

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](#), the [Vermont 100 Mile](#), the [Lea](#) [Endurance Run](#), the [Lea](#) [dville Trail 100 Mile Run](#) and the [Wasatch Front 100 Mile Endurance Run](#) 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](#) and [Badwater](#) back-to-back. Joe is a race director for many Texas events including the [Bandera 100/50/25K](#) and [Rocky Raccoon 100/50](#) 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](#) along with the Western States 100. Josh recently completed a ["Rim To Rim To Rim"](#) 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> and also download this and previous episodes here as well.

I look forward to having you join us!