

EPIC ULTRAS NEWS



Welcome From Epic Ultras Founder, Eric Steele



Well, it's hard to believe that 2013 has nearly come to an end. What an "epic year" it's been for our young company as we hosted four different Inaugural Events in 2013. The WinterRock 25/12K's in January, the Prairie Spirit Trail 100/50 Miles in March, the FlatRock 101K in April and the Prairie Spirit Trail "Fall Classic" 50 Mile/50K's in October. Due to extremely low registration, we had to cancel our Inaugural Honey Badger 100 Mile Event, scheduled in July, however, it is back on the books for 2014, as well as all of the other aforementioned events. Not to mention, our 20th Annual FlatRock 50/25K's scheduled for September 27, 2014, "sold out" in just a little over six days after sending out invitations in late October. During this past year, we were super-excited to have had nearly 350 ultrarunners in from 23 different states (excluding Kansas) as far away as Alaska, California, Washington & Maryland. We also started a new "special recognition" category in 2013 called the FlatRock Triple Crown and had eight courageous individuals complete the requirements and earn this esteemed honor...it, too, is back on the books for 2014 (complete details on page 3 below). Speaking of the New Year, registration IS NOW OPEN for our 2nd Annual WinterRock 25/12K's, scheduled for January 4, 2014, and we are already 70% full as we are only accepting 100 registrants. Unlike last year, YOU MUST pre-register if you would like to participate in our 2014 "kick-off" event, as there will be NO race day registration like last year. Please take "immediate action" by clicking the link on the next page if you would like to join us. In closing, I would like to thank all of you who chose to participate in one, or more, of our EPIC ULTRA Events in 2013 and we certainly hope to see you back at one, or several, of them in 2014, as well. Wishing you and all of your family and friends a most joyous upcoming Holiday Season and a "very prosperous" New Year!!!

As always, in all-ways, Be Epic,
Eric

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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 create an environment that strongly encourages runners of all ability levels to discover, nurture and maintain their own personal greatness and "Be Epic."



UPCOMING EVENTS



2ND ANNUAL
PRAIRIE SPIRIT TRAIL
100 & 50 MILE
— ULTRA RACES —
MARCH 29, 2014 • OTTAWA, KS

Ottawa
Garnett
Iola

2nd Annual Prairie Spirit Trail
100 & 50 Mile Ultra Races
March 29, 2014 / Ottawa, KS

Click Here To Register Using The Discount Code Below Good Through Monday, December 9th, 2013!

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

BREAKING NEWS!

Epic Ultras is elated to announce that ultrarunning founding father and legend, David Horton, will be the guest speaker at the 2nd Annual Prairie Spirit Trail 100 & 50 Mile Ultra Races! Horton began running in 1977 while attending the University of Arkansas and has logged in excess of 113,000 miles! A few of David's notable ultrarunning accomplishments include record setting runs on both the Appalachian and Pacific Crest trails, winning the notorious Hardrock 100, and running across the United States in the Trans American Run, covering 2906 miles in 64 days. David is also one of only a handful of runners to successfully complete the obscure, infamous, and nearly impossible 100 mile Barkley Marathon.



Horton has contributed substantially to the ultrarunning community not only as a competitor, but as mentor, coach, and race director. He is directly responsible for the Hellgate 100K, Mountain Masochist 50 mile, and Holiday Lake and Promise Land 50Ks. David is a professor of health sciences at Liberty University, where his running class has the unique requirement of running a 50k ultramarathon. He continues to inspire runners of all ages and abilities, and we are honored to have him as our guest speaker for the 2nd Annual Prairie Spirit Trail 100 & 50 Mile Ultra Races in on March 29th in Ottawa, Kansas! And don't forget that the Prairie Spirit 100 is the first race in the Inaugural Kansas Grand Slam! For more info on the slam, check out kansasgrandslam.com!

January 4, 2014
WinterRock
25K/12K

March 29, 2014
Prairie Spirit Trail
100M/50M

April 26, 2014
FlatRock 101
101K

July 12, 2014
Honey Badger
100M



October 25, 2014
Prairie Spirit Trail
"Fall Classic"
50M/50K



All EPIC ULTRA events sponsored by:



Newsletter Bios

Triple Crown Series



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!



Melissa Bruce - Featured Runner

A few years ago, after running her first half marathon, Melissa was scouring the internet for races and discovered Epic Ultras FlatRock 50/25K. Although she had lived in the Elk City her entire life, she had never heard of it! Melissa decided to do it and spent the next few months e-mailing RD Eric Steele every newbie question in the book - which he was patient and kind enough to answer. After finishing the 25K, she knew she wanted more! Melissa signed up for, and

completed, her first ultra at the 18th annual FlatRock 50k in 2012. She was immediately and completely hooked! The start of 2013 was rough on Melissa. The first of the year included a long break due to surgery followed by a couple of bad races. Despite the challenges, she found an amazing support system and bounced back to finish her first 50 miler at the Inaugural Prairie Spirit Fall Classic under her personal goal time of 12 hours. She's not sure what the future holds for her as far as ultras, but she knows she is going to have a great time finding out! Melissa is an outstanding example of a casual runner making the commitment to "work hard" and do what it takes to cover distances a lot of people consider total foolishness!

The FlatRock Triple Crown Series was rolled out at the beginning of 2013 and subsequently awarded to eight outstanding individuals! The eight dedicated ultrarunners who earned the title of "2013 FlatRock Triple Crown Honoree" were Dennis Haig, Scott Hill, Ron LaPoint, Adam Monaghan, Michael Mora, Candi Paulin, Paul Rejda, and Kimberly Myers. Immediately following the EPIC and nail-biting final minute of the SOLD OUT 19th FlatRock in September, a golden chalice was awarded to each of the brave souls who took on "The Rock" for all 3 events in 2013. Want to know how YOU can qualify in 2014? Complete EACH of the three FlatRock events for 2014:

1. Register today for the FlatRock 101K April 26, 2014 (limited to 125 participants)
2. Register for the FlatRock 50K September 27th, 2014. Sorry, FLATROCK IS SOLD OUT! (You were warned!)
3. Register for either distance (25 or 12K) for WinterRock January 4th, 2014 (Registration is now open and we are at 70% capacity - Event limited to 100 registrants)

These "Most Epic" events will SELL OUT! If you want to add a "FlatRock Triple Crown Series" golden chalice to your collection of awards, sign up for the 101K today, and keep an eye on your WinterRock invitation to arrive in your inbox!



Vegetarian

by Scott Demaree

When people find out I have a background as a competitive ultra-distance athlete, they ask me about the special diet I must be on, often assuming I must be a vegetarian. Apparently, they have read more than once about prominent athletes that tend to follow one unusual eating pattern or another. Many times they are surprised when I explain that I eat just about everything. In fact, I've been accused of running so that I can eat everything.

I bring this up here to introduce the pros and cons of vegetarianism. First, it's important to realize there are different degrees of vegetarianism. A strict vegetarian (vegan) will eat no animal products, whereas the other extreme of vegetarian will eat meat from virtually any animal except beef. This latter group is usually most concerned with health issues, but vegans generally justify their diet on philosophical grounds, ie., killing animals for food is immoral.

At the risk of offending someone, I have no interest in debating the merits of the vegan diet on moral grounds. I can only point out that humans are obviously equipped to eat and digest both animal- and vegetable-based foods. For example, our teeth can both tear meat and grind grains, and our digestive tracts are neither short like carnivores nor long like herbivores. In short, we are omnivores. This implies it is healthy to eat both plants and animals.

Having said all that, I can add a few more details of my own dietary experiences. First, I am blessed to have wife who loves to cook and knows how to make the healthiest foods taste heavenly! So I don't have to spend inordinate amounts of time planning and fixing healthy meals. We have never eaten very much beef or pork, but fish, eggs and chicken are our preferred non-vegetarian protein sources. Many meals contain no meat at all. I have also experimented extensively over the years with fasting. I tend to eat a large breakfast, very little for lunch and a good sized supper. When looking to shave off a few pounds, taking an occasional day off from eating has worked better for me than changing my food choices or cutting calories here and there. When you think about it, running a 24-Hour or longer ultra is similar to a fast because it is hard to eat enough to keep up with the calorie burn going on.

What I want to say about strict vegetarianism is that it should not be undertaken lightly. Many people make that moral decision, then instantly cut off animal-source foods, without bothering to educate themselves how they will get their nutrients. I am obligated to warn you that in order to become a vegan without risking your health, you will have to learn a great deal about foods and human nutrition. Among the many topics you must master are: mixing plant foods to satisfy your protein requirement, how to meet your B12 requirement, how to meet your iron requirement, and how to meet your calcium requirement. B12 is a particular problem because plants don't make it!

While there might be a justification for cutting back on red meat based on the fat and chemical content of many cuts of meat, jumping all the way to vegan eating is not recommended without a strong commitment to self-education. Another alternative is to make such changes with the guidance of a skilled nutritionist with experience in vegetarians.

Featured Runner - Melissa Bruce

The Basics

Date of Birth: 09/04/1979
Place of Birth: Rock Springs, WY
Currently Residing: Eureka, KS
Marital Status: Married
Job(s): Customer Support
Children: Ryan, 13 and Adam, 10
Height: 5'4" **Weight:** Ha ha!
Shoe Size: 8.5
Best Physical Feature: I'm currently loving my right shoulder since it's freshly tattooed commemorating my 50 mile finish.
Worst Physical Feature: Since I started running it's definitely my toes
Religion: Christian
Political Affiliation: Undecided
Educational Background: Bachelor of Science in Sociology from ESU
Personal Strength(s): Taking advice given to me by experienced runners and using it to improve
Personal Weakness(es): Procrastination
Make Of Car You Drive: GMC Terrain
Make Of Car You Would Like To Drive: Pretty happy with what I have
Pets: Dog and cat

Ultra Stuff

Years Running Ultras: 1 **# Ultras Finished:** 4
Best Ultra Performance(s): Prairie Spirit 50 mile. I stuck to my plan the entire time and had a great day.
Most Memorable Ultra: FlatRock 2013. Even when it was hard and I was in danger of not meeting the time limit I stayed positive and never let the typical negative thoughts interfere and get me down. I finished with 52 seconds to spare, and over an hour and 45 minutes slower than 2012, but I couldn't be happier with how the race went.
Typical Training Week(s) Before A Major Race: I don't think I have a typical anything. I run as much as I can while still trying to be a good mom and wife. Sometimes I fail at all of it and sometimes it works.
Injuries: Thankfully nothing serious
Ultrarunning Idol: Adam Monaghan. I greatly admire his dedication to balancing his running with being a good husband and father. He is also very dedicated to running and has an incredible amount of persistence.
Why Do You Run Ultras: I can't seem to stop pushing myself. I like pushing my limits and seeing what I'm capable of.
Advice For Other Ultrarunners: Find your own happy. Don't rely on what others say about your running to make you feel good about it. Just do your own thing and be proud whether you finish first or last. Finishing is what matters.

Favorites

Author: Nora Robert/JD Robb
Book: Turning Stones by Marc Parent
Non-running Magazine: None
Movie: The American President
TV Show: Criminal Minds and Scandal
Actor/Actress: Julia Roberts
Favorite Music: My taste is pretty eclectic. Don't have a favorite.
Favorite Musical Performer: Again, no favorite
Favorite Artist: Don't have one
Spectator Sport: Anything my kids are playing. Otherwise I'm not a big sports fan.
Favorite Game: I detest games
Favorite Vacation Destination: Vacation? What's that?
Favorite Time Of Day: Morning
Favorite Item Of Clothing: Epic Ultras hoodie
Most Prized Possession: I can't think of anything
Non-Running Leisure Activity: Reading
Running Shoe: Brooks Adrenaline
Food/Drink During An Ultra: M&M's and plain pringles. Mountain Dew to drink.
Food/Drink Before An Ultra: Donuts and Starbucks Frappuccino
Food/Drink After An Ultra: Pizza and soda
Famous Quote: "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." Margaret Mead
Favorite Crew Person(s): I feel so grateful anytime someone agrees to crew for me. It can make a big difference in a race. I really don't have a favorite. Anyone that helps is my favorite
Favorite Pacer: My son Ryan
Favorite Place To Run: Elk City Trails
Favorite Type Of Running Surface: Single track

Dislikes / Fears

Favorite Subject in School: History
Least Liked Subject: Math and Science equally
Least Liked Household Chore: Laundry
Pet Peeve: People that think they know me better than I know myself.
Greatest Fear: Snakes and something happening to my kids

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BE EPIC

Pumpkin Holler 100 Mile – “Perfection”

By Epic Ultras Blogger Zach Adams

Everything went perfectly. That one simple sentence basically sums up the 2013 Pumpkin Holler 100 mile race for me. From the day I really committed to start some serious training (after a weak performance at Summer Psycho Psummer 50k) to the moment I crossed the Pumpkin Holler finish line, everything went perfectly.

I won't go too in depth about the training that I did leading up to PH100, just that I had worked very hard. I was logging not only long slow runs, but running lots of intermediate-distance speed work. I also hit the stairs, ran hill repeats, and tortured myself with a 20# weighted vest. I ran in the heat. I power walked my little black pug Ermah. I knocked out 45 miles in the Patriots Run and finished 2nd overall. I raced the FlatRock 50K in the mud like a man on fire setting a PR on the course and getting 6th. I was well trained. After much discussion with my ultrarunning friends and mentors (specifically my long lost older brother from another mother and ultrarunning mentor Eric Steele), I decided I needed to do a fall 100 miler. Since I DNF'd Pumpkin Holler 100 last year around 55 miles, it only made sense that my goal would be redemption in my second attempt to “Smash the Pumpkin”.

By the start of the race everything had lined up perfectly. My amazing support crew was scheduled to show up later in the evening, I had my strategy lined out, and my drop boxes were packed. Arriving about an hour before the gun with a belly full of food and coffee and a decent amount of sleep, I made my final preparations. A nice thick coat of lube on all my “friction prone areas” was all I needed before taking off in pursuit of my goal; finishing 100 miles in less than 24 hours.

At 8 a.m., I set out with a couple hundred runners on the red-dirt Oklahoma country roads just north of Tahlequah, Oklahoma. The leaves are starting to change colors and the air was a crisp 40 degrees, making for a beautiful sight – especially while running along the rock bluffs or the sparkling Illinois River. The first leg of the race for 100 miler racers is a little 4 mile out-and-back jog off the main loop which was basically up a long hill. This was a pretty good climb, so I had no problems sticking to my plan and starting slow to warm up. I really paid attention to how my new Hoka One One Stinson Evo Tarmacs felt, considering I purchased them the day before the race and had never run in them. Yes, I know terrible idea... but they felt SOOO GOOD... I had to give them a chance. My decision was that I would wear them out of the chute and if they hurt I could change into my Saucony when I came back thru the start line at the beginning of the first loop. Later in the race, I would say, “The only way these shoes are coming off is if they are taken off my cold dead body.” My Garmin measured this as about 8 miles and I was right on my goal pace, just under 12 minutes a mile.

Coming back through the start, I refilled my bottles, ate a few ham and cheese sandwich quarters, shed an outer layer of clothing, and took right off. I knew the sun was going to come up and would warm up soon enough, so I felt fine although I was a little chilly. Up to this point I had run with a couple different folks and even managed to log a few miles with Michelle McGrew,

who I had spent hours with conquering the FlatRock 101K in April. We ran with a young guy named Nathan who was looking to avenge a Pumpkin Holler DNF himself. We had a few laughs and just enjoyed ourselves. At one point, about 15 miles in, Michelle slowed to a walk and I followed her lead. To this she said (in her VERY thick Oklahoma accent), “Don't you slow down because of me, this is YOUR race, go RUN it!” I really took that to heart, and after wishing her luck, I ran. On this occasion, I had an iPod loaded with some face-melting classic rock to help pass some miles should I end up alone or start to struggle. Normally, I am a very social runner, but today I was in race mode. I didn't really want to worry about conversing or matching pace. I really felt like just listening to some tunes and zoning out, so that's what I did. I never run with music, so this was a real treat. With my ear buds in and the volume cranked up, I knocked off the rest of the first 50k loop and came back into the start (about 40 miles down) at about 3:38 pm. At this point I had no crew, but really didn't need much. My truck was parked on the path back to the road, so I just stopped there to get my drop box. Shannon McFarland asked how he could help, so after filling my water bottle, he followed me to my truck and helped me restock my Nathan vest with Hammer Gels, protein bars, etc. He is an experienced racer, and talked me thru the things I would need until I picked up my own crew around 55 miles in. Shannon totally went above and beyond the call of duty for an aid station volunteer, and I totally appreciated it! I knew I was right on target for pace (1 minute under goal at this point) and the only cutoff I had to make was 4:30am to start the 3rd lap, which obviously wasn't too much of a concern, considering how great I felt.

With my earbuds in, a long sleeve shirt on, and a jacket tied around my waist, I took off to do battle with the second 50K loop. I really don't have a lot to say other than things went as perfect as they could. I kept eating and drinking. Occasionally, I would pass people – but I never got passed. Hell, I even Facebook'd some and made a couple calls to friends and family to update them on how things were going. I hit the 50 mile mark at almost exactly 10 hours – running what coming into this race I would have called a “suicidal” pace for a runner of my ability. After talking to my Crew Chief, Candi Paulin (the beautiful and talented ultrarunner and also my wonderful girlfriend), I knew there was a chance that they would make it in time to meet me at the next aid station. I booked it down the big hill and into Savannah Corner, run by Tony Clark, Steve Baker, and Dennis Haig feeling great and totally excited. Unfortunately my crew hadn't arrived yet. A little let down, I started prepping for the next section of the race. Knowing I had 45 miles to go, and also knowing that it wasn't going to get any easier, I stayed on task. As I was shaking hands with the guys, low and behold



Epic Ultra Chicks!

"Perfection"

...continued

an SUV pulls up and out pops my crew! I was so excited! I group hugged my Epic Ultra Chicks – Candi, Melissa Bruce, and Joell Chockley. Candi ran the Heartland 100 (sub-22 hr) the weekend before while Melissa and Joell both crewed and paced all day and night. To say they were the perfect ultra-chicks for the job was an understatement! It was a HUGE mental boost, even though I was already on cloud nine and feeling amazing. Several people had told me I was looking good, but I should slow down or I was going to blow up. My response was simple, "I know, but I will deal with that when it happens. Until then, I am running hard." Knowing I would see my girls again in about 9 miles – and pick up Joell as my first pacer – was enough to send my ass back out on the road with a purpose. As before, everything went perfectly. I passed some people. According to Randy Ellis, at the East of Eden aid station, I was in 5th place overall. I wasn't worried about place, just getting that sub-24 hour finish. I passed another guy and his pacer before finally catching Arnold Begay. Arnold, despite finishing the Heartland 100 ONE WEEK BEFORE, was outrunning me ALL DAY. Arnold was having a great day, but just before the Hard Up Ahead aid station he injured his achilles and was limping – and would later drop. As hard as I was working and trying to catch Arnold, I hated to see that when I did, it was only because of injury. Get well soon Arnold – we can battle it out another day! Everything continued to go perfectly. Excited to see my girls again and pick up some company to share the infinite darkness with, I rolled into the Hard-Up Ahead aid station with a huge grin on my face. A few hugs and kisses, words of encouragement, a quick bottle refill, and a hand full of ham sandwiches, and I was off – this time with Mrs. Chockley by my side. Joell is one of the best people you can possibly have as a pacer, because she is always so damn happy! Even though my focus was on running and I wasn't saying much, she kept the conversation flowing. Before I knew it, we had covered a hilly and pretty tough 9 miles in about 2 hours and were back at the start, 70 miles completed.



83 Miles Down!

As expected my Epic Ultra Chicks were waiting on me at the starting area at almost exactly 11pm when Joell and I came in, right on schedule. Candi gave me a little sugar of the variety not found in a Hammer gel, and they all took great care of me. Still staring down another 50k, I was still feeling awesome. Melissa was all geared up and ready to take over pacing duties for the next 13-14 miles and eventually taking me into Savannah Corner for the final time. The first half of the 50K loop has several very

tough hills, and at this point in the race they should have started to feel like mountains. I don't know how, but I started to feel stronger. I was powering up hills to the point that Melissa needed to jog to match my power-hike pace. We cranked out these miles, and I never once felt anything less than stellar. We talked and

ran, and we laid down some 11 minute miles. This was faster than Melissa (and myself) was expecting me to be at this point, and she was working hard to keep up with me, so I may or may not have mentioned coyotes and bobcats to freak her out a little. We came into the Out and Back aid station at the same time 2nd place (and eventual female winner) Rebecca Reynolds was coming back in, which put me exactly 3 miles behind her. About 40 minutes later, when I came back into O&B, Nathan was coming in, 3 miles behind – giving me a good idea where I was related to the rest of the top 4 runners. Cranking along in 3rd place overall, Mel and I came cruising into Savannah Corners. As expected the girls were there, and after a nap, Joell was once again ready to rock. I thanked them all repeatedly – especially Melissa who had worked her tail off to keep me moving fast.

Earlier in the day, my good friend, and Joell's husband, Justin Chockley posted a great quote on my Facebook by ultrarunning pioneer and total legend David Horton, "Find the level of intolerance you can tolerate and stay there." That was what this next section was all about. Shortly after leaving Savannah Corners for the 3rd and final time, I ate a protein bar, and then 30 minutes later I had an espresso flavored Hammer Gel. This proved to be a few too many calories and my stomach went



Mean Muggin'! ala Eric Steele

sour. Normally I have an "iron gut", so this really sucked for me. Joell just kept talking and smiling and telling me to keep pushing on, which I did. I kept telling myself I would feel better. About 30 minutes later, I did. Joell had her Garmin on and assured me that despite my gut issues we still made good time. This section has the longest stretch between aid stations. It was about 4.5 miles from Savannah to East of Eden and another 4.5 to get to Hard Up Ahead. We kept plugging along and got back to Hard Up Ahead where I found Candi bouncing off the walls ready to pace me to the finish. Joell had warned me that despite a knee issue after the Heartland 100, Candi was dead set on pacing me to the finish and would not be denied, so don't even bother trying to talk her out of it. That's my girl! As we left the aid station with only 9 miles separating me from my first 100 mile finish, someone said, "2nd place is only 5-10 minutes ahead of you, and was struggling. Go get her!" I mentioned that all I didn't care about what place I finished, I just wanted to finish and get my buckle and a sub 24 hour finish. The Hoka's were really protecting my feet and I felt awesome going into the 3 mile paved section between Hard Up Ahead and Bathtub Rocks. Candi was pushing me hard, even making me run up a few hills by lying to me and telling me that it was flat, and before long we saw a headlamp – which I thought was a porch light. Candi reminded me that porches don't move as we ran down the second place runner. Once we got about 20 yards behind Rebecca, something snapped inside of me

"Perfection"

...continued

and I just "downshifted" and took the hell off. Candi chuckled to herself loud enough I could hear it and sped up to match my pace. According to my internal speedometer, we ran a sub 10 minute mile and blew so far ahead of her that her light was invisible. When we came into Bathtub, 6 miles from the finish, I realized I had done it. I remember saying that I had 6 hours to go another 6 miles, or something ridiculous like that - again making Candi laugh. Food and drink was done for me, so we barely paused and headed on to the final aid station, appropriately named "Last Gasp". Done with the hills and a good bit of distance between me and 3rd place, I was in coast mode - but just for a minute. After dropping to a walk, Candi kindly asked me what the \$%&* I was doing walking, and informed me that I was GOING to finish in less than 22 hours. Scoffing, I told my overzealous pacer that there was no way I was able to run a 22 minute 5k right now. Once my math error was corrected, Candi blasted my declaration that I wasn't sure I could even run a 42 minute 5k. She took off and I followed. This is where something strange happened... I really stopped feeling anything from the legs down. Not that I was paralyzed or anything, just that it didn't matter. I ran. I ran harder. I ran faster. I remembered landmarks and signs that told me we were almost there. We turned and got on the bridge. We were there! I look at my watch and realized that at 5:45 am, I had nearly 15 minutes to run around the campground and cross the finish line to finish this thing off.

Candi told me she didn't think she could keep up with my speed across the bridge (I found out her knee was killing her) but to keep on going. Of course, she did keep up with me and we ran together to the finish. 21 hours, 50 minutes and 30 seconds. Second place overall in the 2013 Pumpkin Holler 100 Mile. I had done it. Just like I told Eric I would, I earned my seat at the "big boy table". Thanks to great support from the Epic Ultra Chicks, my totally awesome ultrarunning friends, and the ultrarunning community at large, I did it. Everything went perfectly.



Featured Runner

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Achievements / Goals / Memories

Personal Hero:

There are so many amazing people in my life that I look up to. I can't pick one.

Personal Philosophy:

It is what it is. Often whatever you are going through in life isn't something you can change. Just find a way to deal with it. The only thing you can change is your attitude.

Short-Term Goal:

Finish Winterrock in under 4 hours

Long-Term Goal:

Run a 100 Mile Ultra

Most Proud Achievement:

Graduating from college while taking care of two young children and a husband.

Happiest Memory:

The birth of my boys

Secret Ambition/

Fantasy: To qualify for and run a major 100

Greatest Adventure:

Raising kids

Spare Time

Book Currently Reading:

Nothing

Hobbies:

Mostly running! Between work, kids and a husband I don't have time for a lot of other stuff

Collections:

Shot glasses

BE EPIC