

# 100 Miles is Not That Far

Karl Meltzer a.k.a. “Speedgoat”: Ultrarunner, Coach, Race Director, Speedgolfer.

## Introduction:

- Winningest 100 miler trail runner on earth. Currently 37 wins since 1998.
- 15 consecutive years of winning at least (1) 100 miler each calendar year
- 55 Total Ultramarathon wins
- 6 Wasatch 100, 5 Hardrock 100, 4 Massanutten 100, 3 Bear 100, 3 San Diego 100.....
- Online coach, specializing at the 100 mile distance and multi-day “advice”
- Race Director, Speedgoat Mountain races, currently in the 10<sup>th</sup> year.

## Topics to speak about:

- Longevity in Ultrarunning. How we can last longer as Ultrarunners.
- Multi-day running: Advice on all aspects from crew to running to nutrition and strategies
- Products I use and why I like them
- Over-training syndrome. ( I don’t know too much about it, but questions could arise after speaking about longevity)
- Where I think the sport is going, regarding younger ultrarunners.
- FKT’s?
- What’s next for me? Appalachian Trail 2016, winning another 100 in early 2016. Speedgolf and “retirement”