

So you want to be an ultrarunner?

Proper training and in-race precautions are crucial to avoid injury in long races

*****SOT*****

Ali Ball, OSF HealthCare exercise coordinator

“You should be running five to six days per week without soreness or injury. Having that solid running base when you start your ultrarunning training program will prevent injury.” (:15)

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Ali Ball, OSF HealthCare exercise coordinator

“Carbohydrates will be your main source of energy. Some people also eat fatty foods and protein. When you’re running that long, your body is breaking down the protein. You need to replace it.” (:15)

*****SOT*****

Ali Ball, OSF HealthCare exercise coordinator

“Make sure you’re well hydrated and you’re eating. I think that’s when they happen. When you just get so exhausted. You have a lack of sleep. Mentally, things go out the door.” :12)

*****SOT*****

Ali Ball, OSF HealthCare exercise coordinator

“People are very laid back. Most don’t really care about their time. They’re just out there to have fun and complete the race. Whenever you’re struggling, another runner or an aid station member is there helping you out and trying to get you through it so you can finish. It’s a very fun atmosphere.” (:25)