**FAQs**

**Updated 3/8/2020**

Q: What is the history of Ultra Ladies?

A: The Ultra Ladies formed in 1994 under the guidance of Ultra-Mama Nancy Shura-Dervin. We are the first group to offer Ladies only team training. We are especially supportive of new ultra runners to train for their first ultra running experience.

Q: When does the Ultra Ladies training season begin and end?

A: The Ultra Ladies season begins in April each year and runs through the month of October. We also have a short program that starts in November and prepares runners for one of our Destination Races “Avalon Benefit 50k/50-Mile” in January.

Q: Do I pay to run with the Ultra Ladies?

A: Enrollment fee for each season is stated on our webpage and includes three team runs each month (bi-weekly long runs and one tempo run). The fourth weekend each month is a rest weekend. Ultra Ladies also offers Ultra Running 101 group seminars after each tempo run and 30% discount on all Trail Run Events races.

Q: Can men run with the Ultra Ladies?

A: Indeed, men do run with the Ultra Ladies but they must be SO to one of our members. They are appropriately called "UltraLadies'Men".

Q: Where are the training runs held?

A: Ultra Ladies training runs are usually held in the Santa Monica Mountains, north of Los Angeles.

Q: Am I Ultra ready?

A: Anyone in marathon condition can train with the Ultra Ladies. Likewise if you are a half-marathoner or just a weekend warrior, we schedule most of our runs “out-and-back” so everyone can do the mileage they are prepared to do and build up from there.

Q: Am I too slow to run with the Ultra Ladies?

A: One of the first things you will learn with Ultra Ladies training is that "it is okay to walk". Ultra marathons are typically very hilly races and many runners choose to “power hike” on the up hills to save energy for the last miles. You do not necessarily need to be a fast runner to train with the group. We usually run for time so everyone get a chance to spend the right amount of time on their feet, and improve as they continue to train.

Q: What are the training runs like?

A: The runs are hard and hilly. But the nice part is... you get to go at your own pace! The runs are social (leave your competitive ego at home). Nobody cares who gets back to the cars first. Don't be intimidated... the average training pace is on long runs 4-5 mph. Be prepared to deal with altitude, uneven footing, and possible encounters with wildlife. Before your first run with us, please read the TRAIL GUIDELINES. Reading through this information will help ensure your comfort and safety on the trail.

Q: Are the runs held rain or shine?

A: Yes, we run rain or shine, but do check the Facebook Group for any last minute updates or changes in location.

Q: What gear do I bring to the runs?

A: The following is recommended:

* Trail-running shoes (or running shoes with a wide heel base and knobby tread on the soles). Ultra runners usually buy their trail shoes one full size larger than their road shoes.
* Double-bottle belt (or hand-bottles w/straps) and/or 70oz to 90oz hydration pack. On some runs in July, August & September you may be carrying up to (90 oz) of water. We highly recommend one or two hand-held bottles that you can refill from your hydration pack. Carrying a handheld bottle helps remind you to drink.
* On long runs, pack a small snack, a gel or two (about 100 cal/hour), and salt or electrolyte replacement tablets, etc. Sports Drinks alone will not be enough to replace the electrolytes you'll lose on long runs in warm temperatures!
* Trail gaiters. These fit over your running shoes to keep out stones/dirt. Go to Adventure 16 (Reseda & Ventura) and ask for trail gaiters.
* Hat/bandana/sunblock/etc (see TRAIL GUIDELINES).
* Folding chair and small cooler w/drinks for after the run. We usually bring drinks to each run but you're welcome to bring what you like to drink.

Q: What if I need to do my business?

A: We will try to schedule at least one toilet stop during the run as much as possible. To poop, go off-trail, dig a small hole with the heel of your shoe, and then bury the remains. Do not bury soiled tissue; pack it out in a baggie. It is acceptable to pee by the side of the trail but no leaving tissue please! If you leave the trail to go in the bushes, always leave your water pack on the trail as a marker of where you left trail.

Q: What is "Ultra Pace"?

A: "Ultra pace" means to walk all the up hills and run all the down hills and as much of the flats as possible. You might be a fast runner or you might be a slow runner! Sometimes you might be fast on the way out and slow on the way back ;-). Please go your own pace, following the arrows. You are not expected to "keep up". If you feel like running the up hills, save it for the return trip. As most of our runs will be "out-and-back", you are encouraged to go as slow as you need to go on the way out; that will help insure that you can come back a little faster.

Q: What does "time on your feet" mean?

A: Even though we have mileage posted, everyone runs for "time on your feet". The slowest runners should plan to maintain a pace of 4-mph overall to complete the recommended distance. A cut-off time will be established for each run and if you are slower, you should expect to turn around at the cut-off time and head back to the cars. This means that although the run is tagged at xx number of miles, some of you may actually run fewer miles but will still complete enough "time on your feet" to finish a 50K race.

Q: How can I finish a 50K race if my longest training runs are shorter than that?

A: Which do you think is more advantageous for finishing a 50K: Running 26-miles in 4h or running 24-miles in 6h? The runner who spends more time on her feet actually has an advantage over the faster runner when it comes to distance running. On race day, the slower runner will have an easier time adding the extra 7-miles while the faster runner may struggle more to complete those last 5-miles.

Q: What does "running at your own risk" mean?

A: The Ultra Ladies training runs are unsupported. "Running at your own risk" means: The Ultra Ladies and Coaches assume no responsibility for your safety or your ability to complete the training runs; o aid is provided; course markings are minimal and can not be guaranteed to be accurate; you assume responsibility for your own safety, navigation, hydration and support during the training runs and if necessary, your own rescue and/or removal from the training course, including but not limited to air evacuation.

Q: Why do I need to use the sign-in sheet?

A: Using the sign-in sheet is the only way we know for sure who is out on the course. When you arrive to run, print your information legibly on the sign-in sheet. Always include your car license plate number and cell phone number. When you return from your run, check off your name so we know you returned safely. If your name is not checked off at return, we will look for your vehicle. If your vehicle is gone, we will assume that you returned early and left without checking off. If your vehicle is still parked, we will assume you are still out on course. If you do not return in a reasonable amount of time, we will assume you might need assistance and we will attempt to reach you by cell phone and finally, you should expect that we will call 911 and dispatch search and rescue to come and find you, at your expense. This is a very good reason not to proceed beyond the recommended turn-around time.