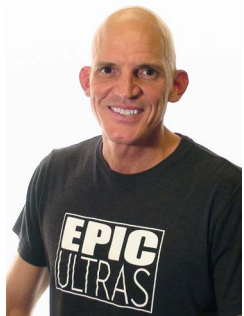


EPIC ULTRAS NEWS



Welcome From Epic Ultras Founder, Eric Steele



Welcome to the 20th issue of Epic Ultra News! Wow, where to even start this month? First off, our 3rd Annual Prairie Spirit Trail 100 & 50 Mile Ultra Races, held on March 28th/29th were a smashing success, once again, and we finished 50 runners in the 100 mile event and 103 runners in the 50 mile event, representing twenty-five different states and Great Britain for both races combined. Eight runners also finished their first leg of our 2015 Kansas Grand Slam! The first round of “special invitations” were sent out Monday evening for registration into next year’s 4th Annual Event and we have already received over a dozen registrations. Registration will be opened to the ultrarunning community at large on Monday, April 13th. Of course, we are busy getting prepped for our next event, the FlatRock 101K...by far the most difficult trail race of this distance in our state, and most likely the entire Midwest. We are currently at 60% capacity for this event and still have plenty of spots available. So, if you are looking for a last minute “ultrarunning adventure of a lifetime” or have yet to put your

collective mettle to the test on our “little gem” down here in southeastern, Kansas, we highly encourage to get registered and come join us for all of the EPIC Fun on April 24th just outside of Independence. Then, at the end of May is our 2nd Annual Flint Hills Trail 40 Mile and Marathon, which we still have plenty of spots available for, too! Plus, this year we are making a donation to the Down Syndrome Guild of Greater Kansas City, based on the number of entries we receive, and right now we are at \$200, however, if we receive another 80 entries between now and the close of registration on May 25th, our donation will escalate to a very substantial \$2,000... AND on top of that we are giving you a \$20 discount on your registration between now and this Sunday evening at Midnight...complete details below. Finally, I was super-excited to announce the launching of our Epic Ultras Race Squad a couple of days ago – a select group of ultra-athletes who will be representing the Epic Ultras Brand and all of the core values our company stands for. Complete details, along with announcing the initial athletes on the EU Race Squad is forthcoming in the next several weeks. In this month’s issue our “featured runner” is Wichita ultrarunner, April Reed, along with a slew of contributions from recent PST 100 mile finisher, Daron Pratt, a young Brigade Member’s perspective of the PST 100/50 Mile from Mitch Adams, a link to Ken Childress’ full blog article on the FlatRock 101K from last year working the Oak Ridge Aid Station, and of course, our Epic Ultras Blogger, Zach Adams usual witty insight on what it takes to be a successful pacer in an ultra...enjoy!

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



2nd Annual Flint Hills Trail
40 Mile Trail Ultra Race & Marathon
May 30, 2015 / Ottawa, KS

Take advantage of a \$20 discount now!
Click Here To Register Using The
Discount Code Below Good Through
Sunday, April 12th, 2015!

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

Flint Hills Trail

EPIC ULTRAS: FLINT HILLS TRAIL 40 MILE & MARATHON DONATING TO DOWN SYNDROME GUILD OF GREATER KANSAS CITY

Kick your summer off right by joining us for a scenic jaunt in late May, along the gorgeous Flint Hills Trail, in southeastern Kansas AND help an outstanding non-profit charitable organization too! Epic Ultras will be donating \$10 per entry for ALL entries we receive between March 1st and the close of registration on May 25th to the Down Syndrome Guild (DSG) of Greater Kansas City. Founded in 1984 by a group of parents whose children had Down syndrome, the DSG currently serves 37 counties in Kansas and Missouri, providing support to over 1200 individuals with Down syndrome, their families, and the professionals who serve them.

PLUS, if we register 100 spots during our fundraising drive for DSG, Epic Ultras will match that first \$1,000 (\$10 x 100 entries) with another \$1,000...making our total donation a minimum of \$2,000 because we will still donate the \$10 per entry over and above the initial 100 entries. Please read on for complete event details.

Whether you are ready to bridge the gap between running roads and trails, a rookie ultrarunner looking to increase your distance PR, or a competitive racer looking to set a new PR, the Flint Hills Trail 40 Mile & Marathon are very possibly the races you have been looking for! Our courses primarily travel a forgiving surface of crushed limestone, wide enough to run 2-3 runners abreast, on the gorgeous Flint Hills Nature Trail between Ottawa and Osawatomie (KS). Our flat, fast out-and-back course(s) are excellent for every runner's ability level, from the first time ultrarunner to seasoned veterans. Shade is plentiful on the course with a wide variety of early summer foliage in full-bloom by late May that gives runners plenty of visual stimuli as they cover their mileage.

So, whether you are looking to set a PR, or run your first ultramarathon, come join us for our 2nd Annual Flint Hills 40 Mile & Marathon, on May 30th, in Ottawa (KS), while automatically helping us raise funds for an outstanding charitable organization, too! Click below now to get registered and kick your summer off right, along with helping us hit our \$2,000 donation goal!

UPCOMING EVENTS

April 25, 2015
FlatRock 101
101K

May 30, 2015
Flint Hills Trail
40M/Marathon

July 11, 2015
Honey Badger
100M

Sept 26, 2015
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

All EPIC ULTRA events
sponsored by:



Newsletter Bios



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!



April Reed - Featured Runner

In her own words.

I was a pretty active kid growing up but started getting a little chubby hitting the fragile teenage years. I started running late at night to keep my weight down. My junior year of high school, I took a conditioning class and fell in love with weight training and how empowered I felt as I got stronger. While I ran out of necessity, I struggled with my attitude towards running. In my late teens I flat out decided

one day I was going to tell myself I loved it (even though I hated it.) Strangely, I actually began to love it and crave it. I have been dedicated to improving my fitness and trying new things ever since. I spent my late 20's/early 30's I focused on body building/figure competing and even participated in a state power lifting meet, but running took a backseat and was more necessary "cardio" and sometimes "recreational" than anything. I took a crack at training for a marathon when I was 23 but had no idea what I was doing and came down with mono which completely derailed me. While pregnant with my first child, I decided I would train for a half marathon as soon as I gave birth. I was out running within 2 weeks and jumped into the East YMCAs training program. I completed that goal and was hooked on distance running after that. Meeting other great runners like Amy McCall, Barry Smith, Jennifer Schmidt (to name a few) really encouraged me to start training at a new level. A year or so later I wanted to get into triathlons. To date, I've run over a dozen half marathons, 6 marathons, 5 ultras, 1 half ironman and lots of small tris and races in between. My first Ultra was the Lunar Trek night run in Scandia, Kansas, followed by Epic Ultra's FlatRock 50K a few months later. I've learned the more difficult the race, the more I can tap into my inner grit when things don't go as planned. I've had plenty of disappointing races. I finally got the guts to run my first 50 mile race at Epic Ultra's Prairie Spirit Trail Fall 50 Miler last October and walked away in total amazement (It was a "unicorn" day) on what the body can do with training, determination and an attitude of gratitude. I am humbled by qualifying for the Boston Marathon last summer (got another unicorn day) and the chance to run Boston this spring. From figure competitions, power lifting meets, triathlons, distance running. I love it all. It keeps me sane, has introduced me to many amazing people, pushes me physically, mentally, and spiritually. I never thought I'd be capable of running 50 miles and now I finally have the confidence to attempt my first 100 miler in Tulsa in June (yes, Jason, you were right). My hope above all, is to continue to encourage others with their goals and give back through involvement with Girls On The Run and co-directing the Kingman Kong Runathon, a charity race to support Main Place Youth. I hope to inspire others not just through running but hopefully they'll see something deeper. Something of lasting value, for my life motto in wrapped up in this verse: 1 Timothy 4:8 "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

Epic Ultras Needs Your Help

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



A Perfectly Fit Culture of Misfits

By Daron Pratt

I am the Maurice Flitcroft of Ultra Running...

For those of you who may have missed my 140-character, twitter race report from the Prairie Spirit 100, allow me to repost:

"Yawn, run, hug, run, taco, run, tears (family), run, A&D (sorry Trail Nerds), run MORE TACO, run, OUCH, shuffle, walk, run'ish, OMG, YEAH! Beer"

This isn't so much a "race report", as just my general observation as I continue my evolution from road-runner to trail/Ultra runner.

Short backstory -- my father-in-law loves all team sports, and only one solo sport -- wrestling; and the sole reason for any sport is to win. So running is a bit of an enigma to him -- stopping by his home in Iowa after running the 2010 Chicago Marathon, his first comment was "So, did you win?". Sorry Pete, it seems these Kenyans have figured out a pretty good strategy to stay ahead of me... but I couldn't really see them, due to the 4,074 other folks between us -- and I didn't know a single one of them. Which is why I have decided to leave (or at least, greatly throttle back) the road-running scene.

A lot of 'blogs, web-pages, and FB groups routinely bag on the "douchy", elitist roadrunners... but I am not talking about the individuals, I am talking about the overall culture; I have run the Kansas City Marathon six consecutive years -- and have never met the RD -- probably not his (or her?) fault, hell there are 20,000+ folks out there. Eric was the third person I met at Packet Pickup for the 2014 Flint Hills Trail Race -- my first Ultra -- he would likely have been the first -- but, you know -- Polly and Shay were there... and I'm a dude, so ... yeah. Four months later, at the Prairie Spirit 50, it was more like a class reunion ... I walked into the building knowing half the folks in there -- some intimate friends I see regularly, some "Facebook" friends -- and that's OK too, it's all part of the support and comradery. My limited experiences in Ultras have been pretty small, intimate events. Not by design, simply because there aren't that many folk who run 50 or 100 miles on a regular basis. And there are essentially only three roles for an Ultra Event -- Working the event (hosting/volunteering), Crewing/Pacing a runner, and -- oh yeah -- running. At the 100-mile level -- prior to last week -- I had checked two of the three boxes:

Last July, I volunteered for the Inaugural Honey Badger 100 Mile Road Race, as a course rover delivering water and ice to the crew-only race (no aid stations). This was a great experience because I got to interact with each runner (many times), over the course of about 30 hours, as well as their crews, pacers, and families. Watching as each either dug deep to determine how to finish in the near-100 degree, windy, blast-furnace Kansas summer, or succumb to the elements, fatigue, body & mind games, and drop. Then, this past September, I got a different perspective on the 100 mile race when I paced/crewed Boxy on his third, 25-mile loop for his first hundy at the Mark Twain 100, in Berryman, MO.

So really, at that point... there was only one thing left to do -- I signed up for the PS100 on October 3rd. The next day, I bought my sticker -- taped it to my bathroom mirror, and wrote the date below it. It may seem odd, but being a very goal-oriented person, this reminded me EVERY DAY of where I knew I would be at 6AM on Saturday March 28, 2015 -- ready or not, that date wasn't moving -- so I had better be. Training had begun.

Fast-forward to last Friday night, and Tracy, Zander and I trekked out to Ottawa for the pre-race dinner and packet pickup, and to meet Dave... but again, with the reunion -- as we arrived, "Iron Will" Sprouse and his one-man (uh, woman) crew of Carrie were walking out and shared a few words of encouragement and advice for my day ahead... Inside it continued, caught up with Matt Perkins -- who I trailed at both the FH40 and the PST50 -- Kodi -- the BADDEST chick I know -- Panzer, the band of usual misfits... Zach, Candi, Polly, Shay, Justin, Joell, Warren, Reina, Elden!!! But I also ran into Cathy Nevans and Rebecca Gartrell, who I met at the Honey Badger, a few folks from Berryman, Jill Becker who I had met at the PsychoWycho 50K, and of course, Big E -- running around like a world-class plate spinner, just keeping everything moving.

Moving ahead to Saturday morning... and palpable nervous tension... we were off... but the comradery continued. Running with Kodi for the first 10K, we chatted up everyone we saw ... and when I pulled into Princeton -- it was big hugs and high-

...continued on page 7

Featured Runner - April Reed

The Basics

Date of Birth: March 17, 1974
Place of Birth: Emporia, KS
Currently Residing: Wichita, KS
Marital Status: Ask
Job(s): 16 years as Commercial Real Estate Manager, Slawson Companies, Inc.
Children: 2, Piper (5) and Lincoln (2)
Height: 5'3"
Weight: 122
Shoe Size: I have one 8 foot and one 8.5.
Best Physical Feature: I've been told my eyes. You be the judge.
Worst Physical Feature: Stupid tattoo that I got when I was 18 on my chest that I've since tried to remove which turned into a massive Keloid scar.
Religion: In Christ Alone.
Political Affiliation: Conservative
Educational Background: AAS in Accounting/Business Admin
Personal Strength(s): Work ethic, networking, ability to press on regardless of the circumstances.
Personal Weakness(es): Take on more than I can handle, I can be critical, selfish and love control. Oiy!
Make Of Car You Drive: Toyota Sequoia
Make Of Car You Would Like To Drive: I miss my Volvo S60 – sporty, classy, comfortable. Car just isn't practical for my lifestyle right now.
Pets: Been there done that. No thank you.

Ultra Stuff

Years Running Ultras: Going into my 3rd year.
Ultras Finished: 4
Best Ultra Performance(s): Prairie Spirit 50 (8:53:30).
Most Memorable Ultra: Flatrock for the terrain and the fact that it rained all day. Post Oak because I flushed my electrolytes out the day before and was puking sick throughout the race.
Typical Training Week(s) Before A Major Race: I try and get in 50 mile/week with a long-ish mid week run and back to backs on the weekend.
Injuries: I've got two bad discs in my lower back that tend to cause me a lot of grief. I'm convinced my left IT is symptomatic of my disc problems. I manage it the best I can.
Ultrarunning Idol: April Calaway
Why Do You Run Ultras: I've always been fascinated with what the body can accomplish when the mind is determined and focused. I tend to learn more from pain than I do from pleasure.
Advice For Other Ultrarunners: Stay humble and look for opportunities to encourage others.

Dislikes / Fears

Least Liked Subject: Science
Least Liked Household Chore: Laundry- I can never get caught up!
Pet Peeve: Poor communication.
Greatest Fear: Stepping out of God's will for my life.

Favorites

Favorite Author: Right now it's Dr. Larry Crabbs who wrote Shattered Dreams and 66 Love Letters. They've been game changers for me.
Favorite Book: Bible, after that I can't say I've had a favorite. I enjoy them, then move on to the next.
Favorite Non-running Magazine: Oxygen
Favorite Movie: My twisted sense of humor, loved the Hangover and Happy Gilmore. The softer side of me loves A River Runs through it, Shawshank Redemption, Pianist (I know they're all oldies. I haven't watched a movie in forever!)
Favorite TV Show: I don't watch TV.
Favorite Actor/Actress: I think Sandra Bullock has real grown into a phenomenal actress.
Favorite Music: Christian
Favorite Musical Performer: I hate concerts with a passion.
Favorite Artist: Can't pick one.
Favorite Subject in School: Conditioning and PE.
Favorite Game: Pitch
Favorite Vacation Destination: Mexico
Favorite Time Of Day: Morning where I'm enjoying my first cup of coffee.
Favorite Item Of Clothing: Tight pants.
Favorite Running Shoe: GoRun Skechers – They're good enough for Meb!
Food/Drink During An Ultra: Blendrich
Favorite Food/Drink Before An Ultra: Coffee
Food/Drink After An Ultra: Blendrich recovery, coffee.
Favorite Crew Person(s): Jason Dinkle/Barry Smith
Favorite Pacer: Crystal Jones
Favorite Place To Run: Kingman, KS and Redbud trail.
Favorite Type Of Running Surface: Dirt/gravel roads.
Favorite Famous Quote: "If I take care of my character, my reputation will take care of itself." - Dwight Moody

Achievements / Goals / Memories

Personal Hero: I can't name just one person. My life is filled with people from all walks of life who have inspired me.
Personal Philosophy: Keep my eyes open to divine opportunities and use whatever influence God has given me to help others.
Short-Term Goal: Run Boston Marathon in April, Take on my first 100 mile run in Tulsa this summer, and train for my first full Ironman this fall (Louisville) maybe run a few races in between.
Long-Term Goal: Run my first 100 in 2016 then I'm thinking about training for another figure competition.
Most Prized Possession: I like my "stuff" but I remind myself to hold on to things loosely and value relationships above trinkets and treasures.
Most Proud Achievement: Qualifying for Boston.
Happiest Memory: Giving birth to my babies.
Secret Ambition/Fantasy: Retire early, train without time boundaries, spend more time with my family.
Greatest Adventure: I've been on two construction missions trips- one to Ireland and one to Prague.

...continued on page 8

Setting the Pace

By Epic Ultras Blogger Zach Adams

I was recently asked, “Zach – your crewing article was great, but I am not really wanting to sit on my butt for hours just to pop blisters, make sandwiches and fill water bottles... what about pacing?” Well, “fictitious friend”, that is a great question! However, for the purposes of disclosure, let me start with a disclaimer. I have never actually paced another runner during an event. This being said - I have utilized pacers in a wide variety of race distances and terrains during ultras. I have also not utilized pacers – so I feel confident I can speak with authority on the subject matter.

First and foremost – and I cannot stress this enough – make sure that you are FAST ENOUGH to keep up with your pacer. I personally have had to leave a pacer behind that could not keep up with me and ended up leaving said pacer alone in the dark in the middle of the night. While I felt bad for her, I was feeling amazing, and was going to take advantage of that. Another friend’s pacer decided to quit during his “shift” and did not run again for a year. To avoid this situation, don’t agree to pace someone that you are likely unable to match speeds (and preferably push). Also, be careful to assume that just because it’s the late miles of a 100 you will be able to keep up with a normally much faster runner – I have seen some ultrarunners run faster the last 10 than the first 10.

Secondly, don’t whine and complain about how bad YOU feel. Chances are you have been out there much less time than your runner has, and the goal is to help THEM. Your pissing and moaning might make them run faster to get away from you, but most likely they will just get very annoyed and take it out on the crew at the next aid station. Best case scenario, your runner might just put in her earbuds and crank the Metallica – take the hint.

Next order of business; be prepared. I am talking “Eagle Scout” prepared! Learn and study the course! Know the distance between aid stations. Just like Dad driving to the family vacation destination, you can expect to hear “Are we there yet?” Know your runners goals and push hard to exceed them! Find out what you can do to help your runner and the crew when you roll into the next aid station. Don’t forget to remind them to eat and drink, then take a mental note of when and how much. It is important you do not let them get behind; else you are making things harder on the both of you.

Finally, and this is sometimes overlooked, HAVE FUN! One of the best things you can do is help your runner keep their mind OFF the pain, the race, and the other hardships. Crack jokes, sing songs, tell stories. ENGAGE your runner to help pass the long arduous hours and distract them from the task at hand for a bit. Some of my best pacer experiences were not because my pacer kept pushing Heed and Hammer Gels, but telling dirty jokes and sharing (and sometimes OVERSHARING) personal stories. It really makes the low times much more bearable.

I could give you a thousand more tips on how to be an effective pacer, but if you follow the four simple rules above, you will be successful. If you are interested in being a pacer but have not been asked, PUT YOURSELF OUT THERE! Post availability on forums or Facebook pages! It is a great way to see part of a course or race without ponying up the entry fee! You may also make some great friends. Last summer, I assembled a team of 4 complete strangers who spent more than 27 hours in the scorching Kansas heat for a guy and his gal that they barely knew – and now they are my lifelong friends!

TZ Talks FlatRock

Ken “TZ” Childress is a self proclaimed Trail Zombie and knighted member of the FlatRock Hall of Pain -having completed the fall 50K ten consecutive times! Ken has been blogging about the trailz and trail runs in the Midwest for nearly as long. Whether you are registered for the spring FlatRock 101K for the first time or your 10th 50K trip across “The Rock” in September, you should [click here to check out Ken’s photo blog](#) from a last year. The third annual FlatRock 101K is just around the corner – but it is not too late! You can still sign up at [UltraSignup.com](#)



A Perfectly Fit Culture of Misfits

...continued from page 4

fives with Crystal and Dave Meeth.

For me, the psychology of running distance (20+) is mentally chunking it up into bite-sized pieces... for the hundy – it was all about the aid stations... 11 of them – so really, I was just doing a series of 10Ks and 10-milers. So after, Princeton – the next goal was Richmond. I didn't know any of the aid station crew at Richmond, but when I sat down to adjust my ankle brace, I had several descend upon me to see what they could do to help me out and move me along. Additionally, Shay and Boxey had just arrived, and they were checking on me too...

Then it was the easy 9 miles to Garnett, in what was turning out to be an absolutely beautiful, sunny, breezy day. Garnett was probably the highlight of the event... both ways... Tacos, Nutella, and the ... um, uh... "scenery". I mean com'mon, Meeth is a great guy... but the double-teaming of Polly and Brandy made a guy just want to camp out for while (Mr. Renfro knows what I'm talking about)... oh, and they had TACOS... put a coupla of Boulevard Pale Ales in there, and might have just stayed all day and night!!! But duty called (and no beer), so I rolled into Colony, where I saw Matt Perkins sitting in the grass – we exchanged pleasantries – I grabbed some grub, and kept hammering south – to lola, where, sadly, I found out Mr. Perkins' day was done, the flu had set in, and taken its toll. Having run both of my previous Epic Ultra (FHT40, PST50) with him – or more accurately, behind him, I hated to see him have to drop. lola was the turn... I had hammered out 52 solo miles, now I got my pacers to bring me home... Box was pacing me back to Garnett, Zander to Richmond, Zoe to Princeton, and Tracy was bringing me home. At approximately 3:30AM, I crossed the finish line with a 21 hour 28 minute finish... approximately an hour ahead of my goal time...

In addition to Eric at the finish line, many of the misfits had hung out where Rick and Kristi were taking pictures, and it was high-fives, hugs, and Pale Ales all around. None of this grab-your-medal-and-banana-and-get-out Marathon finish crap. Oh, and Rick and Kristi are cool enough to GIVE AWAY their world-class photos... unlike Disney's \$100, 4x6 blurry finish photo with some dude elbow blocking your face. In road races, everyone is in it for themselves... not just the front-running Kenyans... but everyone out there. In Ultras – like golf – if you are really good, you are a sponsored professional – the difference is, I am not going to go hack 18 holes in KC and run into Tiger Woods... in Ultras, I might just be toeing the line with some of the greats – and probably not even know it. Speaking of; next up is the War Eagle 50K in Rogers, AR ... where we get to rub elbows with La Brujita, herself... Ultra-stud Jen Shelton; but that's not what I'm most excited about – it'll be another reunion, where I know a quarter of the field going in -- and since it is not an Epic event, I get to run with Big E, hammer it out with Justin, and Zach (as we watch Candi challenge Jen) -- of course, the Main Event will be the "Box Brothers Grudge Match"... And I am sure I will return having met many new friends for the next outing...

Til then, #GottaRun.

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!

EPIC ULTRAS

Mitch's Blog

By Mitch Adams

The following is a short blog from my 12 year old son Mitch who has been involved in several Epic Ultras events including FlatRock 50K and Prairie Spirit Fall Classic. While he has only shown a very slight interest in running ultras, he does get very excited about writing. From fiction to narratives, Mitch loves writing. This is his first race report, detailing some of his experiences at the 3rd annual Prairie Spirit 50/100 Mile Ultra Race. Enjoy! - Zach Adams

Prairie Spirit 100/50 Miler

Recently, I went to Prairie Spirit Trail 100 and 50 Mile Ultra Races. On Friday, I had stayed in the nastiest hotel that smelled like Cruella Deville's breath, so I was happy for fresh morning air. I got there that weekend, and I had an amazing time at the start. I had my GoPro camera with me most of the time, so I recorded a lot of video. At the beginning, I went to the short out-and-back turnaround with RD Eric and we had a really fun time. We talked a lot about success and accomplishments.

We then went back to Celebration Hall and hung for a while. We finally got the sound system set up and was ready for announcing. As "Microphone Mitch", I spent a lot of my time announcing names of the finishers. This experience really boosted my self-esteem because everyone loved the way I announced. I also was treated with very delicious food.

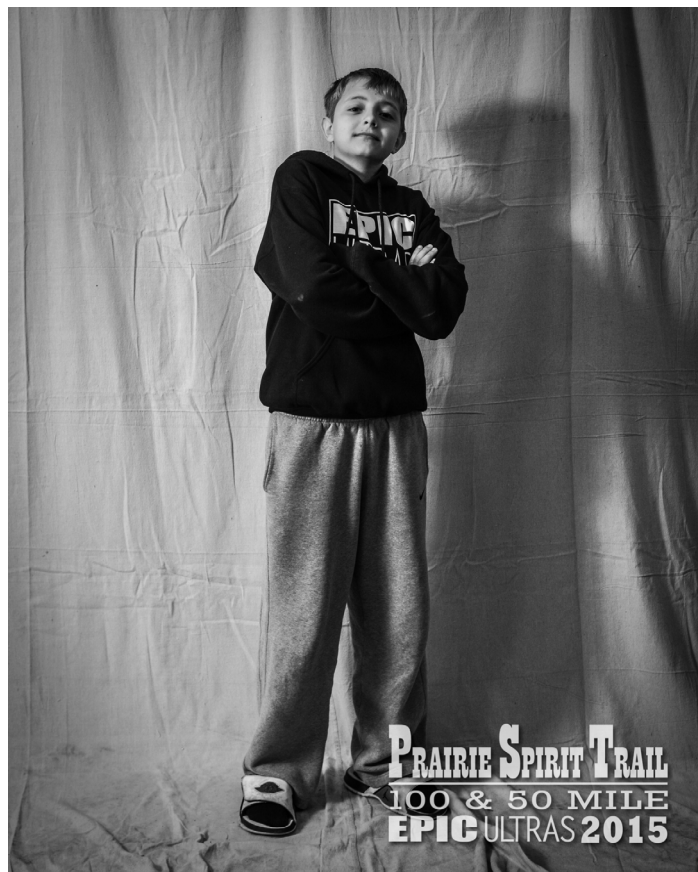
Memorable moments were made in that three day span. I liked when Max and I were talking Pokémon, and he said "my little sister plays that". I said "I'll call up CHARIZARD and he'll flame you." Max and I get along really well. The Epic Ultras Brigade really is tight like a family.

Eric Steele is the man. He is a legend. That weekend wouldn't have been complete without Eric. He cracks jokes all the time and always has a smile. My favorite part of the whole weekend was hanging out with Eric and the entire Epic Ultras Family. I can't wait for another Epic Ultras Race like the Prairie Spirit Trail 100 and 50 Mile Ultra Races.

I announced a lot of runners from the 50 miler through the day and evening and later I took a break on the cold floor while my Dad announced for me. I woke up the next day, walked to the tent with a box of cookies and talked to Eric and waited for more 100 mile finishers. The race finally ended, like all good things, and I joined the Epic Ultras Brigade in packing up, and we went home.

I couldn't stop thinking about the inspiring people I had met that weekend. It turned out to be one of the best weekends of my life. This environment is meant for me. The people I was surrounded by were amazingly awesome. I could not have asked for a better weekend!

Mitch Adams



Featured Runner

...continued from page 5

Spare Time

Book Currently Reading:

66 Love Letters, Eat that Frog, Unbroken

Hobbies:

Run, Bike, Swim, Camping, playing outdoors with my children.

Collections:

Race medals and shirts.

EPIC ULTRAS