science and I am passionate about training. Since 2011, I have therefore created a coaching micro-enterprise which targets individuals and clubs. This allows me to manage my professional workload according to my needs. Thus, this enables me to live my passion at best and make myself happy. And suddenly this combination of both allows me to be able to do it quite easily. Especially since my results also make me a little credible in the eyes of people for the coaching.

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FEATURED

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Q: France is dominating , 2019 (and not only) showed you have a great equipe both in male and female and both in classic and long distance , French mountain running is healthy, who are the rising stars behind you and the old heroes of the “bleus” such as Zago and Meyssat?

Yes I am very happy with that. With Zago and Meyssat we are reaching the end of our career and we have tried to bring discipline a bit to the front of the stage despite few means. In the recent years, there are many young runners who arrive on the discipline. The former juniors arrive as seniors and are very performing. For me it was important to pull discipline up and it is a great pleasure to see it in better health at the dawn of retiring. This is something that is very close to my heart. Of course mainly for the discipline and also because I appreciate the fact of transmitting something to young people. Our junior teams in recent years have all been very successful and I am confident for the future. We are starting to reap the rewards with Alexandre Fine, Sylvain Cachard, Elise Poncet, Anais Sabrié or Jade Rodriguez but behind these new leaders, there is a very good density of runners, who, I think will be much stronger than us! In addition they have a great mentality. The discipline is in good sporting and human health

JuJu

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FRANCE

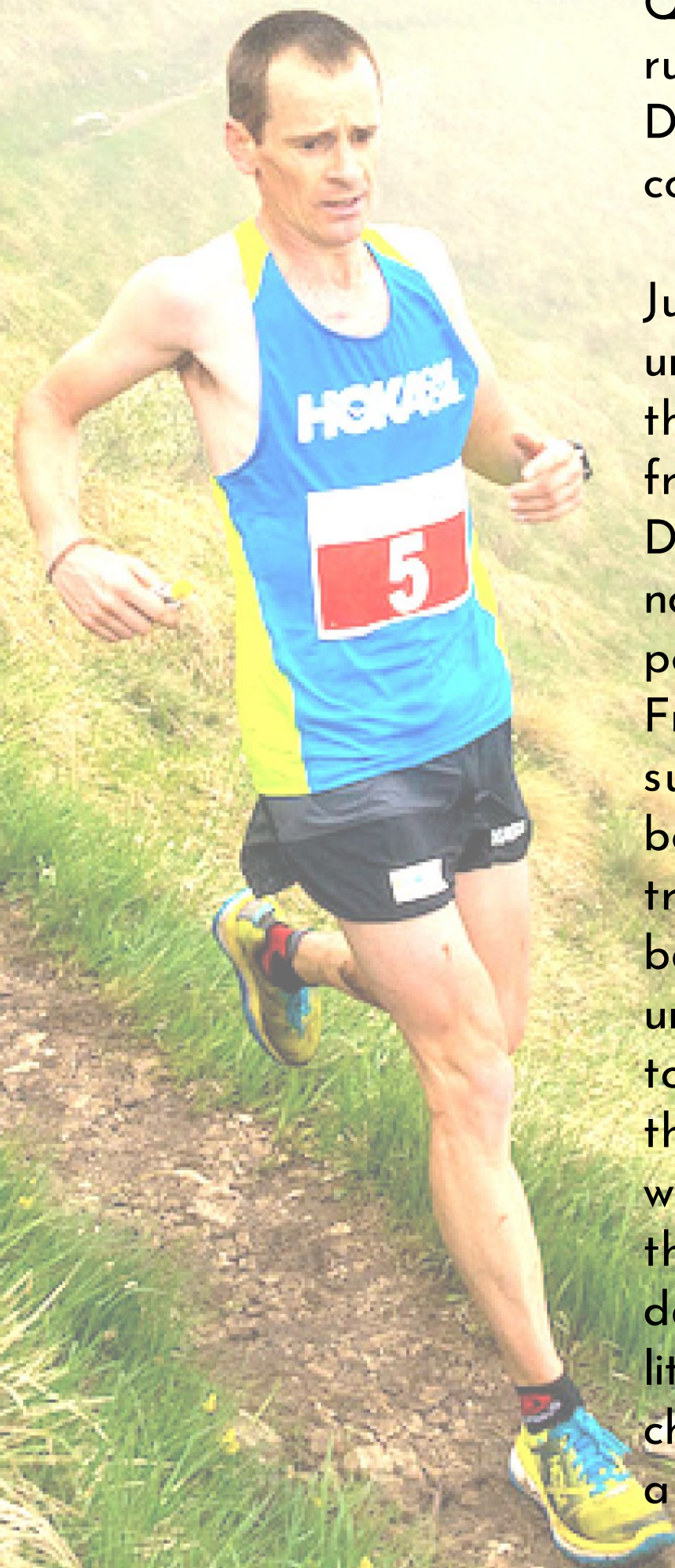
Dream Team



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JuJu

**MOUNTAIN
RUNNING
WORLD CUP**
2020



Q: In the last year the French runners snubbed the mountain running World Cup , what's your feeling about this product ? Do you believe it can be relaunched by the refreshed wmra council ? Why there is not any French race in the program ?

JuJu: Yes this is very unfortunate. Here in France, this circuit is unfortunately little highlighted. There are so many circuits in the middle of trail-running that it is difficult to stand out from the crowd and the trail circuits are much better known. Despite everything this year, some young people will normally start on the world cup circuit. Often what limits people, it is that it is expensive to travel to races and that French mountain runners are unfortunately not financially supported. But the new circuit has a lot of advantages, with beautiful races and varied formats. There are both traditional races and new races and this allows for a good balance. I think that goes in the right direction. It is very unfortunate that we have struggled to find races in France to integrate this circuit. It is both a question of ignorance of this circuit compared to the others. But it is also the fact that we have a culture of organization for profit and not often for the beauty of high-level competitive sport. It is very damaging, we also need to change our culture of sport a little to bring our help to the discipline, but it is difficult to change mentalities. In any case I really hope that there will be a stage in France in 2021

Q: how do you see the Italian mountain running ? Is there any Italian mountain runner who inspired you more ? What do the French equipe think about us? Speak frankly please ...

JuJu: To be honest, I think when you're a mountain running passionate we would all like to be Italian. Because you have the culture of this discipline, the love of this discipline, you organize it really well and you have a mentality that I like very much. Here in France we have a lot of respect for everything you do and the passion you put into it. It is very inspiring for us. For my part, I have a lot of respect, admiration and friendship for the Italian runners in general and the staff. Many have been great sources of inspiration over the years. From Marco DeGasperi when I started (but still today) or Antonio Molinari to Xavier, Francesco, the twins, Cesare, Alex, Lucas ... I'm really happy to have met this guys.

JuJu

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LAST SPRINT

What's for Julien Rancon:

D. The Best race in the world ?

JuJu: Trofeo Vanoni

D. The race victory you never forget ?

JuJu: Team European Champion 2017, Kamnik, Slovenia

D. The toughest defeat of your career ?

JuJu: too many !!!

D. Best running shoes ever ?

JuJu: Hoka Rehi

D. Favorite Pizza ?

JuJu: Provençale

D. Favorite sport, except running?

JuJu: cross-country skiing, biathlon

D. Favorite drink ?

JuJu: Monaco Cocktail

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