

## **So you want to be an ultrarunner?**

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

Run time - :34

**ANCHOR LEDE:** Ready to take your summer running to the next level? Try ultrarunning, or anything over 26.2 miles. Tim Ditman of OSF HealthCare talked to someone who's done it for years.

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Ali Ball is an exercise coordinator at OSF. She says you have to build up a running base.

**\*\*\*SOUNDBITE\*\*\***

**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)**

During the race, you have to consider a lot: food and drink, blisters and chafing, and even hallucinations.

I'm Tim Ditman.

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**ANCHOR TAG:** But don't get completely turned off. Ball says most ultrarunners are just there for fun, not to clock a top time, and so they'll help you out.