

## BlogTalkRadio 8/18/09: Hardrock/Badwater Special

Contributed by Administrator  
Saturday, 15 August 2009

Join me on BlogTalkRadio on Tuesday August 18, 2009 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". This episode picks up where the "Ultrarunning" episode left off - with a discussion on two specific ultras: Hardrock and Badwater.Â

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This episode's special guest will be Joe Prusaitis, Austin ultrarunner, coach, and race director. He has 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.

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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.

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I look forward to having you join us!