

EPIC ULTRAS NEWS



Welcome From Epic Ultras Founder, Eric Steele



With immense pleasure, I bring you the 12th issue of Epic Ultra News, along with being equally excited to have recently reached our Two Year Anniversary as a company this past month. My ultrarunning family has, of course, grown exponentially over the past couple of years since the inception of Epic Ultras, and I feel ever so fortunate, after 20+ years participating in our beloved sport (as a competitor & Race Director), to continue being a part of it all! EPIC is most certainly an understatement for what transpired during our Inaugural Honey Badger 100 Mile Ultra Road Race we hosted a little over a week ago on the weekend of July 12th & 13th. The format was much different than any of our other races as our competitors had to provide their own crew and fuel while we roved the course with ice and water support. Even with only 14 total participants, we went through over 1600 hundred pounds of ice! YES - 1600! It was hot and windy and the elements certainly took an ominous toll on six of the 14 starters...while eight managed to come up with the magical combination to cross the finish line and earn "The Badge"...our nickname for the "most EPIC" finisher's buckles. George Myers (El Dorado, KS) flew through the course with a finishing time of 19:54:00 for the Overall Win and Male Champion Honors, while Cathy Nevans (Kennedale, TX) claimed Female Champion Honors in a sub-24 hour time of 23:55:32. FOUR of our eight finishers are now halfway to earning the first ever Kansas Grand Slam Award for 2014, which will be awarded to them by Epic Ultras after completion of the remaining two 100 milers in the state of Kansas - the Hawk 100 in September and the Heartland 100 in October, they are; William Sprouse from Enterprise, Kansas. Zach Adams from Girard, Kansas. Elden Galano from Wichita, Kansas. And Trevor James from Chillicothe, Missouri. Congratulations to these four hardcore ultra-badasses for being halfway to earning Kansas Grand Slam Honors! In this month's issue, read all about the Honey Badger 100 Miler from "in-house" blogger Zach Adams' first person account of his latest ultra-accomplishment. Check out Part II of Scott Demaree's Strategical Training & Racing and catch a small glimpse into Oklahoma Ultrarunning Legend, Kathy Hoover's world as she is our "featured runner" in this month's edition of EU News. Enjoy!

Be Epic,
Eric

Aug. 2014...In This Issue

Upcoming Events P.2
Newsletter Bios P.3
Strategical Training & Racing P.4
Featured Runner P.5
'WE' Found the 'US' in 'TEAM' P.6

Our Mission

The primary mission of EPIC ULTRAS is to organize, manage, facilitate and deliver the highest quality ultrarunning events in the world. Our vision is to provide an environment that strongly encourages runners of ALL ability levels to discover, nurture and maintain their own personal greatness and "Be Epic" while co-creating EPIC "ultrarunning experiences of a lifetime" with us!



UPCOMING EVENTS



Prairie Spirit Trail "Fall Classic"
50 Mile & 50K Ultra Races
October 25, 2014 / Ottawa, KS

Take advantage of a \$20 discount now!
Click Here To Register Using The
Discount Code Below Good Through
Friday, August 8th, 2014!

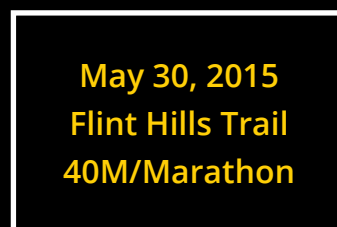
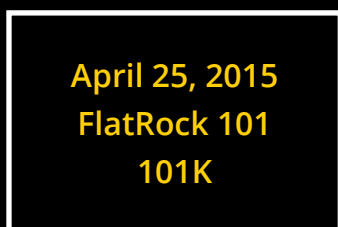
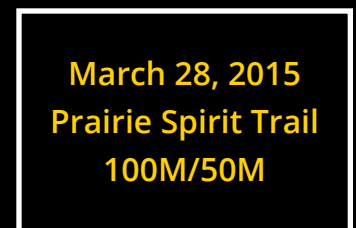
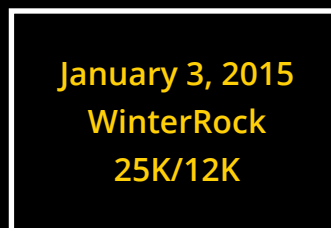
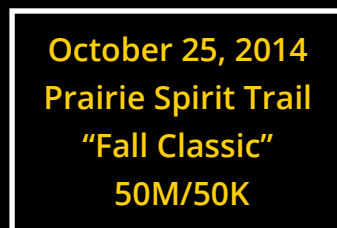
Enter Code At Checkout to receive a
\$20 discount:
20EUNEWBUCKS
(All one word, no spaces)

Prairie Spirit Trail "Fall Classic"

Not quite ready to run the full 50 or 100 miles? Don't want to train through the heart of winter for a spring race? Wanting to race on the Prairie Spirit Trail but can't wait until March? If any of the above is true, I HIGHLY recommend checking out the Prairie Spirit Trail "Fall Classic" 50 Mile & 50K Ultra Races.

Course Description

The Prairie Spirit Trail is a beautiful "rails-to-trails" course that runs through numerous quaint little towns and treats runners to "stunning displays" of incredible fall foliage. Runners will do an out-and-back, beginning in Ottawa, KS and traveling south to Garnett (50 milers) or Richmond (50K's), then, back north to the finish. The course is primarily on a crushed limestone trail, with asphalt paths as you travel through each town. Manned and unmanned aid stations will be approximately every 5 miles (with no greater distance than approximately 6 miles) and the course is easily accessible to crew. It's a great event for first timers, as it's a flat and relatively easy course. It's also the perfect course for experienced runners wanting to set a PR. The atmosphere will be family friendly with plenty of places for your crew to hang out and relax while cheering you on. Pacers will be allowed for the second half of the 50 mile event only, no pacers in the 50K allowed.



All EPIC ULTRA events
sponsored by:



Newsletter Bios

Epic Ultras Needs Your Help



Scott Demaree - Newsletter Contributor

With a diverse past as a computer programmer, graduate student researcher, personal trainer, shoe salesman, and physics teacher, one pursuit has dominated Scott Demaree's life like no other: high performance distance running/walking. To date, he has accumulated over 104,000 miles on foot, including nearly 10,000 miles in competitive races (113 ultras and 49 marathons). He won 26 ultras and 1 marathon. Two wins were National Championships: 1989 24- Hour run and 1986 100K racewalk. Some of his personal bests were not even wins, including 230.4 miles for 48-Hours, 143.4 miles for 24-Hours and 14:57:32 for 100 miles. Fascinated by the difficulties of these events, he went back to school to earn Masters degrees at Wichita State University and Texas A&M University, involving extensive study/research in nutrition and exercise science. He currently challenges Texas high school students to high achievement in physics and AP physics.



Zach Adams - Blogger Extraordinaire

Zach's been competing in ultras for about three years and is most certainly an EPIC ultrarunner. He loves running and has the sense of humor that Epic Ultras thrives upon! He's been our blog contributor since our inception and has a true passion for this sport. If you're easily offended, well, read his blog and get pissed, or don't! He "calls it like he sees it" and has no shame in doing so. Visit page six to "get a taste" of Zach's most Epic humor about our sport!



Kathy Hoover - Featured Runner

In her own words.

I was born in Tulsa and I'm pretty sure I popped out of the womb running. I know I have been formally running since I was nine, but I can't remember a time when I didn't. I was raised in the country by my cowboy/Indian/Irish family. I was referred to as the "Wild Child" of the area, because I was very independent and always out running wild in the countryside. I attended Barnsdal 55 Elementary and Sperry H.S. where I excelled in running and all sports that I played. I left home when I was 16 and raised myself. I had track scholarships offered to me but never went to college. I tried to get a job at RunnersWorld when it first opened in 1978 just after H.S. graduation. They weren't hiring so I worked in the restaurant industry and cooked and ran the prep kitchens (I also wanted to be a chef) where I was usually the manager within six months after being anywhere. When I was 21, I managed a health food store and the kitchen of a restaurant at the same time working 12 hour days. When I was 23, (1983) I went back to RunnersWorld and practically demanded a job telling them that they didn't understand, "I was supposed to work there!" They hired me and I have been with RunnersWorld ever since and have owned the store since 2007.

Epic Ultras needs YOUR HELP! With the expansion of events on the EU race calendar and the increasing popularity and participation in our beloved sport of ultrarunning, we need to add to the Epic Ultras Brigade. Just because you may not be able to run every event you would like does not mean you can't be a part of Epic Ultra's mission to "co-create experiences of a lifetime". It takes amazing people to pull off the absolute BEST events you will find ANYWHERE. By working at an aid station and assisting in other race day duties, not only will you be a part of the Epic Ultras Brigade, you may even earn your way into an Epic Ultras event. To find out more go to:

www.epicultras.com/brigade.

Thank You!



EPIC ULTRAS

Strategical Training & Racing

Part 2

by Scott Demaree

Let's say that in the 8-10 weeks leading up to your taper, you have averaged 40 miles of running and 10 miles of walking. Breaking that down, it means you ran 80% and walked 20% of your training miles. It is only logical to use an 80%/20% run/walk plan. An easy way to do that would be run 4 miles then walk 1 mile, and repeat until finished. Or you could cut it in half and run 2 miles then walk ½ mile. Either would be fine, but most ultras don't have markers every mile or half mile.

Another way to do it is by the clock. It's a little more complicated than straight mileage. Here you have to estimate your reasonable running pace and a reasonable walking pace for the race. Let's use 10 minutes per mile for running and 15 minutes for walking. Four miles running would take 40 minutes followed by 1 mile walking in 15 minutes. So each 4/1 cycle would take 55 minutes. In a long race like a 100 miler, you might need the last 5 minutes each hour for pit stops. Therefore, a person following this schedule from start to finish would average 5 miles per hour, which will get him/her to the finish line in 20 hours.

How likely is this to happen? For a person averaging only 50 miles per week, I would expect both the walking and running paces to drop off as the race progressed. But there is a reasonable way to plan for such a drop off. You start by dividing the race into thirds. Let's say you would like to finish 100 miles in less than 24 hours. In the first third of the race (8 hours), you are relative fresh. During this time, you should be able to maintain a comfortable running and walking pace. In the middle third of the race (hours 8 – 16) reality sets in and you need to slow your walking and running pace. In the last third (hours 16 – 24), you are just hanging on, trying to finish in a decent time, so a further decrease in pace is necessary.

Let's take that person above and see how this might work. If the person could keep up the 5 mile per hour pace for the first 8 hours, he/she would have completed 40 miles. During the middle third of the race, this person might lose two minutes per mile running and two minutes per mile walking. The new speed is about 4.25 miles per hour. If he/she could average that for the next 8 hours, he/she would reach 74 mile at 16 hours. If he/she loses another 2 minutes per mile for both running and walking during the last third of the race, he/she averages 3.75 miles per hour and finishes in just under 23 hours.

This person could change several things to improve the outcome. If he/she planned slower paces for the first 8 hours, the drop off later in the race might be less severe. He/she could also cut the running time to 20 minutes and the walking time to 7 ½ minutes repeated twice each hour. It is easier to maintain the running pace if the running segments are shorter. Lastly, 50 miles per week is pretty minimal training for a 100 mile race. Working towards higher training loads always pays dividends in improved endurance, and what are ultras if not the ultimate endurance contest.

Finally, let me relate a few examples of how well this approach works. In my experience a pre-planned run/walk schedule using reasonable pacing works well up to 24 hour events. In my prime I used it to finish 100 miles in 14 hours 58 minutes and 140 miles and 143 miles in the first 24-Hours of 48-Hour races. The last 24-hours of 48-Hour races turn into brutal survival contests as you battle with sleep deprivation and your body demanding that you stop. I also watched Brian Purcell defeat me in a 48-Hour race by dividing his first 24-hours into thirds and pacing 7 miles per hour, 6 miles per hour and 5 miles per hour for the successive thirds.

Featured Runner - Kathy Hoover

The Basics

Date of Birth: 6/24/1960
Place of Birth: Tulsa, Oklahoma
Currently Residing: Tulsa, Oklahoma
Marital Status: Married
Job(s): Owner, RunnersWorld Tulsa
Children: One Daughter, Lindsay Sager, two beautiful grandchildren
Height: 5' 4"
Weight: 120 lbs
Shoe Size: 9
Best Physical Feature: Smile
Worst Physical Feature: Hair! It's got a life of it's own... LOL!
Educational Background: High School
Personal Strength(s): Mental toughness
Personal Weakness(es): Too emotional
Make Of Car You Drive: Toyota Tacoma
Make Of Car You Would Like To Drive: Any kind of non manufactured concept car that no one else would have.
Pets: All Gone. No more. I love animals and I would like to have horses again, but I am never at home, so who am I fooling?

Achievements / Goals / Memories

Personal Hero: The underdog, the beginner runner.
Personal Philosophy: Hurdle the weak, trample the dead... Do unto others as you would have them do unto you. Oh, wait.... maybe I take back that first one!
Short-Term Goal: Make it through each day and finish the War Eagle 50K this weekend, Do a Ride and Tie.
Long-Term Goal: To start my own running/ fashion clothing line.
Most Prized Possession: RunnersWorld Tulsa!
Most Proud Achievement: The latest is running three 100 mile races, three weeks in a row.
Happiest Memory: Growing up in the country and having 360 acres of land as a playground and giving birth to my child.
Secret Ambition/Fantasy: To be an Olympic sprinter or skeleton racer.

Spare Time

Book Currently Reading: I have one sitting on the night stand. I don't know what it is.
Hobbies: Bulding, drawing, sewing, cooking
Collections: Vintage apparel, Ruby Glass, vintage aprons, silver shoe pin cushions.

Favorites

Non-running Magazine: In Style - Country Living - Southern Living
Favorite Movie: Tin Cup - Run Fat Boy Run
Favorite TV Show: Project Runway
Favorite Actor/Actress: Robert Downey Jr., Meryl Streep, Sir Anthony Hopkins
Favorite Music: Classic Rock and Bluegrass/Celtic
Favorite Musical Performer: Depends on my mood.
Favorite Artist: Renoir
Spectator Sport: I don't really like watching sports cause it only makes me want to play them..if I do watch, I like Motocross and the Olympics.
Favorite Subject in School: Art and P.E.
Favorite Game: Trivial Pursuit or Jeopardy
Favorite Vacation Destination: Padre Island, Texas, any European country.
Favorite Time Of Day: Nighttime
Favorite Item Of Clothing: 1950 style dresses I make myself.
Non-Running Leisure Activity: Cooking, sewing
Running Shoe: Solamon Sense Pro
Food/Drink During An Ultra: Coke with salt in it. (I made them up and call them volcanoes) - pickles on potato chips, pickles on Sandwiches, nacho cheese Doritos, tater tots.
Food/Drink Before An Ultra: Diet Coke - QT muffins - Pro Bar Peanut Butter and chocolate chip.
Food/Drink After An Ultra: Diet Coke - anything from Olive Garden or with gravy on it.
Favorite Crew Person(s): Dana Childress, Susan Michaels, Cindy Metcalf, Theresa Ellington.... Spoil us rotten they do!
Favorite Pacer: I usually don't require one, but I'm good with anyone that wants to run with me during a 100...Russell Bennet or Roman Broyles when they are actually signed up to do the races.
Favorite Place To Run: Anywhere in the middle of the night. Country is preferred, but running nights from QuikTrip to QuikTrip and seeing the Tulsa sights is a lot of fun too!
Favorite Type Of Running Surface: I prefer dirt, but it doesn't prefer me...
Favorite Famous Quote: "I have not failed. I've just found 10,000 ways that won't work." - Thomas A. Edison

Dislikes / Fears

Least Liked Subject: Politics
Least Liked Household Chore: Washing un-rinsed dishes that have set in the sink for a few days.
Pet Peeve: Keeping secrets, telling lies.
Greatest Fear: Speaking publicly. I HATE it. I have to do it frequently....

2014 Honey Badger 100 Mile Ultra Road Run – 'WE' Found the 'US' in 'TEAM'!

By Epic Ultras Blogger Zach Adams

Writing a race report for a 100 miler is always hard for me. It is difficult NOT to go into a painfully detailed play-by-play account of the whats, whens, wheres and hows of the specifics of the race; fueling, hydration, pace, etc. Unfortunately that leads to a reading experience that has as much monotony, boredom, and suffering as an actual 100 mile race. With the primary goal of my race reports being to entertain an audience of those interested in ultrarunning, I will do my best not to drive you to a suicide attempt using your keyboard or smartphone. After all, I was the one who signed up to suffer – you just want to chuckle about it and assure yourself that you did the right thing by NOT signing up for this suckfest. Instead of boring details like, “then I swallowed another Endurolyte” or “my pace for the next 2 miles fell off by 14 seconds”, I am committed to attempting to convey the unpredictable and rapidly changing feelings and raw emotions that inevitably ebb and flow over the course of a nearly 30 hour race. Wish me luck.

After packing the van and trailer with the equivalent of two Walmart Supercenters and enough ice to build a replica of Superman’s “fortress of solitude”, Candi, Johnny and I finally arrived at Cheney State Park Friday afternoon ready to descend on the Epic Ultras pre-race meal like a swarm of locusts. These meals have morphed into an occasion that could be described as a, “family reunion where people genuinely like each other”. I hesitate to call it a family reunion since there was no keg and the cops only stopped by to say hi. Warren grilled us up some awesome chicken, burgers, and brats while Eric, Polly and the rest of the Epic Brigade were working hard to not only feed us, but get ready for the race in the morning. After eating more than our share, we milled around talking with our ultra-family. Our crew, that would come to be known as “The Van Clan” began to show up as we organized gear and went over plans for the morning. “Johnny and the Daves”, Mr. Webb, Mr. Meeth, and Mr. Box would be our crew, and their main goal was to keep us alive, moving, and relatively happy during the heat of the day. Shay, total badass and future female action movie star, would figure out a way to meet the crew some point in the evening – after of course- she ran a hot ass 50k at the Psummer Psycho Wyco in KC. Once all the work was done and we finally started to relax, I realized that the butterflies were having a metal concert in my guts, and from the feel of it, the show was rockin’ pretty damn hard. Candi mentioned having some nervous energy a couple times although she is about as stone-cold cool under pressure as anyone I have ever met in my life. A comfortably mild July evening lured us into our tent away from the mosquitoes, where we spent the next six ours or so not really sleeping.

After vehicle check, lots of nether region lube, and couple of hot breakfast burritos (Thanks Dave M!) we were off like a herd of turtles chasing an earthworm. Candi and I took advantage of the opportunity to run with other humans for the little out and back around the perimeter of the lake, knowing soon enough that it would be just her and I – just like most of our training runs. The nerves subsided and our bodies settled into that familiar rhythm or left, right, repeat that they are all too familiar with. We met back up with our crew as we passed near the starting line to head out for the big 92 mile loop and gave them the standing order to head out three miles in front of us until further notice. Our plan was not to run a 100 mile race, but more like 33 individual 5k’s. After all, running 100 miles on asphalt in the summer just sounds dumb! Running some 5K’s is psychologically much more manageable. Running a hundo is just like eating an elephant; you can’t swallow it whole, but you can eat it all eventually if you are patient and do it one bite at a time.

Feeling great, we chugged along the first stretch of the race, a 30 something mile straight shot littered with the occasional hill that enabled about three miles line of sight. It could get somewhat frustrating to see your crew setting up while you were still 25 minutes away! Candi and I chatted and ran in three mile chunks, taking our time and not rushing

2014 Triple Crown Series

The 2014 Triple Crown Series is 2/3 of the way complete and we currently have nine courageous trail running badasses still on track to receive the coveted title of: “2014 Triple Crown Honoree” They are:
Zach Adams, Candi Paulin, Melissa Bruce, Josh Watson, Carson Galloway, Joseph Galloway, Robert McPherson, Marcus Needham, and Mike Rives.

Upon completion of the 50K at our SOLD OUT Flagship event - FlatRock in September- each will receive special recognition, a personalized golden goblet, and be only the second group honored into the “FlatRock Triple Crown Series”. Want to know how YOU can qualify in 2015? Simply COMPLETE each of the three FlatRock events for 2015: WinterRock (12K or 25K), FlatRock 101K, and the FlatRock 50K.

To ensure your “Triple Crown” the first step is to register as soon as registrations are open – these races will fill to capacity very quickly. The first rounds of registration links will always be sent out as INVITATION ONLY to prior competitors. If you did not participate in the 2014 events, make sure to subscribe to Epic Ultras [email list](#) (sidebar) to ensure that you are immediately notified of the opening of general registration.

Want to see the 2014 honorees receive their awards and recognition?

Join us for the celebration at the conclusion of the 20th annual FlatRock 25/50K on September 27th in Independence, KS!

2014 Honey Badger 100 Mile Ultra Road Run – 'WE' Found the 'US' in 'TEAM'!

...continued from page 6

as we ate, drank, and doctored our bodies. While we wanted to turn in a respectable time, our primary mission was to NOT totally thrash our bodies doing so. This race in summer is no PR course, and since only 17 people started, we figured finishing put us in the top twenty. Good enough! Sticking to our plan, we fell into a comfortable rhythm and our rookie crew almost immediately started to mesh and gel into what would quickly come to resemble a highly tuned, well-organized, and perfectly efficient TEAM rivaling the best that NASCAR has to offer. The blazing July sun was hot and radiating off the blacktop but as we headed to the west we still had a pleasant cross breeze helping to keep us cool. We knew it would get rougher once we made the turn to the south near mile 40, but we may have underestimated JUST what it would be like to be running straight into the bowels of hell while Satan hit us with some supernatural hair dryer. Cue the suck.

The following 15 or so miles were not very much fun. For starters, after making our turn, Johnny and the Daves were unable to park at the 3 mile mark due to no cross street, so Candi and I had to do a 4-4.5 mile stretch before getting back to them. While this sounds like it should be no big deal, it really was. Not only had we turned into the 20+ mph wind, but the day was getting over the 95 degree mark and we were only carrying a single handheld each. The wind would dry you out within about a mile and while one bottle was just about the perfect amount for 3 miles, it was grossly inadequate for 4 or more. So we suffered. We took our time to cool off and recover once we finally reached them and then did 5ks until we got to Cunningham, a little town where we would cross under Hwy 54. At this point we decided that 3 miles was just too far between cool offs and had the crew start stopping every 2 miles. Despite costing us some race time, I feel like this was the single best decision we made through the entire course of the race. Sacrificing some clock time to stay cooler, longer became a strategy we deployed until the sun came down. Each stop we would take off our hats and shirts and soak them in ice water before putting them back on. At one point I said something about "investing some time in the afternoon heat that would earn us some dividends we could cash out once it cooled off." Thanks to the efforts of our fantastic crew and in spite of a daytime high of 98 degrees, we survived – mostly undamaged – and got to the checkpoint at 53 miles in St. Leo. The massive, shady oak tree at St. Leo and the promise of no wind in our face was our prize and we absolutely reveled in it, sharing some laughs with Warren and some others while eating, drinking pickle juice shooters, and doctoring our increasingly tattered bodies.

From this point, we were allowed to take on pacers, and we had our own Johnny on the spot. No, not a shitter (which would have been nice), but a shaggy headed young man about to be violently born into the world of ultrarunning. Johnny is "the kid" on our crew, and hails from my hometown. Twenty-three years old, he is a baby by ultrarunning standards. His previous running experience consists high school track (I heard he once ate shit on a hurdle but still got up and ran his heart out instead of walking off), getting a hair up ass and running the Richmond Marathon without training (in ~3:30:00), and through-hiking more than 700 miles of the Appalachian Trail. And while Johnny has a fiery spirit that matches his shaggy ginger head, he has zero experience past about the 30 mile a day mark. So naturally, he wanted to go the distance – almost 50 miles. Why not? Now armed with a fresh set of legs and a new conversation partner, my love and I continued along the never-ending pavement of Kingman County Kansas, determined to slay ourselves a Honey Badger.

We continued to do our thing – drink, eat, run, drink, rest, and repeat. The sun lowered to the point that we finally felt relief from the day's heat, and it was MARVELOUS – but somewhat deceiving. The humidity was still high and it was still very warm, so we took great care and made a conscious effort to continue our intake of fluids – including a drink we named "Pink Shit". Pink Shit was a mix of different flavors of Dollar General Pedialyte

Featured Runner

...continued from page 5

Ultra Stuff

Years Running Ultras:
8ish

Ultras Finished:
Not sure of ultra's over-all but I'm proud to say I have finished 17 -100 milers.

Best Ultra Performance(s):
Mother Road 102 miler in 22:48:00

Most Memorable Ultra:
Well Duh! Prairie Spirit in a BLIZZARD

Typical Training Week(s) Before A Major Race:
Several weekends in a row of long weekend runs and random runs during the week. I usually don't adhere much to set training schedules.

Injuries:
Right now I have a torn AC tendon in my shoulder.

Ultrarunning Idol:
Everyone that knows me will make fun of me for this...It's Catra Corbett. I love to hate her. LOL!

Why Do You Run Ultras:
It's the best escape in the whole wide world! Best way to push yourself to the limit.

Advice For Other Ultrarunners:
Everyone can! Whatever bad slump you are going through during an ultra can usually be gotten through...Don't stop!

2014 Honey Badger 100 Mile Ultra Road Run – 'WE' Found the 'US' in 'TEAM'!

...continued from page 7

and Gatorade knockoffs, and not too bad when served cold. I continued to eat as I had all day, in large quantities, prompting Boxy to voice his opinion that eventually I would eat EVERYTHING and he would have to raid a cornfield. Candi babied her stomach along trying desperately to avoid nausea issues that plagued her in her last few long ultras. I can only imagine the torture of wanting nothing more than to puke for 40 miles. Luckily I am armed with an iron set of guts coated with Teflon and wrapped in Kevlar – the longest period of barfy-pukey I ever endured was about 30 minutes in any race (and it was torturous). Anyway, without getting any further bogged down in details, we made like Forrest Gump and “just. kept. running.”, eventually donning our headlamps and stumbling along under the blinking red lights of the wind farm and the super moon.

Approximately 10:30 pm and around 60 miles in, a new character joins our fearless expedition as we quest ever closer to the final showdown with the villainous and notoriously tough Honey Badger. Shaylene “Lara Croft” Caffey, who earlier in the day thrashed her 50k PR on a difficult Wyco course, traveled hours from Kansas City finally hitching a ride out and meeting up with the Daves. This young lady is on record saying that she is planning on running the FlatRock 101K course in Vibram 5-fingers next spring. Yeah, we ONLY accept level 99 badasses on our crew. Shay is also planning on shooting down the Hawk 100 (her first) in September; I think she was maybe even subconsciously looking to get some more insights into the “late miles” of a hundie. Candi and I planned on showing her precisely how to climb into her pain cave and then slam the door shut on her own personal hurt locker. Shay, however, was determined to take crewing to the same level of her running and attempt to keep us from suffering at all. It was a battle of wills that would play out all night and into the next morning. Once Shay joins the crew, it breathes some new life into all of us. Dave and Dave had been crewing at a very high level non-stop since sunrise, Johnny was crewing and running in beast mode, and the beautifully hardcore Candi and I plodding along on the road with seemingly no end. I don't know where she mustered it from, but Shay's rootin', tootin', hootin', and a hollerin' woke us all up. Precisely when we all needed it. Dave Meeth, or as I internally began to think of him – “The Professor” – changed roles and pinned on a pacer's bib, while Dave Box shined in his role as Master Driver and Crew Chief.

Meeth is an engineer by trade and was the first person I recruited to join the crew. I had met him and FlatRock, chatted with him online, and he even came out and brought me a beer at the 12 hour KUS race I ran last November. He is also an ultrarunner having run a 50 miler to his credit – much faster my best time. Additionally, I could really just see and feel his intelligence and compassion for others even beyond his passion, energy, and excitement for the sport of ultrarunning. I knew he would make an excellent crew member. For these reasons (and not just because he is the elder of the group) the nickname “professor” just kept popping in my head. Regardless, I knew Candi and I would be in good hands with Dave for the next 35 or so miles.

Believe it or not, the later miles of a 100 kind of just gets boring. I know? Amazing revelation right?! Not much else to note, unless you get excited about lubing up, pooping, and peeing on the side of the road; in which case you are probably looking for a different website with a .xxx at the end of it. We ate, we ran, we lubed, and we drank. Most often we kept a good attitude and still managed some good conversation and even some belly laughs. Other times, it was deathly silent as we were all somewhat trapped in our own thoughts (or pain caves). Onward.

Meanwhile, Boxy and Shay were playing a three mile game of leapfrog that consisted of driving out, looking for a place to park, setting up chairs, and prepping an all-you-can eat buffet for the ever famished Fred Flintstone (me) and Shay rubbing Candi's aching -but still pretty- feet. This is truly selfless work. Up all day and night to help us out. It really does amaze me that these guys would do this for us, almost perfect strangers before this race, for no other reason than helping us achieve our goals. This brings me to Dave Box. Boxy is a guy that came out of nowhere to run the FlatRock 101k as his first, YES FIRST, ultra. But wait, there's more... He had never run longer than 13 miles before that. But wait, there's more.... He gets 3rd overall! Wow. Two weeks later he rips off and most impressive finish at the Flint Hills 40 miler – despite blowing up and overheating in the final half marathon. Boxy has raw talent, tons of heart, and an iron will. He told me that his body was DONE after about half way of the FlatRock 101k, but he did what a good ultrarunner does – he ran the rest with his mind. Box took this same drive, energy, and mental toughness and put it to use in his role as Crew Chief. Need I say more? Not only did Dave expertly execute his crew duties, but he supplied half of the gear we used including a pop up tent, 7 gallon gatorade jug, and a propane grill and tank. You got it. Hot food on the road. BAM. Box cooked us bacon at 3 in the morning. Dave Box is a crewing GOD. Not to mention he pulled his toy hauler, complete with generator and air conditioner, three hours to the lake – just because you never know what we might need. Enough on Boxy, don't need his ego getting as big as mine, that would be bad for everyone involved, but you get my point. Back to the race.

2014 Honey Badger 100 Mile Ultra Road Run - 'WE' Found the 'US' in 'TEAM'!

...continued from page 8

So miles 70-100 were more of the same. We didn't feel much better, but we didn't feel much worse. We just kept ticking off the miles three at a time. About 5 miles from the finish we run up on Boxy sitting cross legged on the trailer cooking up some more hot bacon for us. Shay is still hollering for us and cheering us in EVERY single time we get to the van. Johnny and Dave were rock solid pacers who never complained about their own aches and pains although they had been out there for 12 hours or more. We did this until our final stop about a mile and a half from the finish line (we wanted to finish strong). Here, we sat in our chairs and shared a beer to celebrate our victory in private. It was amazing.

For the final time in the race, we got up, shook off the instant soreness and began hammering out the last bit to the finish. Candi and I crossed the finish together in 27:16:39 well below the realistic 28 hour goal we set for ourselves. More importantly we were not in that bad of shape considering the brutal heat and wind of the day. Candi had a single tiny blister and I had three and a gray toenail. No major aches and pains at all. Just tired bodies carrying around huge smiles. We relaxed around the finish talking to our pals. Huge thanks to Epic Ultras for putting on a top notch event with the level of challenge we were looking for. Eric, Polly, Warren, Frank, David, Justin, and all of the Epic Brigade make these events live up to the considerable hype that they generate. Also a huge thank you to the awesome support we got on the course from the roving aid teams - Justin and Joell Chockley, Mark Berry, Daron and Zander Pratt. Also special thanks to Joell Chockley for doing such a wonderful job capturing the day in pictures. All of your efforts are VERY much appreciated.

All of the 100's that I have run are special to me for different reasons. Pumpkin Holler was redemption and I ran fast. Prairie Spirit I came back from the brink of failure. Honey Badger will always be special to me because I crossed the finish of a VERY difficult ultra with the woman I love, and WE were able to do so because of the perfect execution of a well organized plan by an ULTRA TEAM whose skill, motivation, tenacity, and chemistry will never be surpassed.

Until Next Time.... BE EPIC!

Zach Adams

