

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.

This episode's special guest will be **Joe Prusaitis**, 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

[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.

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!