

Nicolas LEBRUN

I was born on April 9th, 1973 in Nice. I grew up in Peira Cava, a small village of 50 inhabitants in Nice's countryside. I didn't even know how to write my name properly when I was 11 years old! However, I attended the boarding schools of the "Collège de Breil sur Roya" and "Don Bosco" in Nice. I finally managed to get into the "Lycée Hotelier de Nice".

Diplomas

CAP and BEP in the Service industry in 1992

CAP and BEP in Cooking in 1993

BTH cooking in 1993

BF5 in 2011

PSE1 in 2013

BNSSA in 2014

Languages

English – fluent

Italian – occasional



I worked a few summer seasons (Restaurant, hosting, portage) in a high **mountain refuge** between 1991 and 2000, at the Refuge du Mont Thabor (73) and Refuge de Maljasset (04)

I served in the military under the 54th regiment of Hyères (83), in the military sport division.

Athletic results (all are in the Elite or Pro field)

Duathlon (running / road biking)

4 French Champion titles (1996/1998/1999/2004)

3 World championship podiums (3rd in 1997, 2 in 1998, 3rd in 2004)

Listed on the Elite athlete government list in 2005 and 2006

12 selections for the French national team

Many victories on the Grand Prix series put on by the FFTRI (French Triathlon Federation) and Powerman events (long distance).

Triathlon (Swimming/ Road biking/ running)

Main Victories:

triathlon des 3 vallées 1999 – Savoy'hard 2000 – Beaulieu 2001

Podium at the Ironman 70.3 of Monaco in 2007

Participation at the Hawaii Ironman world championship in 2008 (62nd)

Winter triathlon (running/mountain biking/ skate skiing)

2 World champion titles (1999 and 2000)

Runner up world champion in 2009 and 3rd in 2008
6 French champion titles between 1998 and 2011

Xterra (Swimming/mountain biking/ trail running)

World champion title in 2005, 2nd in 2003 and 2009, 3rd in 2002.

25 victories on the US and European xterra circuit from 2001 to today.

4 times winner on the European circuit (2006 – 2007 – 2008 – 2012)

5 podiums on the US circuit (2nd in 2001, 2002, 2009, and 3rd in 2003, 2010)

2 times winner at the US championship (2009 and 2011 in front of Lance Armstrong during this very mediatized event in the US)

First non-American listed on the Hall of Fame in 2013

Others

Running: 30'40" for open 10kms and 1h07'28" half marathon time.

Trail Running: Regional victory and podium at the Trail blanc de Serre Chevalier.

Adventure racing: 3rd with Team Nike USA at the Mountain X Race in 2008.

Randonnée skiing : Top 25 at the Pierra Menta (2010 and 2011), 2 victories at the Grand Réal (2011 and 2013)

Mountain biking: Podium at the Raid des Terres Noires (2008 and 2012)

As an event organizer

Long Distance Duathlon of Digne-les-Bains (04) in 2001

Triathlon des neiges de Chabanon (04) in 2006

French National Winter triathlon championship in 2007 and 2008 in Chabanon

Snow Trail in Chabanon from 2007 to 2009

Xterra Winter European Championship 2009 (Chabanon)

Alpinonaise (Randonnee skiing race, Chabanon) from 2007 to 2009

Verticale du Blayeul (04) since 2014

Co-Organizer : Snow Trail de Chabanon from 2010 to 2013

Volunteering

Trail du Cousson – 10km des Vannades – Natureman du Verdon

Associations

Co-founder of the Association Athl'étique and president from 2000 to 2009, vice-president to now.

President of the "Comité départemental de Triathlon 04 from 2005 to 2007

Silver Medal of Youth and Sports. (jeunesse et des sports)

Vice-president of the triathlon club of Digne les bains from 2005 to 2007.

Many interventions at the Centre Médico-Sportif of Digne les bains in regards to anti-doping efforts (conferences, middle school talks...)

Co-founder and president of the Organicoach Team in the training spirit of health and 100% naturally.

Coaching and athletic counseling

Julie Arnaud (2nd French National Champion Jr in Duathlon and 3rd in triathlon in 2005)

Cyril Fadat (Runner up French National Champion in Duathlon U23 2010)

Olivia Piana (Runner up World champion junior in Xterra 2010, French National champion and runner up world champion in Stand up Paddle 2012)

Jérémie Gachet (Winter triathlon/Trail/Randonnée skiing)

René Rovera (Ironman: Winner and record in his age group at the World championship in 2013/ Trail running – 4th at the CCC in Chamonix)
Germain Grangier – 3rd OCC (2015) – 2nd Skyrunning French series 2016
Sylvain Camus: 7th Grand Raid of the Réunion 2016
Valentin Brulas: Best French junior in Enduro mountain bike 2015 and 2016
And more 20 other athletes since 10 years.

Coaching within companies

Talks and conference at the request of NDLS, a consulting and coaching firm that helps companies deal with the unknown and the stress that results from it, how to lead a team etc...

Technical race advisor on the Xterra Italy (Scanno, Abruzzo) in 2013 (race course conception)

Event Consulting for the company Team Unlimited (Xterra) on developing the European and Reunion Island/Mauritius Series in 2014

XTERRA European Director since 1st of January 2017

Others

Help in developing the sportswear brand Skinfit in France (financing, establishing contacts between headquarters and the french governmental structure that assists new projects financially)

Commentator for the Xterra World Championships in 2009 and 2010 for Sport +.

Visits at different middle schools of the department 04, with the Conseil Général in regards to Healthy eating habits and health in sports.

Countin close to 45 round-trips to the US, I have an excellent knowledge of the country, its airports, its geography, its culture and have developped many contacts there.

Training camps (for the members of Athl'étique or Organicoach)

Bessans en Savoie, winter training on snow from 1996 to 2014 - Sardinia in 2007, triathlon preparation - Calvi 2013/2014 Cross triathlon - Digne les bains Cross Triathlon 2014 to 2016.

Clinics (advice given over a short period – 30 minutes to 4 hours with Q/R)

For the xterra in Maui, Hawaii USA, in english (technique tips, nutrition, help with translation)

With Oliva Piana (In stand up paddle, on health in Sports, nutrition, at Sallex sur Verdon in 2013)

Organicoach Boise Idaho USA – Clinic in english in 2013 to help prepare athletes to the US championship.

Domain names

With many projects underway, I already own the domain names that will host the future websites of these projects: footingdequartier.fr – neighborhoodjog.com – hypervitalite.fr – hypervitality.com – thinkgreenstayfit.com and organicoach.fr.

My activities can be followed on the following facebook pages : orgaNICOach, Vertical du Blayeul, Xterra Europe

Website: nico-lebrun.com and organicoach.fr.