

## Tips for Having a Successful RTO Ultra

*Most important tip: Don't take yourself so seriously... It's the RTO! It's supposed to be fun.*

*Next important tip: Read all the RTO emails and this packing checklist <https://renotahoeodyssey.com/planning/helpful-information/>*



### TRAINING

- Plan at least one double day run and one 8 – 10 mile run per week during your training. The double day run can be splitting up a 5 – 6 mile run into 3 miles in the morning and 2 – 3 miles after work...or 3 miles and 3 miles. This gets your body used to running at different times of the day and multiple times per day. The 8 – 10 mile run is just good to get time on the road/trail at a slower pace. No need to break speed records. [*Depending on when you are reading this, following a half-marathon training plan works well for an Ultra RTO.*]
- If you've never run in the middle of night before, plan a late-night run with a buddy or members of your team. Even better if you can run one of the night legs (Legs 12-24ish)
- Participate in the RTO scheduled training runs.
- Don't just focus on training for your legs; you might have to take over for another runner so be familiar with the entire course.
- Run Trails...and HILLS!! Even if you aren't accustomed to trail running, turn at least one of your runs to the trail per week because trails are easier on the limbs, all about climbing, and more Zen. If you're feeling frisky, do some hill repeats every few weeks. When you're killin' Kingsbury or Dog Valley, you'll be glad you did!

### FOOD

- Pack real food since it's harder to stop for food along the way during an Ultra. There may be times where your stomach is blah, but you need to eat a balance of proteins, carbs, and fats to put back what you burn, refuel, and recover all at the same time. Best to find out what you can stomach during your training period and then do at the race. Lunchmeat, sliced cheese, and mini bagels are great for quick sandwiches. Pre-made Kodiak Protein Pancakes are also easy to pack and eat.
- Carb heavy snack foods. These are important too for the times you need something in the belly. Lenny and Larry's Complete Cookies, your favorite nutrition bar, Justin's peanut butter packets, peanut butter filled pretzels, mini Snickers, trail mix, Greenlee's Cinnamon Bread, Vega Recovery Drink, beef jerky, string cheese, etc.
- Coffee or Tea. Whether it's straight coffee or one with frills, have some the morning of the race...it's also good to have some double shots on ice ready to go too!  
Pro tip: Place a mobile order at the Carson City Starbucks at Exchange 26 (North Carson Crossing, 3325 Retail Dr, Carson City, NV 89706) They open at 5 am.
- Tums, Alka Seltzer, carbonated drinks. These go without saying... tummy troubleshooter!
- Bring extra water for your team and to share with other runners, as it can be especially hot on legs 3 and 36.

### IN THE VAN

- Rent a 12-person passenger van (Like a Ford Sprinter). Bring along a driver to help with most of

the driving. By the end, six tired runners can make for challenging navigation. Cut up a pool noodle to cover up the seat belt buckles, your hips & knees will thank you.

- Sleep. Take advantage of the fact that you are all in one van, as there is no need to coordinate times to be at exchanges and such. We recommend at least two naps and bring a small pillow/blanket.
- Bring a variety of clothes/multiple changes and pack them in gallon-sized Ziploc bags. Bring an extra pair of running shoes. Clean and fresh running clothes are a breath of fresh air...and sweaty clothes can be put back in the Ziploc. Bring comfy clothes, socks, and comfy slip-on shoes for when you aren't running. Be prepared for hot as hell and cold as ice!
- Support your runner. Cheer for them, cowbell often, and make team tunnels. Cheer for other runners too.
- Pack extra toilet paper, baby wipes, hand sanitizer, frozen washcloths. Running as an Ultra means less time at the exchange points.
- Mix up the music. Have a playlist prepared in case you don't like the driver's choice of music!
- Have fun, decorate the van, blast music (except on Prosser Dam Road and in Genoa), and laugh often!

## **RUNNING**

- Planning legs - see if there are creative ways to split up the legs that point to a runner's strengths. Some teams go two legs at a time. Some teams alternate legs one after the other. Some teams match runners (1 + 7, 2 + 8, etc.) Remember, you can split up a leg between two or more runners if needed.
- Mints! Pop one of these in your mouth at the start of each leg, and you feel like you're in one of those minty commercials. Clean mouth, clear mind!
- Take care of your skin! Sunscreen and some type of anti-chafing cream for all the nooks, crannies, creases, folds, and chafing areas. We prefer Zealios Betwixt and Reef Safe Sunscreen.
- Don't forget it's a team thing... Fatigue, injuries, grumpiness, hunger, delirium... It's all part of the ultra-experience! Make sure to be there to pick each other up, lighten the mood, and cheer on! If a teammate is injured or fatigue starts setting in, have a plan how to split up legs.
- Don't stress about pace, overall times, possibly disappointing your teammates, disappointing yourself, or any of that other stuff that goes with stressing yourself out.
- Breathe, have fun, and run!