

What I'm covering

- Not all ultras are equal
- Things I've learned (The hard way)
 - Respect the distance
 - Listen to your body
 - Prepare
- Random bits and bobs



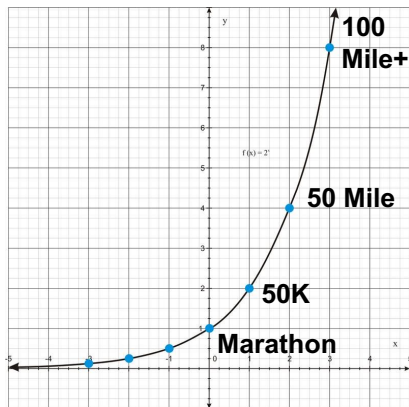
Don't believe the hype!!

Not all Ultras are created Equally

Urban/Suburban



Distance/Time



Day and/or Night



Even within this how you approach an Ultra e.g. Race, Complete or Survive makes a huge difference

Things I've Learned the Hard Way

R-E-S-P-E-C-T
find out what it means
to me
R-E-S-P-E-C-T

Respect the Distance



Listen to your Body



Prepare

#DontBeAlan

Respect the Distance #DontBeAlan

Don't go too fast! Discipline!



Two days in a dark room and 2hr walk (1 mile) to shops due to too fast

Prepare for highs and lows



Dodging poodles, crying at 3am and food lows

Run when you can, walk when you can't



Is that a hill?

Respect the Distance #DontBeAlan

69 Miles
2457m Ascent
Carlisle to Newcastle



Marathon Training + Pacing +
Foot Care + Nutrition

2015

Time
21.5hrs

Tactic
Run as far as possible

Outcome
Several days of pain in a hotel

2016

Time
16 hrs

Tactic
Run 3m
Walk 1m

Outcome
Quicker recovery, no blisters. Finish photo

Listen to your body #DontBeAlan

Fuel Frequently



Baked beans on toast at 1am @ Lands End

Deal with Niggles Early



Lost toenails and double sided blisters

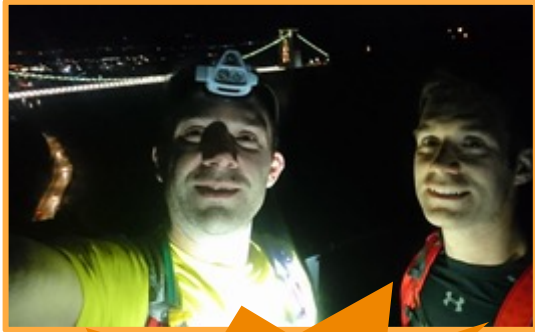
DNF's are part of the deal



I've had to stop and also force overs to stop

Prepare #DontBeAlan

Night Running



Watch that branch!
Where do my feet
go? Missed a turn!

Navigation and Trails



Totally lost
added 2 extra
miles!

Kit



It's heavy, pack
appropriately! I
don't!

For the even colder

New socks are like heaven

Camelbac drink drink drink!

Yes it'll prob rain

For the sun! Where's my glasses?

Last Will & Testament

For the Cold

For the Blisters

For the wet

For last resorts

If it's not on strava!

More food

More food

For when feet swell

More food

For the paranoia of blisters!! They were on sale

Super Chafe!

Food

X2 in case it's really dark!!!



Random bits and bobs



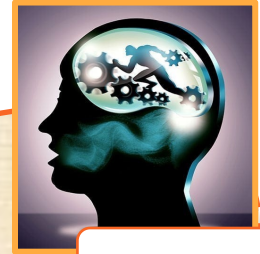
Sunrise is the best!



One sided sunburn

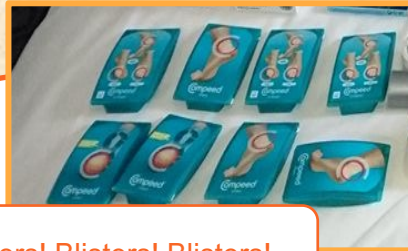


Toilet Roll!!!!



It's in your head!

You'll be tired for weeks



Blisters! Blisters! Blisters!



Getting lost is painful and makes you cry!



THANK
YOU
#DontBeAlan