

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

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

### **ANCHOR LEDE**

Ready to take your summer running to the next level?

Try ultrarunning, or anything over 26.2 miles.

### **TAKE VO**

Ali Ball is an exercise coordinator at OSF HealthCare, and she's been an ultrarunner for years. She says you have to build up a running base.

### **\*\*\*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)**

### **VO TAG**

During the race, you have to consider a lot: food and drink, blisters and chafing, and even hallucinations. But Ball says most ultrarunners are just there for fun, not to clock a top time, and so they'll help you out.