

## BlogTalkRadio 5/12/09: Ultrarunning

Contributed by Administrator  
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Join me on BlogTalkRadio on Tuesday May 12, 2009 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". This episode will continue the endurance discussion as I will discuss "Ultrarunning". It could start off with just a simple trail run for the sheer enjoyment of being off the roads and back to nature. For many, it becomes a natural evolution to run longer - into trail marathons and beyond.

For this episode, I will have three special guests:

- Rob Youngren has completed many 100 mile runs throughout the United States, including multiple trips to the Hardrock 100. In 1998, Rob completed the Grand Slam of Ultrarunning - which consists of officially finishing the Western States 100 Mile Endurance Run, the Vermont 100 Mile Endurance Run, the Leadville Trail 100 Mile Run and the Wasatch Front 100 Mile Endurance Run all in the same year.

- Joe Prusaitis is an Austin ultrarunner, coach, and race director. He has also completed his share of 100 mile and longer runs, including 82 ultras - 26 of which were 100 miles. In July 2003, he completed the Hardrock 100 and Badwater back-to-back. Joe is a race director for many Texas events including the Bandera 100/50/25K and Rocky Raccoon 100/50 mile events.

- Josh Kennedy is an SSI athlete and regular contributor to the SSI discussion forum. He has shared many of his race reports on this site. Most recently, he completed the inaugural Pinhoti 100 along with the Western States 100. Josh recently completed a "Rim To Rim To Rim" run at the Grand Canyon.

This should make for one interesting discussion!

The BlogTalkRadio call-in number is 646-929-1567. You can listen online at <http://www.blogtalkradio.com/abesselink> and also download this and previous episodes here as well.

I look forward to having you join us!