

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
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Dude,
I thought you were
racing today?

I am.
I'm doing an
Ultra.

When

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

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

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

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

- Pacing strategy
- Dealing with issues as you go



Enjoy your
achievements!

