

Name \_\_\_\_\_  
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## Ultramarathons

A marathon is a long-distance running event. A marathon is officially 26.2 miles long. When a running event is longer than 26.2 miles, it is called an ultramarathon. Over 70,000 people complete ultramarathons every year.

There are two kinds of ultramarathons. In the first kind of ultramarathon, runners have to cover a specific distance—50 miles, for example. In the second kind of ultramarathon, runners have a limited amount of time, such as 24 hours, to cover as much distance as they can.

Some ultramarathons are run as loops around a track or course. Others are run on trails through forests, deserts, or mountains. Many ultramarathons that are run on trails include natural obstacles that a runner will have to overcome, such as rocky paths or bad weather.

Ultramarathons are run all over the world. There is an ultramarathon on every continent, even Antarctica. Because it is so expensive to travel to Antarctica, those who want to participate in an Antarctic ultramarathon usually have to pay many thousands of dollars. The most famous race across Antarctica is called The Last Desert Race. Runners pay over \$14,000 to compete in this race. They must also buy special equipment to protect themselves against the extreme cold.

People who want to train to run in an ultramarathon should first gain experience running regular marathons. Once you have completed a few marathons, you can add more and more distance every time you run.

Besides practicing, there are a few other things you can do to help you prepare to run an ultramarathon. First, when you start training, you should always pick a location that is close to home. Running on a trail close to home is safer because you will be more familiar with the area. Next, you should make sure to bring a light bag that has snacks, sunscreen, and extra shoes. You should also remember to drink eight ounces of water or a sports drink every 15 to 20 minutes. Your pace is also very important. When you are running an ultramarathon, you should start running more slowly than you do when you run a regular marathon. If you start out running too fast, you may be too tired to complete the race.

Finally, many people who run ultramarathons say that it is easier and more fun to train with friends than it is to train alone. So if you are interested in running an ultramarathon, you should also try to get one of your friends interested in it too. And remember: it is never too early to start saving up for that race across Antarctica!

