

## A Return To Ultras

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A hearty "welcome back" goes out to SSI ultrarunner Josh Kennedy. After taking the last few years to focus on family, school, and life in general, Josh made his return to ultras this past month at the Rocky Raccoon 50K. It's been four years after making his first (and undoubtedly not his last) appearance at the Western States 100 miler, but Josh returned to the scene in grand style. His 5:22:57 was 20 minutes faster than a similar 50K at Rocky Hill in the height of his WS100 training. A little older, a little wiser, and running faster and smarter than ever. Congratulations, Josh!

Photos to follow ...