Top 10 Reasons to Run Ultramarathons:

10. No matter the metric ––– per mile, per minute (or per feet climbed) ––– ultras are more cost–effective than 10Ks or marathons.

9. Accumulate belt buckles to keep your pants from falling down.

8. Get your ratio of travel time to race time well below one.

7. Get your ratio of toenails to toes also below one.

6. Learn to think of an eight–minute mile as a "sprint".

5. Experience God's creation in a unique and wonderful way: Pre–dawn starts! Mountain tops! Point–to–point trails!

4. Beer and pizza is a traditional pre–race meal.

3. Be part of a sport that will never, ever, be glamorous.

2. Learn that, if you're patient and willing to work hard, there isn't really much that's impossible.

... and the number one reason to run ultras:

1. Coffee and donuts at the start line!