



Hello, <<First Name>>! Thank you for making our community great!

If you have a minute right now, please send a tweet on Twitter (@ScienceOfUltra) or post on Facebook one thing that you learned from this episode or a past episode. Just one shout-out on each episode will help others (and me) and will grow our community...share it forward!

Here are links that make it simple to share. Add or modify as you like:

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If you joined the Ultra Clan recently, you may be interested in older issues of the Ultra Clan Weekly.

You can access the archive of those issues [HERE](#).

On this week's episode, we recorded a new athlete spotlight.

My guest was Cody Lind. He's 20 years old but already holds course records in five competitive races and he placed second in the 2015 U.S. Sky Running Series. He is sponsored by [Scott Running](#).

You can connect with Cody:

Twitter @runninglind

Instagram lindcody

Facebook Cody Lind

He strongly encouraged anyone to reach out to him with questions or comments. So, the door is open...

When answers are specific and personal in my athlete interviews it doesn't seem right to summarize them, so I won't give detailed reports for athlete spotlights. You should hear personal stuff in their words; have a listen to the interview if you haven't already.

As always, we had a couple of wrap up action items:

1. Cody recommends ditching the GPS watch some times and focusing your run on paying attention to yourself and your body.
2. He also emphasizes running for enjoyment and not getting caught up in the placing or time relative to others...have fun!

All the best,

Shawn Bearden

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