

# RUNNING YOUR FIRST ULTRA RACE BUDGET

	A	B	TOTAL= A*B
	PRICE PER (DAY)	# NEEDED	TOTAL
<b>FLIGHT</b>	<b>EX: \$300.00</b>	<b>2</b>	<b>\$600</b>
<b>ENTRY FEE</b>			
<b>TIME OFF WORK</b> (HOPEFULLY YOU CAN USE VACATION DAYS AND THIS IS NOT A COST TO YOU)			
<b>MILEAGE</b>			
<b>GAS</b>			
<b>FLIGHTS</b>			
<b>RENTAL CAR</b>			
<b>LODGING (HOTEL, HOME STAY, BnB, VRBO)</b>			
<b>MEALS</b>			
BREAKFAST			
LUNCH			
DINNER			
SNACKS			
RUN NUTRITION			
RECOVERY FUEL			
<b>GEAR</b>			
SHOES			
SHORTS			
SHIRTS			
SOCKS			
HYDRATION PACKS			
HEADLAMPS			
TREKKING POLES			
WATCH			
BLISTERSHIELD/BALMS/OINTMENTS			
<b>CREW TOTAL COSTS—DISCUSS WHO WILL COVER THESE COSTS AHEAD OF TIME</b>			
<b>LODGING (HOTEL, HOME STAY, BnB, VRBO)</b>			
<b>MEALS TOTAL</b>			
BREAKFAST			
LUNCH			
DINNER			
SNACKS			
<b>CREW GIFT -THIS DOESN'T HAVE TO COST MONEY, BUT SHOULD BE THOUGHTFUL</b>			
<b>TOTAL</b>			
<b>UNEXPECTED 10% BUFFER</b>	*THIS IS ONLY FOR PLANNING PURPOSES AND IS NOT INCLUDED IN YOUR TOTAL		