**YOUR TRAINING GUIDE WAS VERY HELPFUL!**

by Alan Barry

Hello Nancy! Thought I would share this with you. I used your guide as well incorporating hill training for an event in Canada, 148 km Ultra run with 5430 meters of elevation change, was able to complete this in 25 hours 32 minutes and 32 seconds, which only 30% of the solo competitors completed. Your training guide was very helpful.