

EPIC ULTRAS NEWS



Welcome From Epic Ultras Founder, Eric Steele



Every year, for the past 19 years, as summer closes and fall approaches, I've been busy preparing for my favorite weekend of the year...putting on the oldest ultra in Kansas...the FlatRock 50 & 25K's. It's been an immense pleasure to be the founder and Race Director of such an amazing event and having the chance to co-create Epic Ultra experiences of a lifetime with so many unique individuals over the years. As an ultrarunner and RD, sometimes I am speechless (yes, it's true) as to how FlatRock has consistently invoked in me a deep appreciation for this sport, ultrarunners, and life in general. Thanks to each of you that have participated at FlatRock - runners, volunteers, family and friends - whether you came once, or the lure

of "The Rock" drew you back year after year, each of you have shared in a huge part of my life at FlatRock and I will always be eternally grateful. As many of you know, FlatRock is SOLD OUT (and has been since October of 2013) - so, if you missed out this year, we still have a great ultra you can participate in before 2014 is over! The 2nd Annual Prairie Spirit Trail Fall Classic - with distances of 50K or 50M to choose from - it's scheduled for Saturday, October 25th in Ottawa, Kansas and runs on the beautiful rails-to-trails system south to Garnett (50M), then for a return trip back north to the Finish Line. There is primitive camping available (\$10), pre and post race food, a comfy shirt, an Epic finisher buckle and of course, unprecedented Epic energy! Not to mention the fall foliage on the trail in late October is absolutely stunning. And to sweeten the deal, we are offering a \$20 discount to our newsletter subscribers through the end of this weekend. We certainly look forward to seeing many of you at one, if not both, of our events this fall to cap off a "most epic" year!

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 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
Sunday, September 7th, 2014!

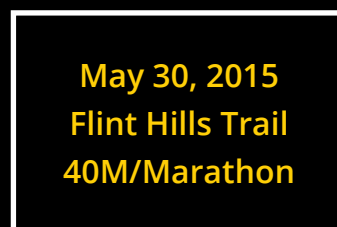
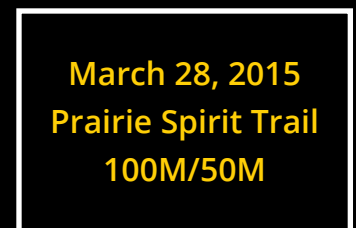
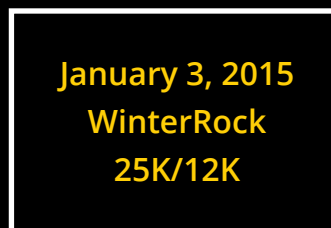
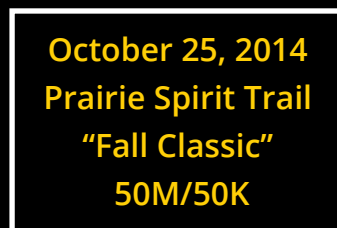
Enter Code At Checkout to receive a
\$20 discount:
20EUNEWBUCKS
(All one word, no spaces)

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 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!



George Myers - Featured Runner

In his own words.

I started running in 2007, in memory of my youngest brother, and ran my first 5k in 2008. The nanosecond I finished, I was encouraged to train for a half marathon in Wichita, Ks. I did and it was the hardest physical feat I had ever achieved. During the race, I thought this is "stupid and dumb, I am never doing this again." I finished and that thought was shoved aside by the feeling of overwhelming accomplishment and left me with just wanting more. The further I go and the worse I feel, the more intense the spiritual experience is

at the end. I participated in triathlons mostly until the fall of 2012 when I ran the Flatrock 50k. At that race, trail running grabbed a hold of me and hasn't let go. I am planning to run across the United States starting in January with Race Across the USA, a marathon a day for 130 days. An adventure for sure. I just strive to balance raising kids, relationships, working and running. Every day is a blessing.

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 Results

by Scott Demaree

Hopefully, someone got some benefit from some of my training and racing strategies, because I sure didn't. Yes, the dreaded DNF reared its ugly head once again.

Despite the planning that I laid out in previous articles, reality was not kind to me on the execution. While I was fairly successful in bringing my mileage up, I fell short in two critical areas. First, I was not able to move enough miles into hot times of the day. This left me with a deficit in heat tolerance – a big no-no, going into a race like Honey Badger. Secondly, I did not add more running miles as quickly as I needed to. I just did not feel strong enough to progress the running. So I simply downgraded my goal finish time from 28 hours to well beyond 30 hours.

What is there to worry when you have up to 36 hours to finish? I just needed to be in Dallas early Monday morning. A 36 hour finish would be at 6 PM Sunday and leave me with a 5 hour drive to Dallas on virtually no sleep and a no-doubt cramping body. A 32 hour finish would give me time to rest before driving, but 32 hours would be no piece of cake.

Despite re-planning, I never did get my pacing under control. My starting pace was not too bad, but it just did not feel right to be in last place, even though I knew at least a few were starting too fast. I began throwing in a little more jogging than I had planned, convincing myself it was OK because it was only on the downhills. The trouble was you had to look hard to tell uphill from downhills on this part of the course. I started catching people, and that just made me want to pick up the pace. I think you see where this is going. Undertrained and going out too fast are two ingredients of an ultra disaster.

At 38 miles, just as I began noticing the heat of the day, we turned south more directly into the wind and found real hills for the first time – a bad combination for someone whose game plan was out the window. This was shaping up to be a very long day.

The crisis came from something totally unexpected. Earlier, I had noticed an uncomfortable feeling in the middle of my upper chest. I wrote this off to not drinking enough water to wash down some food I had taken. It got better, but came back now with a vengeance. Additionally, I lost my voice almost completely. After one long uphill, I could not even catch my breath on the downhill. After a longish break in the cool car, I went back to work. Almost as soon as Dennis Haig drove off to meet me three miles ahead, I could barely breathe and my fast walk turned into a slow shuffle. That slow three miles was all I could stand. Exit stage left.

All I can think of is that I was suffering from some kind of allergy-induced asthma. That never happened before! If not for that, I might have finished close to 36 hours, or maybe not. A lot can happen over the length of 55 miles, especially if it includes an overnight segment. And this is one tough race.

It is safe to say that one ultra competition per year is not enough for me to maintain a realistic sense of race pace. And with age factoring in, it seems I'm back to finding something new in every race to overcome. That was the way it went in the first 30 ultras I ever ran. Solve one thing, and in the next race something new popped up.

Ultras have a way of teaching lessons if we pay attention. Oh, and here is another one: don't take Honey Badger too lightly!

Featured Runner - George Myers

The Basics

Date of Birth: Aug 29, 1971
Place of Birth: El Dorado, Kansas
Currently Residing: El Dorado, Kansas
Marital Status: Engaged, Erin-Kate Morrow
Job(s): Project Manager for T-Mobile
Children: 4 - Grace 14, Trey 13, Guy 10, Alice 7.
Height: 6'
Weight: 145 lbs
Shoe Size: 11.5
Best Physical Feature: Legs
Worst Physical Feature: Butt, I have none.
Religion: God is everything or else is Nothing.
Political Affiliation: Libertarian
Educational Background: B.A. History from Drake University
Personal Strength(s): Kind, determined, I like to think that I have a good sense of humor.
Personal Weakness(es): Directions, organization, easily distracted.
Make Of Car You Drive: 2006 VW Jetta
Make Of Car You Would Like To Drive: Jeep Wrangler
Pets: None known.

Dislikes / Fears

Least Liked Subject: English
Least Liked Household Chore: Making the bed, I suck at it.
Pet Peeve: People chomping their food.
Greatest Fear: Forgetting to enjoy the present.

Achievements / Goals / Memories

Personal Hero: I've got a couple. First is Jesus. The second isn't necessarily a hero, but a spiritual advisor or life coach and mentor, Chris Locke. He is a hero in the way he has been successful with family, his career, and life in general.
Personal Philosophy: Make each day successful.
Short-Term Goal: Run Across the USA
Long-Term Goal: Meet Jesus
Most prized Possession: Life
Most Proud Achievement: That's like trying to pick which child I like the most. One that sticks out is breaking the world record for most hunger relief meals packaged in an hour while I was working for Numana Inc.
Happiest Memory: Yesterday
Secret Ambition/Fantasy: I'd like to run the HURT 100 someday and then spend time relaxing on the beach in Hawaii.
Greatest Adventure: EVERYTHING I have done to be here today. Getting lost in France with no ID or phone, or money was pretty crazy for me.

Spare Time

Book Currently Reading: Unbroken by Laura Hillenbrand
Hobbies: Enjoying time with family and friends.
Collections: Coins

Favorites

Favorite Author: John Grisham
Favorite Book: Born to Run
Non-running Magazine: National Geographic
Favorite Movie: The Jerk. Steve Martin is hilarious.
Favorite TV Show: Shameless
Favorite Actor/Actress: Matt Damon
Favorite Music: Rock
Favorite Musical Performer: Black Keys
Favorite Artist: Foo Fighters
Spectator Sport: College basketball
Favorite Subject in School: Biology
Favorite Game: Poker
Favorite Vacation Destination: Oregon or Colorado
Favorite Time Of Day: Evenings
Favorite Item Of Clothing: Anything clean
Non-Running Leisure Activity: Ping pong
Running Shoe: Brooks, Pure Flow. They are my go to shoe.
Food/Drink During An Ultra: Watermelon pieces
Food/Drink Before An Ultra: UCAN
Food/Drink After An Ultra: Hot Dogs and a real Coke.
Favorite Crew Person(s): I have never had a crew member that wasn't awesome, but Erin Morrow has been unbelievably tough when it comes to listening to me whine (quietly) about how I hurt.
Favorite Pacer: Anyone that will put up with me.
Favorite Place To Run: I really enjoyed running the trails around Boulder, Colorado.
Favorite Type Of Running Surface: Trail
Favorite Famous Quote: "You must find the place inside yourself where nothing is impossible." Deepak Chopra.

Ultra Stuff

Years Running Ultras: 3 years
Ultras Finished: 10?
Best Ultra Performance(s): The Honey Badger 100.
Most Memorable Ultra: Running Heartland 2012 in a crazy thunderstorm/ tornado watch.
Typical Training Week(s) Before A Major Race: I usually do one last big run the week before a race and then the week of is some sort of light training MTW and Thursday and Friday I don't do much.
Injuries: Reoccurring IT Band issues.
Ultrarunning Idol: I am not sure I have an idol, but Charlie Engle has done some pretty unbelievable things.
Why Do You Run Ultras: I have never ran the big name Ultras, but in most of the Ultras I have run, the races are healthy competition between runners. Lots of encouragement. I like the diversity of ultrarunning. Running different speeds, heart rate zones, and terrain, people. I enjoy seeing how far I can push myself, mentally and physically.
Advice For Other Ultrarunners: The race isn't about being the fastest, it's about not slowing down.

Party On!

By Epic Ultras Blogger Zach Adams

Ugggghhh... what the hell happened last night? I remember I was going hard then things just started going downhill BIGTIME. I remember puking in the middle of the night and seeing shit that wasn't even there! I drank and ate more than I can remember until I could eat and drink no more. Finally, I passed out shortly after crossing a line, and after a few hours of terrible, restless sleep I am paying a hefty price. My head hurts, my belly hurts, my body hurts, and the memory is fuzzy. Yup it is official, I am hungover as shit.

No, I didn't get hammered last night off of one dollar Long Island iced teas, I ran 100 miles. After five 100 mile ultra attempts – including 3 finishes ranging from just under 22 hours to just over 27 hours – I assure you that running 100 miles will leave you “hungover”. While it is not the same as the morning after a night of binge drinking, finishing a hundy and a gnarly hangover have symptoms very, VERY similar in nature.

Think of the race as the party. Just about no matter how bad you feel during, you are on cloud nine when you cross the finish line. Conquering a nearly impossible task and transcending your own physical limits can most definitely give you the feeling that you are 10 feet tall and bullet proof. Sounds kind of like a wasted frat boy to me. But much like a night of over indulgence, there are consequences.

After the deed is done you finally rest. The rest is not peaceful or rejuvenating. It is restless and painful, and when you finally do wake up, it is to a torrent of agony raging inside your body from what you have put it thru. Day 1 after a 100 is not too much different than a Sunday morning after your best buddy's stag party – aside from the cat shit taste in your mouth and the empty Quervo bottle. The immediate pain and suffering after any 100 mile run is comparable to one of the worst hangovers from your college years.

A final comparison is the dreaded recovery period. Your pals want to get together and go for a run, but the thought of it makes you a little nauseated. There is another big race coming up and you consider making up an excuse not to go because you don't want to feel that way again anytime soon. Sure... it was all fun and games while you are slamming mile after mile... But is it really worth it? Maybe you should just leave this nonsense to the younger folks and go walk the dog. The point is this; running a hundy takes a lot out of most people, and just like your liver needs to take some time to recover after a 3 day canoe trip, your body and mind need a break after 24 hours of running. Don't worry, a little time and rest will eventually get you ready for the next time.

There are several parallels that can be drawn between ultrarunning and binge drinking. The more you party, the higher your tolerance gets and less time it takes to recover for the next party – where you undoubtedly will be able to party even harder! The good news is that instead of alcoholism and inpatient rehab, the biggest problems you will get from ultrarunning might be black toenails, maxed out credit cards, and more buckles than you have belts!

Until next time, BE EPIC!

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!