

# EPIC ULTRA NEWS



## Welcome From Epic Ultras Founder, Eric Steele



Welcome to our 22nd issue of Epic Ultra News! As we draw near to our 3rd Anniversary as a business, I can't help but reflect on the past three years and the stages we have gone through as a company/organization in such a short period of time. Like all entrepreneurial start-ups, the first year in business is really just about getting your craft/model and infrastructure built, by the second year, it's time to metaphorically roll your craft out onto the runway... and by the third year in business, it's time to see if you can get your proverbial baby phoenix to roll down the runway and actually "take flight" without nose-diving...fully air-born and gaining altitude! In our December 2014 issue of Epic Ultra News, I had reported that in 2014 Epic Ultras had gained nearly 50% of the entire market share in the state of Kansas for all races of a 50K distance or greater...meaning all ultra distances. These stats were compiled based on actual finishers, of course. Now, five months into 2015, Epic Ultras has nearly 55% of the total market share in Kansas, once again, based on total number of actual finishers in races of 50K or greater in our state. The actual stats break down to a total of 414 finishers

for all races combined so far, with 226 of them finishing under the signature Epic Ultras Arch...which by the way, is ALWAYS there, still up "fully inflated" for every single one of our finishers, along with all of the other EPIC finish line accoutrements, unbridled camaraderie and raucous cheering! I am also very pleased to report we have achieved this market dominance just five months into 2015 with a total of four races vs ALL of our other competitors total of six and even though I personally have over two decades experience directing ultras, my company (Epic Ultras) is still the "new kid on the block" in this state. Suffice to say, I think we have "taken flight" as a company/organization and are definitely gaining altitude...in a BIG way! I personally thank each and every one of you who have joined us so far this year in one, or more, of our Epic Ultraracing Masterpieces and are confident we met, and hopefully exceeded, your wildest dreams of what co-creating an EPIC "ultrarunning experience of a lifetime" was all about. Equally pleasing to myself and the entire Epic Ultra Brigade is that in just five months we have hosted runners at our events from 25 different states and Great Britain...AND, are real close to surpassing the \$10,000 mark on total donations we have now made to over a dozen different charitable organizations since I launched Epic Ultras in July of 2012! This month's issue of our outstanding newsletter features Kansas ultrarunner, Female Champion AND New Female Course Record Holder of our recent Prairie Spirit Trail 100 Mile, Kodi Panzer. Jenna Mutz, Female Champion and New Female Course Record Holder of our recent Flint Hills Trail 40 Miler offers up her concise & poignant narrative on her recent Epic Ultra victory, while our very own "In-House" Blogger, Mr. Zach Adams' revisits his Honey Badger 100 Mile race preview from a year ago and offers up some rich new insight, after actually finishing this brutal ultra in our Inaugural running of it last July. Enjoy!

Be Epic,  
Eric

## June 2015...In This Issue

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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 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



2nd Annual HONEY BADGER 100  
100 Mile Ultra Road Race  
July 11, 2015 / Kingman County, KS

Take advantage of a \$20 discount now!  
Click Here To Register Using The  
Discount Code Below Good Through  
Sunday, June 7th, 2015!

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

## Honey Badger 100

In the spirit of the toughest animal on earth, the Honey Badger, AND one of the toughest foot races, Badwater, Epic Ultras proudly introduces our "graduate level" Inaugural Honey Badger 100 Mile Ultra Road Race! Come join us for a little summer "fun-run" in the sun through Kingman County, Kansas...smack dab in the middle of summer and smack dab in the heart of the Great Plains in a geographical area 19th century settlers once referred to as the Great American Desert!

### Course Description

The course is a 91 mile (approx.) asphalt loop contained entirely within Kingman County, Kansas, with a little over an 8 mile out and back in Cheney State Park at the start, and just under a mile through the park at the finish. The entire 91 mile point-to-point loop is on asphalt county roads with very little road cant, NO major highways and minimal vehicular traffic. All runners MUST provide their own crew (minimum 1 person) & vehicle for the entirety of this event...no exceptions. Pacers are allowed and encouraged for the second 50 miles of this event.

# UPCOMING EVENTS

July 11, 2015  
Honey Badger  
100M

Sept 26, 2015  
~~SOLD OUT~~  
FlatRock  
50K/25K

October 24, 2015  
Ultra Extravaganza  
100M/50M/40M/50K

January 2, 2016  
WinterRock  
25K/12K

April 2, 2016  
Prairie Spirit Trail  
100M/50M

April 30, 2016  
FlatRock 101  
101K

May 28, 2016  
Flint Hills Trail  
40M/Marathon

All EPIC ULTRA events  
sponsored by:



# Newsletter Bios

## Epic Ultras Needs Your Help



### Zach Adams - Blogger Extraordinaire

Zach's been competing in ultras since 2010 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!



### Kodi Panzer - Featured Runner

*In her own words.*

It is impossible for me to not start my day without with a cup of coffee and an refreshing outdoor run. That routine holds me accountable. I ran my first 1/2 marathon and marathon as a pack a day smoker and when I about lost my life to a pulmonary embolus 8 years ago, I knew I needed to make lifestyle changes. Yes, I was running, but needed a greater challenge to stay away from the addiction

without the weight gain so I wouldn't start back again. Hence, ultra's! Not only have they saved my life, but I've met so many people from around the world that I call my best friends. The people you meet along the way on your journey is the best part! When not running, I'm volunteering or pacing, which is more rewarding than hitting a PR or finishing. If everything goes accordingly, I'm hoping to be a Kansas Grand slam finisher in 2015!



### Jenna Mutz

*In her own words.*

I was inspired by a staff development session at work to run a half-marathon in 2009 without previously racing any distance longer than two miles (and that was back in high school track and cross-country). It was horrible! I never imagined I would run any longer races, but now I have completed 22 half-marathons with a PR of 1:28:33 and seven marathons with a PR of 3:09:05. I ran my first ultra at the Prairie Spirit

Trail 50 Mile in March 2015 and discovered I really enjoy ultra-running. I am looking forward to many more "Epic" races in the future!

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](http://www.epicultras.com/brigade).

Thank You!

# EPIC ULTRAS



# Flint Hills Trail 40 Mile Race Report

By Jenna Mutz

I ran my first ultra in March at the Prairie Spirit 50, and not only did I not die, but I actually found it to be an easier race distance for me than a marathon. I ran about 2 minutes per mile slower than marathon pace, ate lots of snacks (including two Rice Krispie treats!), and stopped for a moment at every aid station. So, even though Nate and I registered to run the Minneapolis Marathon on May 31st (for only \$20 since we were standing at the starting line when they canceled last year), we decided we would rather see all our ultra friends and run Flint Hills instead. Plus, Epic Ultras always offers top-notch events!

Nate and I spent our taper week on vacation in Sarasota, Florida, running on beach and eating way too much. We arrived back in Joplin late Thursday night and headed to Ottawa on Friday. I feel like it had been raining for about a month, but the weather actually looked perfect for race morning - 50s/60s and cloudy.

Just like going into the 50 miler, I had no idea what my target pace should be, although whatever complicated formula Ultra Signup uses suggested that I could run a 10:45 pace, even though I ran 50 miles at a 9:21 pace. So my A goal was to run under 6 hours (a 9:00 minute pace) and my B goal was to break the course record which was 7:04. My plan was to stay around 8:45 per mile to allow plenty of time for stops at aid stations. I planned to run the whole 40 miles because I made it about 43 at Prairie Spirit before I decided to change to run/walk intervals. During the 50 miler, I borrowed a fancy Garmin from Nate which only stayed on for one mile, so I was extremely excited that I would have a working Garmin for this race and would know my pace and distance!

Since I was traveling with Nate, we arrived at Celebration Hall about 20 minutes before the race started, but at least we made it for Eric's pre-race briefing! Even though it wasn't supposed to rain, it was already sprinkling, a disastrous situation for my hair, so I decided to wear my trusty North Face hat that I purchased in Boston when I realized we might be running the marathon in a monsoon. Anyone who knows me knows that perhaps the only thing I dislike more than getting my hair wet is getting muddy, and the start/finish line was pretty muddy. I made a strategic decision not to start by Nate because he enjoys splashing people, and when Eric started us off I tried to tiptoe out to stay as clean as possible.

The Flint Hills trail was very similar to Prairie Spirit - very flat gravel - but I thought it was more scenic. If it had been hot, the trees would have offered plenty of shade. Because we would see our crew at miles 13 and 27, I mentally broke the race down into 3 segments of 13, 14, and 13 miles. Speaking of crew, Nate and I didn't know we had anyone coming to help us, but we found out Thursday that Brian Smith and Ken Schramm were planning on coming up to crew for us, and they were the best crew ever! I barely had to slow down at any of the aid stations because I was able to trade out a water bottle with snacks already in the pouch when I saw them. Tom Rogers was there too to offer encouragement and take pictures. He also provided valuable Facebook updates, which I think made my mom feel better because she's a worrier.

I hit the half-marathon point in 1:49, an 8:19 pace which I figured was a little too fast but I was trying to run at a pace that felt easy and not constantly check my Garmin. After I saw Brian and Ken and got new supplies, I came out of the aid station pretty fast to make up some of the time I was stopped and headed out to the turn-around. I saw Nate heading back around mile 19, and he wasn't feeling well at all. When I reached the turn-around, I was still feeling great. According to my Garmin, my marathon time was 3:36, so I'd unintentionally sped up. When I reached the aid station, Brian was ready with my Rice Krispie treat and I took my iPod because it was getting kind of lonely out there and I wanted to listen to my "Epic Playlist" for motivation for the last 13 miles. The most difficult part of the race for me was the last few miles, because the stretch from 1st Street to 17th Street seemed to last forever! But I made it, and Nate, Ken, Brian, and Tom were all there cheering. I had hoped the finish line mud had dried up, but no such luck, so I tiptoed in to the finish. After the race, my friends told me I had veered off so much to the left to avoid the mud that they thought I wasn't even going to cross the line. I finished in 5:30:49, an 8:14 pace according to my Garmin.

# EPIC ULTRAS

# Featured Runner - Kodi Panzer

## The Basics

**Date of Birth:** 4/17/1981  
**Place of Birth:** Beloit, KS  
**Currently Residing:** Marion, KS  
**Marital Status:** Divorced  
**Job(s):** Doctor of Chiropractic  
**Children:** 0  
**Height:** 5'2 1/2"  
**Weight:** 115  
**Shoe Size:** 8  
**Best Physical Feature:** Definitely not my chest, so I'll go with my huge calves.  
**Worst Physical Feature:** I don't care for my nose, but it makes me, me.  
**Religion:** Catholic  
**Political Affiliation:** Republican  
**Educational Background:** Bachelor of Life Science from K-State and Doctor of Chiropractic from Palmer Chiropractic College.  
**Personal Strength(s):** Being very independent and goal orientated, self-discipline.  
**Personal Weakness(es):** Answering questions about myself...  
**Make Of Car You Drive:** 2012 GMC Canyon  
**Make Of Car You Would Like To Drive:** I would like a Harley, but after taking motorcycle safety training...mmm...betta not.  
**Pets:** Pippin Wade Panzer-26 lb weiner dog.

## Ultra Stuff

**# Years Running Ultras:** 3  
**# Ultras Finished:** 12  
**Best Ultra Performance(s):** Prairie Spirit Trail 100  
**Most Memorable Ultra:** Cedro Peak 45 mile in New Mexico, My 1st and I got lost for 3 hours but finished before the cutoff.  
**Typical Training Week(s) Before A Major Race:** I don't follow a specific plan. Just do what feels good and cut it back when I'm tired or fit in what I have time for. I'm happy at 70 -80 slow going miles a week.  
**Injuries:** 1 1/2 years ago I took an x-ray and found a bone spur on my left heel. An orthopedic doctor told me not to run anymore...it hasn't bothered me since after wearing a plantar fasciitis support to work every day...but I don't run with it. Still no issues luckily.  
**Ultrarunning Idol:** Anyone who has the courage and determination to do them.  
**Why Do You Run Ultras:** I like the mental challenge of pushing through when things get tough....Plus I've met the greatest people through them!  
**Advice For Other Ultrarunners:** Don't get wrapped up in what others do, go with your gut, and do what's best for you!

## Spare Time

**Book Currently Reading:** No books currently, just research articles to keep up with my continuing education requirements .  
**Hobbies:** Golf, watching movies on Netflix, and I do like slot machines...Ching, Ching.  
**Collections:** None

## Favorites

**Favorite Author:** James Patterson  
**Favorite Book:** Fifty Shades of Grey...don't judge...  
**Favorite Non-running Magazine:** Women's Health  
**Favorite Movie:** Stepbrothers  
**Favorite TV Show:** Parks and Recreation  
**Favorite Actor/Actress:** Amy Poehler  
**Favorite Music:** Rap  
**Favorite Musical Performer:** Jason Derulo or Pitbull  
**Favorite Artist:** IDK  
**Favorite Spectator Sport:** Football, but only b/c I'm a fantasy football fanatic.  
**Favorite Subject in School:** Science  
**Favorite Game:** Cards Against Humanity  
**Favorite Vacation Destination:** Ireland  
**Favorite Time Of Day:** 5 a.m.  
**Favorite Item Of Clothing:** Sweatpants paired with an epic ultras t-shirt.  
**Favorite Non-Running Leisure Activity:** Golf  
**Favorite Running Shoe:** Nike Free  
**Food/Drink During An Ultra:** Tortillas and Nutella/Isagenix Chocolate shakes  
**Favorite Food/Drink Before An Ultra:** Coffee and Atkins Pretzel Bar  
**Food/Drink After An Ultra:** Bud Light Strawberita  
**Favorite Crew Person(s):** Momma Charbonneau and Valerie Goebel  
**Favorite Pacer:** Shay Caffey to date....She keeps your spirits high and makes sure you're hydrated very effectively :)!  
**Favorite Place To Run:** Anywhere but the treadmill.  
**Favorite Type Of Running Surface:** Gravel and flat.  
**Favorite Famous Quote:** "Wake up with Determination. Go to Bed with Satisfaction."

## Achievements / Goals / Memories

**Personal Hero:** My younger brother, Justin.  
**Personal Philosophy:** When the going gets tough, just lay down on the floor and take a nap, then get up and try again.  
**Short-Term Goal:** Don't end up in prison.  
**Long-Term Goal:** Continue to own and operate Panzer Chiropractic Clinic and help others heal naturally while being able to continue to run ultras and to hopefully have a family one day...  
**Most Prized Possession:** My home....or as I call it "wine country".  
**Most Proud Achievement:** Breaking a sink off the wall in the bathroom at O'Malley's at Fake Patty's in Manhattan KS.  
**Happiest Memory:** Sitting on a porch swing on the farm with my family while raining when I was a little girl.  
**Secret Ambition/Fantasy:** To be a professional poker player.  
**Greatest Adventure:** Traveling to Ireland by myself for a week.

## Dislikes / Fears

**Least Liked Subject:** Math  
**Least Liked Household Chore:** Dusting  
**Pet Peeve:** People that are late....Always be early!!!  
**Greatest Fear:** Going to the grocery store.

# Honey Badger 100 Mile Race Preview 2.0

By Epic Ultras Blogger Zach Adams

*For those of you who don't know, Honey Badger is not a trail run. This race will take place on paved county roads west of Wichita Kansas near Cheney Reservoir and cover a good chunk of Kingman County. The last 5 years have seen daytime high temps of 103, 92, 101, 98, and 101. Of course it will be hot in Kansas in July, but it will also be windy. As a matter of fact, one of the largest wind farms in the state is in the process of being built very near the race venue. A wind farm converts wind energy into electricity using turbines – this seems to me like a good indication of how windy it will be. Likely 25-30 mph sustained winds with gusts strong enough to blow over a baby elephant. Also, it is not quite as flat as you would expect. According to Map My Run, there will be enough elevation change to make things interesting. The point of this course preview; it's gonna suck. Hard. The plan is to run until the sun gets high and temps get around 90, then hunker down and survive until the sun goes down. Hopefully our hydration and fueling will be going well and we can tick off some serious mileage before the sun comes up.*

The above paragraph is from last year's article I wrote previewing the first annual Honey Badger 100. It was written before I had actually run the race and solely based on information I had at hand before going into race day. Consider this article Honey Badger Race Preview 2.0. Now that I have a buckle from last year, I can more accurately tell you EXACTLY about the blast furnace you are strolling into next month - if you had the proverbial "balls" to sign up.

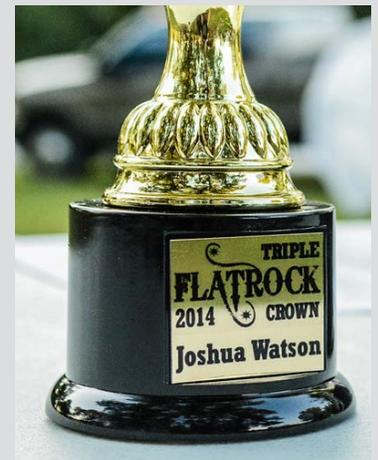
That first excerpt was pretty spot on. I will say it took longer for the heat to become a factor than I expected. The morning was warm and muggy but not miserable. When the sun came up, it definitely got hotter, but nothing unbearable. I had incorrectly assumed that once the sun was completely up, it would immediately become unbearably hot – maybe I was just scared, but it was really not that bad early into the afternoon. Realizing this we (Candi and I) adjusted our pace goals and ran a bit faster than we had planned on. The moral of this story – don't be too conservative when it is in the cooler stages of the day, because by about 3 or 4 pm it got DAMN HOT. At about mile 40, we turned to the south and entered a world of pain. Scorching sun, miserable heat, and pounding south winds beat us damn near to death on the hilliest portion of the race. That section heading south is the hardest part of the race – be prepared! Last year, it was where most of the DNF's occurred. As far as ticking off some serious miles after dark, well, after the heat of the afternoon the mantra simply became, "just keep moving."

Moving on. The next excerpt proved to be pretty accurate as well. We did eventually get to do some serious heat acclimation training in June that

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## 2015 FlatRock Triple Crown

The 2015 FlatRock Triple Crown Series was is 2/3 of complete and we currently have 18 hard core trail runners still on track to receive the title of: "2015 FlatRock Triple Crown Honoree" They are: Zach Adams, Dave Box, Shay Caffey, Polly Choate, Krystle Dalke, Carson Galloway, Joseph Galloway, Dennis Haig, Matthew Hall, Dave Meeth, Michael Mora, Debra Norman, Candi Paulin, Tom Rogers, Ken Schramm, Ryan Schwatken, Brian Smith, and Henry Yount. Upon completion of the 50K at our SOLD OUT Flagship event - FlatRock in September- each will receive special recognition, an award, and be only the third group honored into the "FlatRock Triple Crown Series"!



## Honey Badger 100 Mile Race Preview 2.0

...continued from page 6

involved cold weather clothing and mid-afternoon long runs.

*My mileage base is solid, now I just need to get acclimated to the heat which has been difficult since we have had a very mild spring so far. I will also have the advantage of having a super badass crew lined up - and my ultra-sweet badass running girlfriend Candi who will also be racing.*

Like someone wrote about Badwater, "Get as much of your suffering as you can out of the way BEFORE race day." This worked well. We had the miles and got used to the heat and come race day we were ready. As far as crew goes, go back and read my race report: VAN CLAN. Your crew will make you or break you in this race. End of story.

I will conclude with this selection from my preview last year:

*Additionally, it (Badwater 135) is hard as hell to get into, and costs a shitload of money, so you better make sure you got a big dose of "what it takes" before you head to Death Valley. This brings me to Honey Badger. It occurred to me sometime last summer that before I travel all the way to California to go swim in some bad water, I will schedule a death match with a Honey Badger in my own back yard!*

It was spot on. Basically this race is hard. If you don't work hard, you will fail. If you work hard, you might STILL fail. But you never know if you don't try. And just like I said last year, *"If you are even ENTERTAINING the idea of Badwater in the future, it seems like a no-brainer. If that's not enough, keep in mind it is an Epic Ultras event - So you KNOW it will inevitably BE EPIC!"*

## The All New Epic Ultras Mobile App



Be sure to check out the ALL NEW Epic Ultras mobile app on the iTunes Store and Google Play store! You can easily access race information, Epic Ultras social media sites, as well as special discounts and a TRULY UNIQUE Customer Loyalty Program. For each Epic Ultras event you run, you will get your virtual card "digitally punched" eventually earning yourself a totally FREE entry into ANY Epic Ultras event. Learn more today by downloading the app to your IOS or Android smartphone or tablet!

*When downloading our app PLEASE REMEMBER to ALLOW "push notifications" along with "geo-locating" if you want to receive ALL of our special offers and important messages we send to you. Download our new mobile app now to take full advantage of substantial current and future savings into our events!*

# BE EPIC