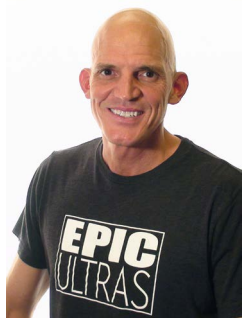


EPIC ULTRA NEWS



Welcome From Epic Ultras Founder, Eric Steele



Welcome to our 23rd issue of Epic Ultra News! Nearly three weeks ago, I was WAY “beyond honored” to officiate my first wedding down in Gulf Shores, AL. My great friend, younger brother from another mother (and father too), and our “In-House” Blogger, Mr. Zach Adams, exchanged vows with his beautiful bride Candi Paulin-Adams, in an “absolutely stunning” sunset ceremony on Gulf Shores Beach that had nearly all present, including myself, in “utter awe” and joyfully teary-eyed. Zach and Candi met at one of our races, the FlatRock 101K, a couple of years ago and began dating shortly thereafter. Last September, at our FlatRock 50K race, Zach surprised us all at the awards ceremony, especially Candi, when he pledged his undying love to her and proposed to her. Since Zach decided while still out on the course racing to a sub-six hour, 5th place, 50K PR finish that he was proposing to Candi that

evening, he didn't have a ring. So, he used his 50K finisher's buckle instead, while getting on one knee and proposing to the “love of his life!” Needless to say, it swept everyone present smooth off our feet. Never in my wildest dreams could I have imagined that fairy tale love stories like theirs would be spun out of Epic Ultras, let alone being invited to actually preside over their marital ceremony. I have been honored to be “best man” at several of my close friend's wedding ceremonies over the past 30 years, but this was the first time I was ever asked to actually officiate one. A HUGE thank you to Zach and Candi (who friends now affectionately refer to as Zandi) I am, and always will be, extremely grateful to have been given this “special opportunity” to play a small part in their “breathtaking romance” and such an incredible moment in time...it was unequivocally MOST EPIC!!! This month's issue of our outstanding newsletter showcases numerous pictures from the Zandi Wedding Ceremony. Our featured runner this month is Oklahoma ultrarunner, and one of just five individuals who finished our Inaugural Prairie Spirit Trail Blizzard 100 Mile in 2013, John Nobles, while our very own “In-House” Blogger, Mr. Zach Adams, weighs in, with his usual comical insight, on how NOT to be a total dick in our beloved sport of ultrarunning. Enjoy!

Be Epic,
Eric

July 2015...In This Issue

Upcoming Events P.2
Newsletter Bios P.3
Epic Wedding Photos P.4
Featured Runner P.5
Nobody's Perfect! 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 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

Kansas Rails-to-Trails Fall Ultra Extravaganza

R2T 100 Mile (Flint Hills & Prairie Spirit Trails)
Prairie Spirit Trail Fall Classic 50 Mile
Flint Hills Trail Fall Classic 40 Mile
Prairie Spirit Trail Fall Classic 50K
October 24, 2015 - Ottawa, KS

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

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

Kansas Rails-to-Trails Fall Ultra Extravaganza

Choose from your choice of four race distances all set on the Prairie Spirit Trail, Flint Hills Trail or BOTH. With a 50K, 40 Mile, 50Mile and 100 Mile option, this ultra event really lives up to the name "Ultra Extravaganza"!

Course Description

All of our race distances that make up the Kansas Rails-to-Trails Fall Ultra Extravaganza are great ultras for first timers, as they are all relatively flat and easy courses...they are also certainly excellent courses for more experienced ultrarunners looking to set a PR at any one of the four distances we are offering. Equally appealing for more social runners is the 8-10 foot wide trail, as it allows runners to easily move along the trail 3-4 abreast at any given time...in addition to the extremely easy to find (and get to) multiple crew access points on all of the courses, along with plenty of room for your crew to hang out and relax while cheering you on...AND the spectacular fall foliage along all four course routes is "absolutely stunning" this time of the year, to put it mildly!

UPCOMING EVENTS

July 11, 2015
Honey Badger
100M

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

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

January 2, 2016
WinterRock
25K/12K

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

April 30, 2016
FlatRock 101
101K

May 28, 2016
Flint Hills Trail
40M/Marathon

All EPIC ULTRA events
sponsored by:



Newsletter Bios



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!



John Nobles - Featured Runner

In his own words.

I am honored to be Epic Ultras' featured runner this month. I started distance running about 5 years ago when some friends talked me into a Saturday morning 8-miler. 7 a.m. sounded like a really early start time back then. Gradually, I increased my mileage and found my way to trails. Trails, naturally, lead to ultra-distance races. On the trails, I truly fell in love with the sport. Running trails and ultras, allowed

me to visit amazing places on my own two feet and meet some of the most amazing people I'll ever meet. The community we have as trail- and ultra-runners inspires me to volunteer, crew and pace at as many, if not more, races than I have raced. Supporting other runners and the events that make our sport unique makes me feel as proud as bagging PRs or new medals. Currently, I am in training for the Arkansas Traveler 100.



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



Epic Wedding

Enjoy a few pictures of a “Most Epic” wedding experience at Gulf Shores Alabama on June 19th, 2015. Congratulations Mr. and Mrs. Zach and Candi Adams!



EPIC ULTRAS

Featured Runner - John Nobles

The Basics

Date of Birth: 1-20-1985
Place of Birth: Tulsa, OK
Currently Residing: Tulsa, OK
Marital Status: Happily divorced.
Job(s): Attorney
Children: None
Height: 6'3"
Weight: 170-ish
Shoe Size: 12
Best Physical Feature: Hair
Worst Physical Feature: Cosmopolitan told me I should love my body.
Religion: Eh...
Political Affiliation: Liberal
Educational Background: A.A. in Television Production from NEO A&M; B.A. in Broadcasting from OU; J.D. from TU.
Personal Strength(s): Wit
Personal Weakness(es): Scared of spiders.
Make Of Car You Drive: Volkswagen
Make Of Car You Would Like To Drive: 1985 white Lamborghini Countach..
Pets: None currently.

Ultra Stuff

Years Running Ultras: 4
Ultras Finished: 15, maybe?
Best Ultra Performance(s): 6:12:00 at Ouachita Switchbacks 50k 2013.
Most Memorable Ultra: 2013 Prairie Spirit Trail 100 Miler, hands down.
Typical Training Week(s) Before A Major Race: Depends on the race and the shape I'm in.
Injuries: Broken left foot in the summer of 2013 was the big one.
Ultrarunning Idol: Rob Krar
Why Do You Run Ultras: Because those are the distances run on trails.
Advice For Other Ultrarunners: Don't take yourself too seriously. There's a quote in Without Limits, that Coach Bowerman may or may not have said, "Running, one might say, is an absurd pastime upon which to be exhausting ourselves." And ultrarunning is on the extreme end of the spectrum. So have fun.

Spare Time

Book Currently Reading: Ways of Seeing by John Berger.
Collections: Race shirts.

Favorites

Favorite Author: Jon Krakauer
Favorite Book: Of Mice and Men
Favorite Non-running Magazine: Oklahoma Bar Journal
Favorite Movie: The Godfather
Favorite TV Show: The Wire
Favorite Actor/Actress: Christopher Walken. Hands down.
Favorite Music: Rap/Hip Hop
Favorite Musical Performer: Right now, probably A\$AP Rocky.
Favorite Artist: Mark Rothko and Andy Goldsworthy
Favorite Spectator Sport: Lacrosse
Favorite Subject in School: Political Science
Favorite Game: Spider Solitaire
Favorite Vacation Destination: Colorado
Favorite Time Of Day: Early evening.
Favorite Item Of Clothing: Track shorts
Favorite Non-Running Leisure Activity: Netflix binging.
Favorite Running Shoe: Cheap
Food/Drink During An Ultra: Potatoes and salt (preferably course-grain kosher salt).
Favorite Food/Drink Before An Ultra: Lemonade RockStar Recovery
Food/Drink After An Ultra: Beer and pizza.
Favorite Crew Person(s): Stormy Phillips
Favorite Pacer: Tie, Shannon McFarland and Cole Starkey.
Favorite Place To Run: The Chandler Wilds.
Favorite Type Of Running Surface: Technical single-track.
Favorite Famous Quote: "The man who fights too long against dragons becomes a dragon himself." Fredrick Nietzsche

Achievements / Goals / Memories

Personal Hero: Hunter S. Thompson
Personal Philosophy: You catch more flies with honey than you do vinegar.
Short-Term Goal: Make some nachos tonight.
Long-Term Goal: A happy retirement.
Most Prized Possession: Cartier Roadster fountain pen.
Most Proud Achievement: Graduating law school.
Secret Ambition/Fantasy: To finish this mixtape and get my rap career started. Or learn to surf.
Greatest Adventure: Road trip to and from Western States in 2015.

Dislikes / Fears

Least Liked Subject: Chemistry
Least Liked Household Chore: Waxing floors.
Pet Peeve: People who use 'where' where they mean 'were' in the past tense. I mean, at least your/you're and they're/their/there are homonyms.
Greatest Fear: Seriously, about a month ago, there was this spider that looked just like the one on Arachnophobia, about the size of my hand, just posted up on the arm rest of my couch. I brought out the spray and a broom to deal with that, and still almost torched my couch after I made sure it was dead. Ugh.

EPIC ULTRAS

Nobody's Perfect!

By Epic Ultras Blogger Zach Adams

2015 FlatRock Triple Crown

The many crazy, wonderful people that I have met while running or volunteering at ultras have overwhelmingly been of extremely high character and integrity. They have also shown a willingness to share and sacrifice in ways that may actually make things harder on themselves in order to help someone else reach their goals. Ultrarunners are tough, hardcore, and sensitive all at the same time. Even amateur ultrarunners can be meticulous planners and organizers and execute a game plan like a professional athlete. Ultrarunners can train relentlessly and grind thru the tough times in tough conditions and get the job done. They are fun as hell and can joke and tell stories with the absolute best of them. And beer... don't even get me started on the variety and quantity they can consume. They are a truly unique breed. The bottom line is that ultrarunners are freakin' awesome!

BUT – *nobody is perfect* – and chances are that if you start to think too highly of yourself and your abilities – you will be a total dick sometimes. So, read closely, and don't "be that guy".

Here are the 5 Ways that Ultrarunners SUCK.

- 1. They smell awful.** When you are constantly training and drenched in your own salty sweat and other bodily secretions, you get pretty immune to it. Your favorite running gear only gets washed up a couple times a week (or month) and is usually just hung up to air dry. After all, you will be running again tomorrow. And the shoes... You run a few hundred miles and a pair of shoes, and they reek. End of story. Then the funk gets transferred to the car. It does not come out. And no guys, spraying some Axe Body Spray is not helping. Do us all a favor, throw those shorts away and invest in a car with leather seats.
- 2. Their relationship with food will drive you insane.** They will eat it. All. Assuming of course it is on the newest diet they are on. All fat, no fat, no animal, no sugar, no carb, high carb, all plant, organic, grain fed, free range, all powder, all fast food, keto, paleo, Karno.... and so on and so forth. Don't spend too much on that initial "new diet" shopping trip because your ultrarunner spouse will likely be on a new one in a month or so – a diet that suits training for that flat course WAY better. And if they are like me personally, it's not the composition of the food, but the vast quantity. My brain knows I don't need 5000 calories after a 4 mile run, but it does not seem to care.
- 3. They are know-it-alls.** Sorry people, but it's true. Basically every single one of my articles is telling you something I think you don't already know. The ultra-community has a propensity to think that because something works well for us that it is universal law. They also realize that it is absolute fact that because, "this one time a gel gave me the runs" that it is poison. Not quite. Keep experimenting folks, maybe you will find something that you can push on other runners as the best (or worst) ever. Or better yet, you could keep it secret to maybe gain a little edge.

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



...continued on page 7

Nobody's Perfect!

...continued from page 6

4. **They will One-Up you on everything.** If someone is telling you about this really steep hill they climb on long training runs, it is not totally required that you tell them about a place that is twice as steep and uphill both ways. We get it... You work hard! Great job. It is the same with races. If someone just got done telling you about how hot and humid their last 50K was, telling them that it was way hotter than that in your last 50 miler kind of makes you look like an ass. Swapping stories can be a lot of fun, but please don't do it to try and diminish the accomplishments of others or try and make yourself look like some sort of immortal douche.
5. **They take way too many selfies.** Ultrarunners and selfie pics on the trail go hand in hand like tortillas and Nutella. Me on a mountain, me in the desert, me at the finish line, me on the largest damn crater on the Moon! Hell yeah you look good, and that is a kick-ass race – but please stick to posting the excruciating detail of your daily workout and leave the photography to the pros! And no, thirty-two hashtags don't make it better. #wealreadyknewyouwereawesome Ultrarunner's and social media could be a whole other article.

Please keep in mind that I am including myself in all of the above listed items. Hell, I should have started each list item with "we" or "I" rather than "they" or "their". Before you send out a lynch mob of ultrarunners with torches and pitchforks (how scary would that be?) just keep in mind that I found it very hard to come up with this list. My running friends are basically the best overall group of people that I have ever been around. But like I said earlier, taking yourself too seriously and treating others poorly is really the only thing that will truly make you suck.

The All New Epic Ultras Mobile App



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

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

BE EPIC