

# EPIC ULTRAS NEWS



## Welcome From Epic Ultras Founder, Eric Steele



Epic Ultras is now a little over one year old and we are “full speed ahead” with some exciting plans for year number two! I founded this company on nearly two decades of experience, both race directing and participating in this beloved sport. Since it’s inception, Epic Ultras has proven that co-creating an “experience of a lifetime” most certainly can be achieved, even beyond our wildest expectations. Last year was our 18th year for the FlatRock 50/25K in September, followed by WinterRock in January...and then, the now “infamous” Prairie Spirit 100/50 Miler in March and the

“over the top” experience had at the FlatRock 101K in April. Each event took on a life of it’s own and each attendee contributed to the “experience of a lifetime” had by all. We look forward to continuing to co-create epic ultrarunning experiences with each of you - through our events, newsletters and seeing you “out on the trails”. We have a lot “up our sleeve” for the upcoming year and hope that you’ll be a part of it all...we’d be thrilled to have you!

**Be Epic!**

**Eric Steele**

### August 2013...In This Issue

Race Discount Code P.2

A Few Bios P.3

Protein for the Long Run P.4

Featured Runner P.5

Why Ultrarunning? P.6

### OUR MISSION

The primary mission of EPIC ULTRAS is to organize, manage, facilitate and deliver the highest quality ultrarunning events in the world. Our vision is to 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



Click Here To Register Using The  
Discount Code Below Good Through  
Sunday, August 18th, 2013!

Enter Code At Checkout:  
**EUNews20%Off**  
(All one word, no spaces)

**Inaugural Prairie Spirit Trail**  
"Fall Classic" 50 Mile / 50 K  
October 26, 2013  
Ottawa, Kansas

In March we held the Inaugural Prairie Spirit Trail race in Ottawa, Kansas and it certainly was a popular "event to remember" - you can read all about it by visiting our blog at: [Epic Ultras Blog](#)

Despite the blizzard conditions, many participants were not only anxious to return for redemption in 2014, but an overwhelming number of runners requested that we put on a fall event as well, so, the Prairie Spirit Trail "Fall Classic" 50 Mile and 50 K was born! This is a beautiful course on a flat and fast rails-to-trails crushed gravel trail system. We have a new venue where we will host the pre and post race meals, packet pickup and all the other "fine" details and certainly look forward seeing you in October, if not sooner! If you can't make it in October, below you will find our upcoming dates and events. So, we invite you to lace up your shoes and come out for what is sure to be a most Epic Ultra!

**Sept 28, 2013**

FlatRock  
**SOLD OUT**  
50K/25K

**January 4, 2014**

WinterRock  
25K/12K

**March 29, 2014**

Prairie Spirit Trail  
100M/50M

**April 26, 2014**

FlatRock 101  
101K

All EPIC ULTRA  
events sponsored  
by:





# Newsletter Bios

## 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.



Visit [EpicUltras.com](http://EpicUltras.com) for more information on all of our upcoming events!

⇒ Prairie Spirit Trail Fall Classic

October 26, 2013  
50 Miler / 50 K

⇒ WinterRock

January 4, 2014  
25K / 12.5 K

⇒ Prairie Spirit Trail

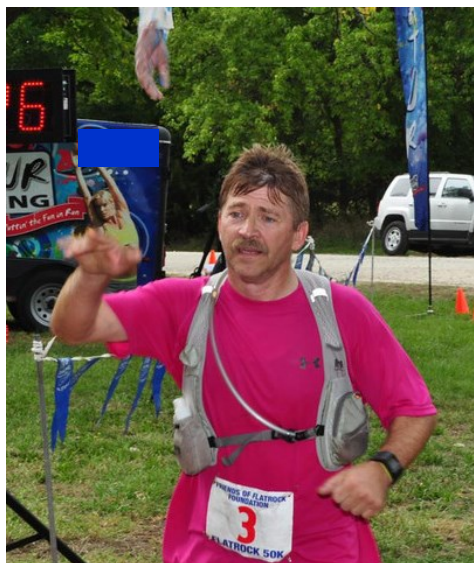
March 29, 2014  
100 Miler / 50 Miler

⇒ FlatRock 101

April 26, 2014  
101K

## Dennis Haig - Featured Runner

Dennis is the only person that has completed every FlatRock event...YES, you read that right! Every one of them. All 18 of our flagship events held every September, the 100K several years ago, and, most recently WinterRock and the FlatRock 101K. It took us about half a second to determine who should be THE FIRST Featured Runner for our very first Epic Ultras newsletter. Read all about Dennis on page five.



## 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!



# Protein for the Long Run

by Scott Demaree

Most of the time when we talk about energy sources to be used for exercise, carbohydrates and fats are the main players. It is known that we burn proteins for energy as well, but under most conditions its contribution is small enough to be ignored. Another reason it is discounted is that it is simply very difficult to measure protein oxidation in the laboratory. Yet some very careful experiments have indicated that protein may supply 10% of the energy used in exercise, and may go up from there in prolonged exercise (our favorite kind).

As you may know, proteins are composed of building blocks called amino acids. There are 20 naturally occurring amino acids, of which the human body can make 11 from other materials. The remaining 9 amino acids must come from our food, hence they are called essential. There are vast combinations of varying numbers of 20 unique amino acids can be put together to form different proteins. Two proteins that have only one different amino acid, or the same amino acids in a different order, may have a very different shape and therefore may act very differently.

The accepted standard for protein intake in adults is 0.36 grams of protein for each pound of body weight. However, weight lifters have ignored this advice for decades in their quest for greater muscle size and strength. There are data to support the idea that these kinds of muscular changes require up to 0.91 grams protein per pound. Although endurance sports do not build large muscles, these athletes use huge amounts of energy in training and racing, and this causes much higher protein losses. Studies show that endurance athletes should get 0.68 – 0.91 grams per pound.

Proteins vary greatly in quality. By quality I mean the content of the essential amino acids. Plant proteins tend to lack one or more of these amino acids, whereas animal sources are more complete. The safety margins for the recommended intakes mentioned above includes an allowance for plant and animal differences assuming an average mixed diet. Thus, endurance athletes who are strict vegetarians must either eat more than 0.68 – 0.91 grams per pound of body weight, or else they should be careful to plan their meals to include proteins that complement each other (grains and beans for example). The amino acid strengths in one offsets the shortages in the other.

All the proteins in the body “turn over”, meaning they get built up (synthesized) then torn down (degraded). The time for this turnover cycle varies from cell to cell and protein to protein, but tends to accelerate when you exercise regularly. The degradation process requires special handling for the nitrogen contained in all amino acids. Under normal conditions the nitrogen passes through the urea cycle, and gets excreted in the urine and sweat. However, in extreme exercise situations when more protein is broken down, the excess nitrogen may form ammonia, which can not only damage tissue but also cut energy production.

With proteins so important for your life processes, and considering all the problems caused by their breakdown, do you really want to be using them as fuel? That is just what happens in long races, as the body “burns the furniture” to preserve brain function. The brain must have glucose or ketone bodies for fuel. Unfortunately, fats can’t be converted into glucose, and glucose tends to become less available as exercise continues. The release of

the stress hormone cortisol insures that enough protein is degraded to allow for certain amino acids to be converted to glucose for the brain’s use. The protein can come from any part of the body, including the working muscles themselves. Only the branched chain amino acids (BCAA) leucine, isoleucine, and valine can be converted to glucose or ketone bodies, and leucine is burned directly in active muscle. Additionally, glutamine is an immune-related amino acid affected by exercise.

I’ll finish this article on a cautionary note. Excess protein in the diet can cause some problems. Too much consumption has been shown to cause calcium loss. People with reduced kidney function should be careful with high protein intake, as the extra nitrogen processing is stressful for these organs.

Even though protein probably never supplies more than 15% of your energy during an ultramarathon, a steady intake of proteins rich in BCAA before and during the race should be a part of every endurance athlete’s nutritional strategy. By simply limiting protein intake to the recommended 0.68 – 0.91 grams per pound of body weight, and improving our BCAA intake (whey protein has particularly good BCAA content), we can maximize our performance.



# Featured Runner - Dennis Haig

## Personal Philosophy:

Don't forget to fly the airplane (Don't let the little things distract from the more important).

### The Basics

Date of Birth: April 14  
Place of Birth: Wisconsin  
Current Address: Andover  
Marital Status: Married  
Job(s): Aircraft Mechanic  
Political Affiliation: Conservative  
Children: 3  
Height: 5'6" / Weight: 155  
Shoe Size: 9.5 eeee  
Best Physical Feature: My wife says my eyes  
Worst Physical Feature: Toes  
Religion: Christian  
Educational Background: Some college  
Pets: Dogs, cats and birds  
Personal Strength(s): Forgiveness  
Personal Weakness(es): Lazy  
Make Of Car You Drive: Toyota  
Make Of Car You Would Like To Drive:  
Something very fast

### Dislikes / Fears

Least Liked Subject: English  
Least Liked Household Chore:  
Cleaning the cat box  
Pet Peeve: Bad attitudes for no reason  
Greatest Fear: Crashing....running or flying

### Spare Time

Book Currently Reading: Marathoning 101  
Hobbies: Flying  
Collections: FlatRock shirts  
Greatest Adventure: A flight to Detroit

### Ultra Stuff

# Years Running Ultras: 18 / # Ultras Finished: 45  
Best Ultra Performance(s): FlatRock '96 ~ 2nd place  
Typical Training Week(s) Before A Major Race:  
2 short runs (8) one long run (18-20)  
Injuries: Plantar fasciitis  
Ultrarunning Idol: Theresa Wheeler  
Why Do You Run Ultras: I like running & I got addicted the first time I ran a trail  
Advice For Other Ultrarunners: Don't talk your self out of a finish today because of what may happen tomorrow.

### Favorites

Author: Phillip Yancey	Game: Phase 10
Book: The Stand	Music: Christian
Non-Running Magazine: Flying	Vacation Destination: San Antonio
Movie: Outlaw Josey Wales	Time Of Day: Dawn
TV Show: Monday Night Football	Subject In School: Math
Actor/Actress: Clint Eastwood	Crew Person(s): My Wife
Prized Possession: FlatRock rocks	Pacer: Theresa Wheeler
Musical Performer: Jesus Culture	Place To Run: Elk City Trail
Spectator Sport: Football	Type Of Running Surface: Trail

Item Of Clothing You Own: 2012 FlatRock shirt  
Non-Running Leisure Activity: Flying  
Running Shoe: Nike Air Max Moto 1 (extinct)  
Food/Drink During An Ultra: Whatever they serve at the aid station  
Food/Drink Before An Ultra: Egg McMuffin  
Food/Drink After An Ultra: Pepsi  
Famous Quote:  
"If you don't have time to do it right, you sure don't have time to do it over."

### Achievements / Goals / Memories

Personal Hero: My wife  
Short-Term Goal: Finish the Hawk 100      Long-Term Goal: Retire happy  
Most Proud Achievement: Married for 28 years  
Happiest Memory:  
My wife waiting for me at the finish line of the Heartland 100  
Secret Ambition/Fantasy: Finish a big race





# Why Ultrarunning?

By Epic Ultras Blogger Zach Adams

Whether you are already an ultrarunner or planning to become one, chances are you have been asked the question "Why?" Why on EARTH would you want to beat your own ass to the edge of submission over the course of 30+ miles? Every ultrarunner is different and has different motivations, but in my time and personal experiences in "the community", I have made some observations. I am convinced I know at least a few of the common threads that bind us.

We use running as an escape. Everyone has problems. Ultrarunning is a great way to escape. When you have pushed your body past the point of your endurance and are still moving, there is no thought of the problems and hardships you are facing. During an ultra, your humanity is reduced to a single thought. Keep moving. In a world filled with incessant "noise", the physical pain and complete focus generated by ultrarunning is always loud enough to drown it out. When the noise does return, it doesn't seem so loud. This reprieve from a mind full of jumbled worries, problems, and complexities is a great way to get back in touch and put things back in perspective.

Ultrarunning is self-medicating. Not only in a sense of the health benefits inherent in running, but in a psychological way that corrects internal afflictions and allows the mind to heal. I see it this way: When you are emotionally hurting from the events in your life - depression, divorce, rejection, loss, or whatever - there is pain. Ultrarunning is a way to safely and effectively discharge that emotional pain through physical channels. Emotional pain is like an internal gangrene that will eat you up until nothing is left. Ultrarunners have discovered this and take full advantage. I am convinced that almost every ultrarunner I know would be a total drug addict junkie had they not found ultrarunning. It is our drug, and it works.

We are attention whores. You want to know how you know someone is an ultrarunner? They WILL TELL YOU. They will put sticker on their cars, hang their medals, post shit all over Facebook, and tell you about "that one time, when I was running so-and-so..." It is a badass sport. Not that many people would dream of running 30 miles in one day. Hell, 30 miles is a lofty weekly mileage goal for most "normal" joggers. Ultrarunning raises eyebrows and makes people ask questions. We like to feel good about ourselves and our accomplishments, and what better way than blowing the minds of mortals who think a two mile walk earned them an hour or two of rest and a double Whopper with cheese.

Ultrarunning is a way to transcend your everyday life and experience feelings that are so fleeting that you just can't capture them through many other activities. And even if it isn't truly a transformational event for you, you still get the stickers, medals, bragging rights, and Facebook fodder!

Taking my broad generalization of ultrarunners and their psychological makeup into account, it makes sense why Epic Ultras is the **best**. Founded and managed by an ultrarunner who truly "gets it", Epic Ultras puts on events that coincide with, and enhance, this ultrarunning culture and mindset. Everything from the pre-race dinner to a truly remarkable finish line experience (for EVERY single runner - first place or last place) is constructed to augment the runner's own personal investment and commitment to the event.

If you haven't yet, I challenge you to sign up. Run your ass off and *then* tell me I am wrong. It just won't happen. When the time comes to show off your latest Epic Ultras buckle to your friends, share some amazing FREE race photos on your social networks, or just daydream about cowbells and lasers at the finish line, I have no doubt, you *will* agree.

The Triple Crown Series was rolled out at the beginning of 2013 and we currently have eight people on track to receive the coveted title of:

"2013 Triple Crown Honoree"

They are: Dennis Haig, Scott Hill, Ron LaPoint, Adam Monaghan, Michael Mora, Candi Paulin, Paul Rejda and Kimberly Spielman

Upon completion of the 50K at our SOLD OUT Flagship event - FlatRock in September, each will receive special recognition, an award and be the first group honored into the "FlatRock Triple Crown Series".

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 101 participants)
2. Register for the FlatRock 50K September 27th, 2014 as soon as you receive an email invite. (These will be emailed out after the completion of this year's event - Note: The 2013 event sold out in under two weeks!)
3. Register for either distance for WinterRock January 4th, 2014 (Registration link will be emailed out in December - Event limited to 100 participants)

Want to see the 2013 honorees receive their awards and recognition? Join us for the celebration at the conclusion of FlatRock on September 28th in Independence, KS!