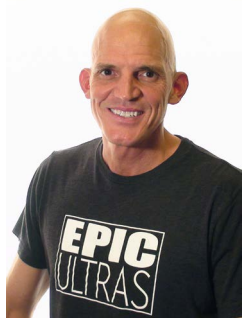


EPIC ULTRAS NEWS



Welcome From Epic Ultras Founder, Eric Steele



First off, I want to sincerely thank EVERY SINGLE PERSON who contributed to our massively successful year in 2014! We definitely could not have had such an Epic year without the help and participation of everyone involved and we are deeply appreciative. Kicking off 2015, we were certainly disappointed that WinterRock needed to be postponed, as we were really looking forward to seeing everyone who registered and starting the New Year out right...with a little jaunt through the woods on our favorite single track trail in Kansas! However, in the ultimate interest of ALL runners safety, given the weather circumstances, I decided it was necessary to reschedule it on January 24th. We hope this still works for everyone and apologize for any inconvenience this may have caused, however, that is the exact reason our postponement policy is clearly spelled out on the WinterRock registration page in the

first place. Next, if you have been considering going for our prestigious Kansas Grand Slam of Ultrarunning in 2015, please be aware, as of today we are nearly 90% full for the first leg - The Prairie Spirit Trail 100 Mile and only have 22 spots left until selling out. Or maybe you've just heard many great things about this event, including our 50 mile option, and were planning on registering, either way, please know it WILL "sell out" very soon...especially since we are offering our newsletter subscribers a \$20 discount between now and this Friday (or until it sells out)...don't miss out, take action now. I sincerely hope that all of our subscribers had a most joyful holiday season with family/friends and are getting your 2015 training off to a most EPIC start! In this month's issue we are featuring one of just two of our 2014 Kansas Grand Slam Finishers - Kansas ultrarunning legend, Elden Galano. You can also read about a personal mission that helped bring Oklahoma ultrarunner, Ken Saveth, across the finish line in last year's Prairie Spirit Trail 100 Mile, and our "In-House" Epic Ultras blogger, Zach Adams, compares ultra trail racing to marathon road racing (yuck) after his big city experience after recently running the R&R Las Vegas Marathon. 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



Prairie Spirit Trail
100 & 50 Mile Ultra Races
March 28, 2015 / Ottawa, KS

Take advantage of a \$20 discount now!
Click Here To Register Using The
Discount Code Below Good Through
Friday, January 9th, 2015!

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

PRAIRIE SPIRIT TRAIL ULTRAS CLOSE TO 90% CAPACITY

We are now just a couple of entries away from 90% capacity and have just 22 spots TOTAL remaining for our 3rd Annual Prairie Spirit Trail 100 & 50 Mile Ultra Races, scheduled for March 28, 2015, in Ottawa, Kansas. Between both races, we currently have 178 individuals registered from twenty-six, (yes, 26) different states AND Great Britain, ranging in age from 13-73 years old and comprising 119 males and 59 females. Please be aware, we will "sell out" this event VERY SOON, especially considering we are offering a \$20 discount to our newsletter subscribers on the remaining spots through this Friday, January 9th, or until we sell out. So take immediate action NOW...especially if you are going for the 2015 Kansas Grand Slam of Ultrarunning, as our 100 miler IS the first (and required) leg you MUST complete to qualify for this "most esteemed" honor. Don't miss out, get registered today!

Course Description

The Prairie Spirit Trail is a beautiful "rails-to-trails" course that runs through numerous quaint little towns. Runners will do an out-and-back, beginning in Ottawa, KS and traveling south to Iola (100 milers) or Garnett (50 milers), 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 NOT be allowed in the 50 mile event. Pacers WILL BE allowed for the second half of the 100 mile event.

UPCOMING EVENTS

March 28, 2015
Prairie Spirit Trail
100M/50M

April 25, 2015
FlatRock 101
101K

May 30, 2015
Flint Hills Trail
40M/Marathon

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

All EPIC ULTRA events
sponsored by:



Newsletter Bios



Ken Saveth

In his own words

Long before becoming a runner, I was a competitive swimmer early in high school. It wasn't until my 40th birthday that I decided that I wanted to run my first marathon. In July of 1999 I ran the Suzuki Rock n' Roll Marathon in San Diego, CA. Having caught the "running bug", I decided to run another one, and another, and another, and . . .

Eventually it was not enough. After becoming aware of the TATURS (Tulsa Area Trail & Ultra Runners), I decided to run my first ULTRA! My first 50k was Sunmart in Houston. Over the past 15 years, I have run more than 20 marathons, 15+ 50k road & trail runs, several 50 milers & three 100 milers. I have already registered for the 2015 Rocky Raccoon 100.

In 2009 I founded Know No Boundaries (www.knownoboundaries.org); a 501 (c)(3) non-profit foundation whose mission is to help people to "break out" of self-set, self-limiting boundaries to become all that God has planned for them. KNB does this by breaking our own boundaries through our participation in ultra & endurance events to not only talk the talk, but to walk the walk. 99% of the monies raised via the events that we run go to help those in need to be that catalyst to help them to "break out/through" these boundaries.



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!



Elden Galano - Featured Runner

In his own words.

I ran my first marathon, the Honolulu Marathon in 1979. I ran 9 marathons by 1983. then I took 18 years off of running completely, while my girls were growing up. I started training and ran my 10th marathon, the Wichita Marathon, in 2002. I ran my first ultra, the Heartland 100 in 2007. To date I've run 85 marathons and beyond. I have made a lot of great friends along the way. I hope to continue for many years 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!

BE EPIC



2014 Prairie Spirit Trail 100

By Ken Saveth

With the 2014 Prairie Spirit 100 only 12 days ago, everything is still fresh in my mind. First and foremost, is the fact that I was running for a cause! A cause that was greater than me. I was running for three year old Lincoln Mouser from Bixby, Oklahoma who at three months old, had to have his right leg amputated above the knee due to complications that arose soon after he was born (premature, I might add). Lincoln was a tremendous inspiration to me as he is the perfect example of how we can all overcome obstacles. Although he no doubt will still have challenges as he grows up, Lincoln epitomizes the person who will not and cannot be stopped. Coming back to this year's Prairie Spirit Trail 100 Mile, I had an important meeting that I HAD TO KEEP. I had a meeting with (3) year old Lincoln who was to be at the finish line of this race to meet with me, and for me to present him and his family with a check from our fundraising efforts.

We started out in the dark at 6:00 AM in Ottawa, KS for a short 1 mile out and back before heading out on the trail. Early on in the race, we hooked up with Carolyn Glenn who we stuck with all the way to the turnaround at Lola. The trail was fairly flat (actually, it could not have been any flatter for a trail run) so there were no undulating hills; mainly a beautiful tree covered chat trail. Interspersed between manned aid stations, were unmanned water stops (a great place to top off my hydration pack). First stop was the Richmond Aid Station followed by Princeton. I breezed through these on the way out as there were no "real issues" to deal with. As always, the volunteers were AWESOME!

Leaving Princeton, was more of the same. Plodding onward (it did seem like plodding at times), we finally arrived at the Garnett aid station where I had my first drop bag. My good friend and ultra runner Polly Choate and her lovely daughter Lauren, manned (or should I say womaned) this stop. It was the only one indoors (a Polly requirement). Russell Bennett (another awesome ultra runner friend) lent a hand as well. The next manned aid station was Welda and it was run by the infamous Trail Nerds. "WOW", is all I can say. These guys really know how to pamper ultra runners. As a Vegan (as of January 1, 2014), I was thrilled that they had hot lentil soup aside from all the standard ultra fare of fruit, PB&J, etc.

Onward we ran. Carolyn and I had some great conversations all the while. One of which I thought of throughout the whole race. Carolyn relayed to me that during the 2013 running of the Prairie Spirit Trail 100 and 50 Mile, she hear some "snorting" on the side of the trail. My thoughts were that it was probably a horse or cow (or some other farm animal). Having been raised on a farm, Carolyn quickly corrected me to tell me that "she just knew" it was a wild pig! (NOTE: Wild Pigs ARE NOT your friend!). Well for me, I had visions of climbing a tree every time I thought I heard a snort! We had many creek crossings along the way, and I know that they will look different in the dark. None-the-less, we did cross many a "bridge over troubled waters".

I MUST ADD; all the while through each of the outbound aid stations, one person who I CAN NOT thank enough, was a good friend and awesome runner; Travis Owens. Travis had my car and crewed a bit for me before his turn to pace me later in the race. Finally arriving at the Lola Aid Station, and the turn-around point, it was a good feeling that we were in under 13 hours, giving us a good start back out. Here, I was greeted by one of my ultra running idols; Ken "TZ" Childress (aka K1) and his wife Dana. TZ is always great to see and always encouraging. I know that he wanted to run here (to make up for last year's blizzard) but recent knee surgery kept him on the side-lines this year. Here is where I picked up one of two special individuals who made this race happen for me. Mishelle Wiggs Hancock joined me here at the turnaround (about mile 52) and paced me for approximately 20 miles; back to the Welda Aid station. (NOTE: Mishelle was also instrumental in pacing me last October at Pumpkin Holler Hunnerd).

We started off by me apologizing for what would probably be my lack of talking as well as my slow pace. Mishelle kindly tells me to "shut up" and that she understands all of this. We move out as the sun begins to set on a great first half. As the sun set and darkness set in, my mind began to turn inwards. I ALWAYS felt that ultra running is extremely spiritual and contemplative (it is for me at least). It is my way of being able to turn off the outside world, turn inwards and focus on God. As pain and discomfort come at you full force, this turning inwards allows one to "tune out" the outside world and give ones full focus to our relationship with God, the purpose of life and our place in it (a bit philosophical, I know).

After a couple of the unmanned water stops and another pass through the Colony Aid Station, we were back at Welda (you

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Featured Runner - Elden Galano

The Basics

Date of Birth: October 25, 1957
Place of Birth: California
Currently Residing: Wichita, KS
Marital Status: Married
Job(s): Residential Electrician
Children: 2 Daughters
Height: 5'7"
Weight: 155 lbs
Shoe Size: Street shoes - 9 1/2 running shoes - 10 1/2
Best Physical Feature: Don't know if this is my best feature, but most recognizable is my 3' long pony tail.
Worst Physical Feature: Toenails
Religion: Baptist
Educational Background: Bachelors of Science Mechanical Engineering.
Personal Strength(s): I'm stubborn & I don't like to quit!
Personal Weakness(es): I'm STUBBORN & I don't like to quit!
Make Of Car You Drive: Chrysler 300C
Make Of Car You Would Like To Drive: Batmobile, (from the TV series)
Pets: A spoiled black cocker spaniel.

Favorites

Favorite Movie: My favorite movie of all time is "Monty Python and The Holy Grail".
Favorite TV Show: Star Trek
Favorite Music: Country
Favorite Musical Performer: Shania Twain
Favorite Spectator Sport: Baseball - (Royals, or Cubbies)
Favorite Subject in School: Physics
Favorite Game: Risk, Chess
Favorite Vacation Destination: Anywhere there is a race while we're there!
Favorite Time Of Day: Midnight
Favorite Item Of Clothing: My belt with my 1st Heartland 100 buckle on it.
Favorite Non-Running Leisure Activity: Eating, or Cooking and then eating.
Favorite Running Shoe: Assics gel kayano 10 - they're up to version 21 now but 10 was the best.
Food/Drink During An Ultra: Chocolate, or bacon, or chocolate covered bacon!
Food/Drink Before An Ultra: I don't eat much the morning before a race.
Food/Drink After An Ultra: Pizza with bacon and a beer.
Favorite Crew Person(s): My wife & crew chief "Karen Kutie".
Favorite Pacer: Debbie Megerson is the BEST pacer!
Favorite Place To Run: I don't really have a favorite place to run, I'll run just about anywhere.
Favorite Type Of Running Surface: I used to like running on pavement, actually still do. But back country gravel roads are my new favorite.
Favorite Famous Quote: Only those who risk going too far can possibly find out how far they can go. T. S. Elliott

Ultra Stuff

Years Running Ultras: I ran my first ultra in 2007
Ultras Finished: 27
Best Ultra Performance(s): I Finished 2nd at the Hawk 100 in 2011. My 100 PR is 23:04 at Heartland 100 in 2008. My best work, I feel was at Prairie Spirit 2014, because I really pushed myself the whole way, and had an unexpected sub 24 finish (23:51:18).
Most Memorable Ultra: I look at the 2014 Kansas Grand Slam as one long race. Because you have to complete each and every race. Have to stay race ready, trained and healthy, (well mostly healthy), from March through the middle of October. Lots of great memories this year!
Typical Training Week(s) Before A Major Race: I run Monday, Tuesday, Wednesday, with a long run on Saturday. Cross train Tuesday and Wednesday with a personal trainer.
Injuries: If I woke up one morning and nothing hurt I would think I was dead!
Ultrarunning Idol: Some ultrarunners I really admire - Will Sprouse, Tony Clark, Arnold Begay, Trevor James, Sherrie Klover, Caroline Williams, for their perseverance and determination, and sheer will to just keep going!
Why Do You Run Ultras: I ran my first ultra just to say I did one. But I continue to run ultras because of all the fun i'm having, and the amazing people I've met and great friends I've made. I mean, I've run 56 road marathons and I've gotten to know maybe 2 or 3 people that i'm friends with. But at ultras I've gotten to know and made friends with so many runners, their spouses, families, crews, aid station volunteers, the RDs. its just a great group of people to be a part of.
Advice For Other Ultrarunners: Have fun! Through all the training and preparation, then the RACE, don't forget to have fun!

Achievements / Goals / Memories

Personal Hero: Superman
Personal Philosophy: I like to be fluid, take the path of least resistance. That isn't always the easiest thing to do but it usually turns out to be the best thing to do.
Short-Term Goal: Finish this darn questionnaire! Hahaha.
Long-Term Goal: Finish my 51st Heartland 100 mile 2 weeks before my 100th birthday.
Most Proud Achievement: I've been married for 32 years. It's actually been pretty easy and has gone by in the blink of an eye.
Happiest Memory: I have a lot of happy memories, I don't think I can pick out just one!
Secret Ambition/Fantasy: I wanted to be the 1st man to run a sub 2:00:00 marathon. There is still a possibility... But apparently my genes aren't quite cooperating with this goal!
Greatest Adventure: Still working on this thing called Life!

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Trail Runner's View from the Road

By Epic Ultras Blogger Zach Adams

Got Something to Say?

A runner is a runner right? A race is a race? The only difference between a trail runner and a road runner is the surface that they pound their shoes on. Trail runs are just road runs without the pavement. Right? Maybe? Maybe not...

Despite having run mostly ultra distance on trails since 2010, I might have agreed, had I not run the Rock n' Roll Las Vegas Marathon this year. Apparently spending the last four years avoiding the running on the road (and specifically road races) like the plague, my memory was nearly purged of the experiences I had as a very novice runner chasing down finish lines of road races. Running the Vegas strip at night reminded me of how acutely distinct the differences between road runners and trail runners truly are. In addition to the differences in participants, there are some glaring differences in the events themselves. Of course, I am speaking in generalizations and I understand that my observations do not apply to every runner and every event equally. Of course, if you felt the need to point that out to me, you are most likely a road runner.

Aid Stations: Quantity is not always superior to quality. I don't need a Dixie cup of water and orange slice every 1.22 miles – well at least I wouldn't, had I worn my Jurek signature series UltraVest. If I had I wouldn't have finished the race hungry, since a small cup of about 7 peanut M&Ms is the closest to food I saw on any of the tables. Where the hell were the boiled potatoes? I am pretty sure most of the road runners would have either not seen the food or choked to death if they tried to eat it without ever slowing down a step. A final thing I noticed about road runners didn't seem to notice that there were people working these aid stations to HELP THEM. The number of times I heard "thank you" was very disproportionate to the number of runners I saw blowing through aid stations without acknowledging a single volunteer.

Course: I mean how can you compare stomping in the mud and tripping over obstacles to blazing through a concrete jungle filled with car exhaust and noise pollution? How am I supposed to keep my splits within a couple seconds when I have to jump over a log or run up some switchbacks in the rain? Almost every marathon course I have ever run has gone through either a somewhat seedy neighborhood or an industrial park. Sometimes you get lucky and get both in the same race. Yeah... give me trails or give me death.

Bathrooms: When you are running on the trail, you can basically whip it out (or drop and squat) and make a puddle (or pile) wherever. There is no holding it for a mile or two so you can stand in a porta potty line with 60 people staring at their stop watches wondering how they will make these precious seconds up. I have known plenty of trail runners who have come home with one fewer sock or glove than they started with – and I am pretty sure it's not because they tossed it so that it could be picked up by race officials to eventually be donated to Goodwill after the race.

Got a way with words? If you write or blog about topics related to ultrarunning; training, racing, philosophy, and /or humor AND you would like to share them with a group who can most definitely relate to your perspective– send it to us! Obviously we don't have the space to publish every submission in the Epic Ultras Newsletter, but we would love to get our hands on a few good articles and put them out for the benefit and entertainment of all of our readers. If your submission is selected to be published in our new forthcoming section "Ultra Wordslingers" you will receive a \$25 coupon good toward the registration of your choice of a non-sold out Epic Ultras event. Submit your original, mostly grammatically correct and entertaining articles, blogs, and funny ultrarunning related stories (including a 1-3 sentence bio) to:

zach@epicultras.com

Trail Runner's View from the Road

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Runners: Trail runners will almost always have a conversation with you. In the road marathons I have run, I have a total of ONE friend that I still talk to from time to time. My Facebook friends are about 90% runners I have met on the trail and we interact fairly often. I am pretty sure a big part of this is that most road runners have earbuds permanently growing out of their ear canals blaring Celine Dion. The other reason road runners won't converse much is because it might mess up their breathing and get their heart rate out the perfect zone. The biggest issue with talking to the trail runners is usually TMI. Not really sure I want to hear about the time you fell asleep while crapping at high altitude or how bad your nutsack is chaffed.

Spectators: There were so many people cheering for so long that I wondered where they all came from. The number of high fives I gave spectators in a quarter mile of the Vegas marathon probably doubled the amount of spectators I had seen in every other race I ran all year. Granted, they looked at me like I was insane high fiving while whooping and hollering at mile 5. Road races win this category in sheer volume, but nobody offered me a shot of whisky. Oh, wait, that was an aid station worker, not a spectator. Nevermind.

Racing is racing and runners are runners. It is just like differing tastes in food; some people like steak, others prefer sushi, and some weirdoes like both. For me, I'll take a plateful of muddy, root ridden trails and wash it down with the camaraderie of a bunch of hardass trail runners, and a couple of my dad's home brewed IPAs.



EPIC ULTRAS

2014 Prairie Spirit Trail 100

...continued from page 4

know, where the infamous Trail Nerds were). Sitting down for a tad bit felt like heaven as did that wonderful cup of hot lentil soup. By now, it was dark and the temps were dropping so the hot soup was most welcome.

Ken and Dana Childress were here now as well as another running friend; Charlotte Lindley and her friend Dennis. I had thought that they were miles ahead of me, but I heard that Dennis had some stomach issues and that he was wrestling with, so after a bit, I bid them adieu.

Here is where Mishelle passed the baton to Travis, who up until now, was crewing for me. Travis jumped in full force and helped keep me mentally strong. From here, we had approximately 30 miles to go (not to mention numerous cut off times for each of the aid stations. Off we went into the night; me trying my hardest to keep a decent pace and Travis providing what was going to be hours of conversation (even if it was often one sided). Not too much longer after Travis and I left Welda, Kathy Hoover and Roman Broyles came in. Both were looking strong (although Roman did seem a bit sleepy - - really?) Travis and I plodded (here is that plodding again) through the night on to the Garnett aid station. At this point, sitting down inside was a very welcome luxury. Looking over across the room, I saw one of the aid station volunteers asleep on a bench and (well, let me say a bit of jealousy arose for just a second). I just HAD to close my eyes for a moment but as soon as Travis saw this, he immediately jumped in and said "Gotta go. We can't have any if this sleeping thing at this point."

Arriving at the Richmond Aid Station and grabbed a tad more hot broth to keep warm. Travis was constantly aware of the cut off times for each aid station and stayed on me so we didn't dawdle too long (are you kidding me? I could use some dawdling at this point). He told me that although we were within the cutoffs, we did not have much room. Onward we marched (notice we are no longer plodding). Our last manned aid station on the course was at Princeton where I was able to see Ken TZ Childress and Dana again. Despite how I thought I looked and felt, they were extremely encouraging and bid me farewell as we took off on our last stage. As we entered Ottawa (again) and I saw the Love's convenience store, I knew that we were there. I was going to make my "important meeting"; my meeting with three year old Lincoln Mouser and his parents who were waiting at the finish line for me.

ELATION is the only thing that I can say to describe this finish. Mishelle and Travis brought me to a 2 HOUR PR of 27:36! Crossing the finish line, I took off my hydration pack and just wanted to lie down; right there on the grass. I was greeted by the Mousers and a GREAT BIG HUG from Lincoln. Giving them a check from Know No Boundaries for \$1,100 made the tears come streaming!

Oh, and one more thing I might add, one main factor that kept me keeping up my pace was the fact that Travis kept telling me that we were "okay on the cut off times, but didn't have much leeway. What he didn't tell me, was, that the cut off times were HIS times AND NOT the official race cut off times. He had me more than an hour ahead of pace! I think that I might have even been close to running negative splits! WHAT! All I can say is THANK YOU Mishelle and Travis. You made the 2014 Prairie Spirit 100 a truly EPIC Ultra.

God Bless all and always know to "know no boundaries".

Ken Saveth

Featured Runner

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Dislikes / Fears

Least Liked Subject:

Politics

Least Liked Household

Chore: Paying bills

Greatest Fear: Not that I'm fearless, but I don't really have anything I'm fearful about.

Spare Time

Book Currently Reading:

I had to read so much in school that I don't like to read unless I have to. So the book I currently read the most is the 2014 National Electrical Code book.

Hobbies: I collect Hot Wheels.

Collections: I also have a small collection of belt buckles.

