



Welcome pack

Welcome on board, we are delighted to be able to support you on your journey into ultrarunning and hope you enjoy it as much as we do.

This document outlines the different support we can provide and what to expect – you may have already let us know what support you need but if you think further support might be useful to you as you start ultrarunning do ask us and we may be able to provide it.

We also describe how to best communicate with us to make sure things work smoothly.

The latest version of this document can be found [here](#).

Races

If you are thinking about which ultra race to do, then a good place to start is this [advice](#) on choosing the right ultra for you – if you need some help and ideas do contact us. Race organisers offer into ultra runners free places across about 200 different UK ultras. We will put these races into a searchable database but for now look [here](#) for a list of partner race organisers. We would prefer you choose your race from these though if there is nothing suitable e.g. no local race then you can choose other races. If you are hoping for a free race place contact us (not the organiser).

Coaching and advice

With our partners we offer a range of coaching and advice.

We can provide 'traditional' coaching where a coach will develop a training plan with you and you can have regular 1:1 catch-ups for feedback, answering questions, advice and evolving the plan. These are provided for 4 months (though can be extended). They involve a large cost to our partners and so are generally aimed at those willing to dedicate the time and energy in the training. – for this type of coaching it is important that the runner is committed to the process. If you would like this type of coaching let us know and we will work with you to identify a suitable coach and introduce you – please don't contact your preferred coach yourself if you want into ultra support.

We can also provide training plans from other partners – these are apps or online tools that allow you to design a plan yourself and adapt it to your particular circumstances. Let us know and we will point you in the right direction.

Many people don't need regular advice or a training plan but rather have a few burning questions – what pace should I run, should I use gels, I'm worried about getting lost. It is worth looking at our website to see if into ultra's own [advice](#) and webinars answers your questions – we will keep expanding this. The current webinars are here: [Rene McGregor on Nutrition](#); [Josie Perry on Sports Psychology](#); [Allie Bailey on choosing the right race](#). There are also lots of Facebook groups that might be able to answer your questions: [here](#) and [here](#) and [here](#). Or Google it.

If you can't find the right advice and want into ultra to help, best thing initially is to ask Shirin. She or one of the into ultra team (which includes some coaches) may well be able to answer your concerns (by email or zoom) or point you in the direction of where to get advice. If it's a bit more unusual we may be able to find an expert that will have the answer.



Clothes and kit

It might be that you need a running vest or trail running shoes so that you can run ultras. We often can help. Depending on the particular clothes/kit you need we will suggest a particular approach – with the aim that you get good and suitable kit but without excessive cost and ideally re-using. Worth looking at this on [how to ultrarun for less](#). Often we can arrange to get free kit for you from Kitsquad (they have been fabulous providing our runners with loads of clothes and kit). There's also lots of places you can get second-hand kit: [preloved sports](#); [running gear buy and sell](#); [used gear exchange](#); and [vinted](#). If you have to pay for clothes/kit then into ultra can in some cases reimburse you the cost (but you must get our agreement in advance). In some cases, we may be able to reimburse for new kit when that is the only realistic option.

Courses

Our partners offer into ultra runners a range of courses such as navigation, staying safe in the hills and guided runs. If there's a particular thing that you think a course could help you with then take a look at our list of [partners who provide courses](#). If you find something suitable let us know and we can link you up.

Other support

We may be able to provide other support such as travel costs or accommodation. Do ask.

Discounts on books and other stuff

Some companies offer into ultra runners discounts on books, socks and gels. These will be added to this [web page](#).

Communicating with us

As much as this is a journey for you, it is also a journey for into ultra as we figure out the best way to support runners to get into ultra running. To make sure things work smoothly and we can improve we would really appreciate if you keep us informed. For instance: if into ultra has arranged a race place for you but you are injured and can't do it; or if you were expecting something from us and it hasn't happened; or, if you think that now you need additional support; or, if your circumstances or email address changes – then please do let us know. Best email to contact us on is shirin@intoultra.org.uk. Do please be patient though, no one works full time at into ultra and we're all pretty busy.

We'd also love to hear how things are going for you – how did your race go, is the kit working out OK, how are you finding ultrarunning. And if you're at a race and see any of [us](#) please say hi – it's great to put a face to a name.

If you are able to it would be great if you could write us a short testimonial particularly about the benefits of ultrarunning for you and how into ultra helped – this shows partners and donors the impact into ultra has. Testimonials can of course be anonymous – we won't publish your name unless you explicitly give us permission. You are of course very welcome to mention into ultra on your own socials.

We are learning as we grow – if you have an idea on what we could do better please let us know.



Many of you ask us what you can do to help into ultra. Here's a few ideas:

- Shout out about into ultra – the more people hear about into ultra the more people we can support
- Follow us in [instagram](#) and [facebook](#) – it will let you know what's going on and help increase our reach
- Think about volunteering at a race – volunteers are the absolute lifeblood of ultrarunning and make the community what it is. [Read this](#) for some ideas
- Every now and then into ultra will ask for help in certain areas – if you have some expertise consider letting us know

Happy running

the *into ultra* team