Ultra chat

A quick why, what, when, where, who and how of running your 1st ultra

Why

- Running is fun, running more is more fun?!
- More varied locations
- Less tarmac, more trees
- Walking isn't accepted, it is strongly advisable.
- No one cares about your time



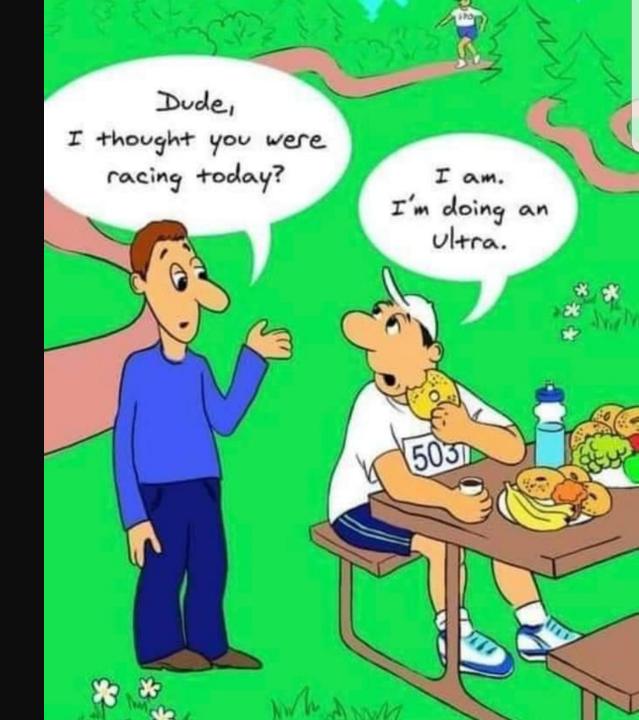
Why

• Why not – challenge yourself!



What

- Single/multi-day
- Standard distance / specific distance / time
- Specialist; Backyard / FKT /OKT



When

- Climate
- Daylight hours kit, fatigue, navigation
- Underfoot conditions



Where

- Travel to and from
- Recce potential
- Existing course markings i.e. National Trail



Who

- Research online
- Mandatory kit levels
- Race reviews
- Ultra Eagles FB Group



How

- Time on feet
- Recce runs (with buddies)
- Carry full pack
- Practice nutrition
- Get familiar with kit



How

- Pacing strategy
- Dealing with issues as you go



Enjoy your achievements!

