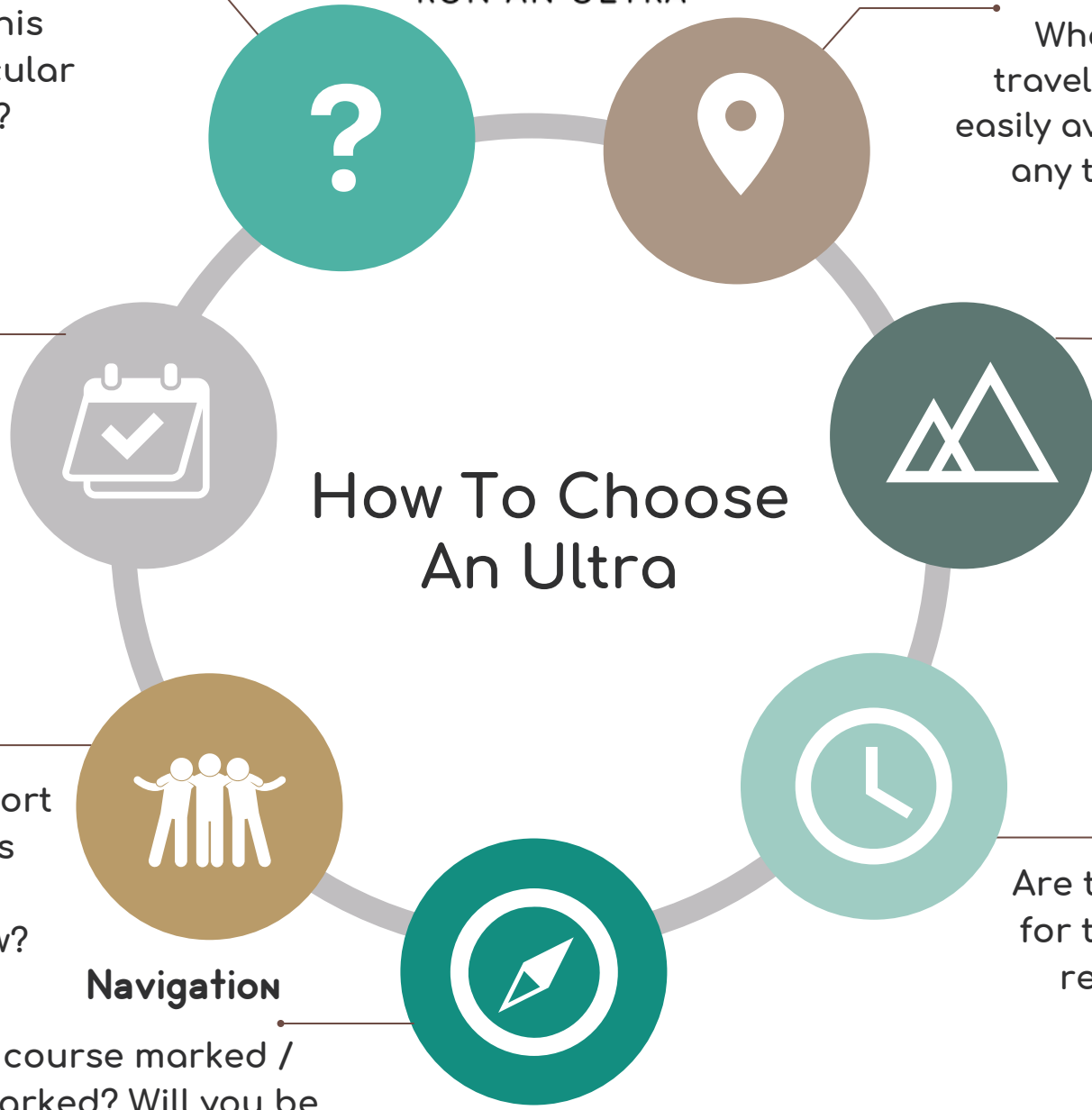
HARRIER

HOW TO RUN AN ULTRA

How To Choose An Ultra



Why

Why this particular event?

Location

Where is the event? Is travel / accommodation easily available? Are there any travel restrictions?

Terrain

Is the event on mountains or technical terrain that require special skills?

Cut Offs

Are there cut-off times for the event? Will you realistically achieve these?

Navigation

Is the course marked / not marked? Will you be required to navigate?

Supported / Unsupported

Do you want a support crew? If so, does this event allow you to bring your own crew?

When

When is the event? Do you have sufficient time to train and taper?