**Purpose:** Ultra endurance events are a very much an under-researched area of fitness. Still growing in popularity, it is virtually unknown how these athletes get their information for training. In this study athletes rated different sources of information on the bases of how often they took advantage of them.

**Procedures:** An approved study by the IRB was distributed by Western Illinois University to participating athletes roughly 1 hour before the event took place. The willing participants were then asked to review and sign an informed consent form before filling out the survey in a confidential setting and promptly return it to the administer. This survey covered general information including age and gender, followed by information gathering techniques for personalized training, number of training days per week, and duration of training sessions.

**Results:** The athletes were asked to rate their utilization of 17 different sources and an 18th option of other where they could add any source not listed. Out of these choices, Other Exercisers was the highest rated at followed by ATC/DPT (Certified Athletic Trainer/Doctor of Physical Therapy) and Online Videos. It was also found that raining days averaged just below 5-6 days per week at 61-90 min per session.

**Conclusion:** This investigation suggests that those that participate in ultra-endurance obstacle races are seeking information other places rather than relying only on personal knowledge. This is different than other studies showing the opposite, meaning that athletes may be looking for more reliable sources to enhance their training.