

RUNNING YOUR FIRST ULTRA

FINDING YOUR WHY

What first brought you to running?

Who inspires your running journey?

What about running an ultra-distance intrigues you?

What motivates you to take on this training challenge?

What are the three most important things you've learned from your training that you will recall and utilize in your race?

1.

2.

3.

Why do you want to run an ultra?
