

Written by Allan Besselink
Tuesday, 12 May 2009 20:00

Join me on BlogTalkRadio on Tuesday May 12, 2009 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". This episode will continue the endurance discussion as I will discuss "Ultrarunning". It could start off with just a simple trail run for the sheer enjoyment of being off the roads and back to nature. For many, it becomes a natural evolution to run longer - into trail marathons and beyond.

For this episode, I will have three special guests:

- Rob Youngren** has completed many 100 mile runs throughout the United States, including multiple trips to the Hardrock 100. In 1998, Rob completed the Grand Slam of Ultrarunning - which consists of officially finishing the [Western States 100 Mile Endurance Run](http://www.ws100.com/), the [Vermont 100 Mile Endurance Run](http://www.vermont100.com/), the [Leadville Trail 100 Mile Run](http://www.leadvilletrail100.com/) and the [Wasatch Front 100 Mile Endurance Run](http://www.wasatch100.com/) all in the same year.
- Joe Prusaitis** is an Austin ultrarunner, coach, and race director. He has also completed his share of 100 mile and longer runs, including 82 ultras - 26 of which were 100 miles. In July 2003, he completed the [Hardrock 100](http://www.hardrock100.com/ "Hardrock 100") and [Badwater](http://www.badwater.com/ "Badwater") back-to-back. Joe is a race director for many Texas events including the [Bandera 100/50/25K](http://www.tejatrails.com/Bandera.html "Bandera") and [Rocky Raccoon 100/50](http://www.tejatrails.com/Rocky.html "Rocky Raccoon") mile events.
- Josh Kennedy** is an SSI athlete and regular contributor to the SSI discussion forum. He has shared many of his race reports on this site. Most recently, he completed the inaugural [Pinhoti 100](http://www.pinhoti100.com/ "http://www.pinhoti100.com/") along with the Western States 100. Josh recently completed a ["Rim To Rim To Rim"](http://papaof3.blogspot.com/2009/04/r2r2r-grand-canyon-7-apr-09.html "R2R2R Grand Canyon") run at the Grand Canyon.

This should make for one interesting discussion!

The BlogTalkRadio call-in number is 646-929-1567. You can listen online at [http://www.blogtalkradio.com/abesselink](http://www.blogtalkradio.com/abesselink "BlogTalkRadio show: Direct Access to PT") and also download this and previous episodes here as well.

I look forward to having you join us!