

**Practices sports and has broken free from cigarette smoking!
Fought nicotine addiction by running marathons and triathlons!
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Austria
Ewald Tröbinger,
born February 2, 1960, in Linz (Austria), married and father of three daughters: Laura (9), Carina (19), Iris (20).

“Quitting smoking by running marathons has improved my quality of life –completely turned my life around –and I am finally feeling happy and optimistic.”

For over ten years (1976 –1986) he was a heavy smoker (40 cigarettes a day).The first health and fitness problems began in 1985 when he started to feel unwell and decided he wanted to free himself from the urge to smoke.

For 19 years he has been a non–smoker and is happy now. He has completed 23 marathons from Berlin to Florence, and he is IRONMAN Triathlon Finisher and promoter of the OMV Linz Donaumarathon which counts more than 10,000 participants from over 30 nations.



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