

<p>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.</p> <p>♦</p> <p>For this episode, I will have three special guests:</p> <p>♦</p> <p>- <strong>Rob Youngren</strong> 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 <a href="http://www.ws100.com/">Western States 100 Mile Endurance Run</a>, the <a href="http://www.vermont100.com/">Vermont 100 Mile Endurance Run</a>, the <a href="http://www.leadvilletrail100.com/">Leadville Trail 100 Mile Run</a> and the <a href="http://www.wasatch100.com/">Wasatch Front 100 Mile Endurance Run</a> all in the same year.</p> <p>♦</p> <p>- <strong>Joe Prusaitis</strong> 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 <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.tejastrails.com/Bandera.html" target=?self" title="Bandera">Bandera 100/50/25K</a> and <a href="http://www.tejastrails.com/Rocky.html" target=?self" title="Rocky Raccoon">Rocky Raccoon 100/50</a> mile events.</p> <p>♦</p> <p>- <strong>Josh Kennedy</strong> 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 <a href="http://www.pinhoti100.com/" target=?self" title="http://www.pinhoti100.com/">Pinhoti 100</a> along with the Western States 100. Josh recently completed a <a href="http://papaof3.blogspot.com/2009/04/r2r2r-grand-canyon-7-apr-09.html" target=?self" title="R2R2R Grand Canyon">"Rim To Rim To Rim"</a> run at the Grand Canyon.</p> <p>♦</p> <p>This should make for one interesting discussion!</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>