

## CGH #015: Hardrock/Badwater Special | Allan Besselink

Written by Allan Besselink

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<p> Join me on BlogTalkRadio on Tuesday August 18, 2009 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". This episode picks up where the "Ultrarunning" episode left off - with a discussion on two specific ultras: Hardrock and Badwater.♦ </p> <p> ♦ </p> <p> This episode's special guest will be <strong>Joe Prusaitis,</strong> Austin ultrarunner, coach, and race director. He has completed his share of 100 mile and longer runs, including 82 ultras - 26 of which were 100 miles. In July 2003, he completed the <a href="http://www.hardrock100.com/" target="\_self" title="Hardrock 100">Hardrock 100</a> and <a href="http://www.badwater.com/" target="\_self" title="Badwater">Badwater</a> back-to-back. Joe is a race director for many Texas events including the <a href="http://www.tejatrails.com/Bandera.html" target="\_self" title="Bandera">Bandera 100/50/25K</a> and <a href="http://www.tejatrails.com/Rocky.html" target="\_self" title="Rocky Raccoon">Rocky Raccoon 100/50</a> mile events. </p> <p> ♦ </p> <p> The BlogTalkRadio call-in number is 646-929-1567. You can listen online at <a href="http://www.blogtalkradio.com/abesselink" target="\_self" title="BlogTalkRadio show: Direct Access to PT">http://www.blogtalkradio.com/abesselink</a> and also download this and previous episodes here as well. </p> <p> ♦ </p> <p> I look forward to having you join us! </p>