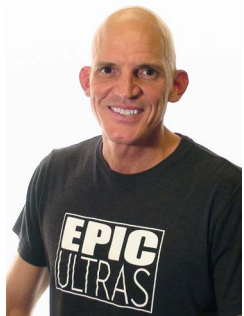


EPIC ULTRAS



Welcome From Epic Ultras Founder, Eric Steele



Wow! What an Epic Ultra adventure we all had at the Inaugural Flint Hills Trail Marathon and 40 Miler this past weekend in Ottawa, Kansas! With 110 registrants from 13 different states, we continue to be in awe witnessing the outstanding success of each of our Epic Ultra Events and the unbelievable energy each participant brings to the show! A few of our critics had stated we would be lucky to get 50 participants total in an Inaugural event that we only announced four months ago AND that was on the same day as the Dirty Kanza 200 Bike Race. Needless to say, we blew by that mark back in March...just a little over a month after opening registration and actually ended up "starting" twice that many total runners, with 65 in the 40 mile and 35 in the marathon. The feedback we've received from participants so far has been phenomenal and they were all in agreement that the trail was exceptionally beautiful (as promised) and loved nearly every aspect of

the event. Many were, quite frankly, blown away by the untouchable energy of the Epic Ultras Brigade/ Staff. The weather turned out warm and humid – no big surprise for the end of May in Kansas, so, of course, we dished out plenty of ice (nearly 450 lbs. total)...along with all the other aid fare and managed to co-create another EPIC ULTRA "running experience of a lifetime" for 97 runners who achieved their chosen goal by the day's end. Up next on the Epic Ultras Race calendar, our graduate level event in the spirit of Badwater...only for those of you that are truly demented...the Honey Badger 100 Mile on July 12th in Kingman County, Kansas, on asphalt. If you're truly sick, not to mention ever even briefly toyed around with the idea of one day trying to get into Badwater, we encourage you to get registered now! This is our mini-version of that infamous footrace, which is known as the "world's toughest"...with, of course, our own personal Epic Ultra Flair and a MUCH lower cost of entry. Check out our coupon code on the next page and get \$25 off your entry fee between now and next Sunday, June 15th at Midnight. We are certainly excited to feature recent FlatRock 101K Female Champion, Sherrie Klover, as our runner of the month, along with a fantastic Honey Badger 100 preview from "in-house" Epic Ultras Blogger, Zach Adams, and, as always, a very insightful article from Scott Demaree on the importance of logging a significant amount of mileage if you want to have consistent, long-term success in our beloved sport. 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



Inaugural Honey Badger 100
100 Mile Ultra Road Race
July 12, 2014 / Kingman County, KS

Click Here To Register Using The
Discount Code Below Good Through
Sunday, June 15th, 2014!

Enter Code At Checkout to receive a
\$25 discount:
25EUNEWBUCKS
(All one word, no spaces)

Honey Badger 100

In the spirit of the toughest animal on earth, the Honey Badger, AND one of the toughest foot races, Badwater, Epic Ultras proudly introduces our "graduate level" Inaugural Honey Badger 100 Mile Ultra Road Race! Come join us for a little summer "fun-run" in the sun through Kingman County, Kansas...smack dab in the middle of summer and smack dab in the heart of the Great Plains in a geographical area 19th century settlers once referred to as the Great American Desert!

Course Description

The course is a 91 mile (approx.) asphalt loop contained entirely within Kingman County, Kansas, with a little over an 8 mile out and back in Cheney State Park at the start, and just under a mile through the park at the finish. The entire 91 mile point-to-point loop is on asphalt county roads with very little road cant, NO major highways and minimal vehicular traffic. All runners MUST provide their own crew (minimum 1 person) & vehicle for the entirety of this event...no exceptions. Pacers are allowed and encouraged for the second 50 miles of this event.

July 12, 2014
Honey Badger
100M

Sept 27, 2014
FlatRock
50K/25K
SOLD OUT

October 25, 2014
Prairie Spirit Trail
"Fall Classic"
50M/50K

January 3, 2015
WinterRock
25K/12K

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

April 25, 2015
FlatRock 101
101K

May 30, 2015
Flint Hills Trail
40M/Marathon

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.



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!



Sherrie Klover - Featured Runner

In her own words.

I've been a runner as long as I can remember; my first pair of running shoes was a pair of Kangaroos. I ran marathons, until my son was too big to push in the baby stroller, and then I switched to shorter distances. I resumed the marathon training once the kiddos were all driving and I had enough free time to put in the miles again. I dabble in the Triathlons, and although I prefer running, the biking and swimming has kept me from overtraining/running since my son went off to college. I enjoy the challenge, of all three sports, and I

am truly a stronger and more balanced runner.

My first experience with UltraRunning was the Patriots Run in 2010. Shortly after I ran Prairie Spirit Trail, with local legend Darin Schneidewind, and I have been hooked on trails ever since. I have met some marvelous people on the trails; many are not only my running buddies but also faithful friends. The ultra-running community is so tight knit and I adore the camaraderie that we all share.

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

Turn Up the Volume

by Scott Demaree

Everyone who has read my articles knows that I love to find little things we can do to improve ultra training and racing. Today I want to address a big thing that every ultrarunner knows is right. But because life can be complex, leaving limited amounts of time to train, most of us are forced to minimize this aspect of endurance running.

Yes, I'm talking about volume -- how many miles we train. Almost all of us would agree that if we could train more miles, our ultra performances would improve. Yet life forces us to fit our training into certain time frames. Many of us compensate for this by using different training techniques that we think will overcome the lack of miles.

A common belief is that fewer miles run faster will give us as much endurance as running more miles slower. There is some benefit to this if your goal is basic fitness. In the fitness industry there has been a large growth in this so-called HIIT (high intensity interval training). Of course, we runners have known for at least 80 years that interval training is the single best way to increase our speed. The biggest danger from this is increased risk of injury. Every single running injury I have ever had came from some sort of speed training, and never from long distance training.

Oh, and by the way, it doesn't work. There are numerous studies that show this. A recent study of over 130 sedentary individuals divided them into low-mileage high intensity and higher mileage lower intensity exercise groups. Exercise time to exhaustion increased in both groups but significantly more in the higher mileage group. This applies to us because even high mileage runners are undertrained if the ultra is long enough.

There is no replacement for lots of miles if you want to improve your ultras. So what are we to do with our shortage of time? Another study provides an answer. In this one, exercisers were placed in two groups and trained the same number of miles per week: one group did several short bouts of exercise each day, and the other group did their mileage in one continuous bout. The group that worked out several times per day made the same endurance gains and actually burned more calories along the way.

One might think that one continuous workout daily would be the best training for an ultra. Not so. Two or even three shorter workouts can add up to the same endurance gain. Many of us already do something like this by doing two or three semi-long runs on weekends instead of one extra-long run.

How about adding a few miles at lunch time or early in the morning? I know. You can't shower and change clothes at work, or you already get too little sleep. The lack of sleep I can't comment on, but let me put in a plug for walking. While walking won't increase your aerobic capacity, it will strengthen your legs, and it often can be done without getting sweaty and needing a shower afterwards. If you will be walking in your upcoming ultra, walking at lunch is actually training you for that event.

Find ways of combining walking with other activities. For example, as a teacher who works 12 hours a day, I often grade papers while walking. A little inventiveness can go a long way!

Featured Runner - Sherrie Klover

The Basics

Date of Birth: 3/16/1967

Place of Birth: Grand Rapids, MI

Currently Residing: Bonner Springs, KS

Marital Status: Married - 21 years

Job(s): Sign Language Interpreter – Medical and Video Relay

Children: Zacharie, currently a student at KU. Step

Children: Grant, who is an amazing Chef. Christa owns her own business and teaches art classes.

Height: 5' 4"

Weight: 120 lbs

Shoe Size: 7.5

Best Physical Feature: My husband fell in love with my calves.

Worst Physical Feature: My toes after a 100 mile race.

Religion: Christian – Most Sundays are spent worshipping on the trails.

Educational Background: AAS, Sign Language Interpreter JCCC. BA, Management/HR MidAmerica Nazarene

Personal Strength(s): A have very strong intuition and will.

Personal Weakness(es): I am a tad OCD; I crave routine and order and often have to remind myself that occasional chaos is alright.

Make Of Car You Drive: Lexus RX350, Ford F150

Make Of Car You Would Like To Drive: preference, as long as it's big enough to haul around my bike.

Pets: I have a menagerie of rescue animals: 2 dogs, 3 cats, and while my son is at school I take care of his bearded dragon and leopard gecko.

Achievements / Goals / Memories

Personal Hero: My son Zacharie. He went through a serious bout of illness when he was 13 and we almost lost him. I have never felt so helpless in my life and I am still in awe of his courage and strength. When I am in my dark low place during a race, He is the one that brings me back into the light.

Personal Philosophy: "To each his own"

Short-Term Goal: Boulder Ironman, 140.6 – August 2014

Long-Term Goal: Stay healthy and enjoy the journey.

Most Prized Possession: I love my house and property. . It is my safe place.

Most Proud Achievement: Raising our son...nothing sweeter than to see him work so hard to make a difference in this world. He is truly a blessing and "my love."

Happiest Memory: Zacharie's birth

Secret Ambition/Fantasy: To have a dog and bird sanctuary.

Greatest Adventure: All of the European travels with my family.

Favorites

Favorite Author: Oh so very many! I would say Dean Koontz, only because I have been reading his books for as long as I can remember.

Favorite Book: Too damn many – but I adored the audio narration of "The Secret Life of Bees."

Non-running Magazine: Audubon, I am a bird geek!

Favorite Movie: Love Actually

Favorite TV Show: The Big Bang Theory

Favorite Actor/Actress: Tom Hanks

Favorite Music: I would say alternative is my go to music.

Favorite Musical Performer: Too many to choose from.

Spectator Sport: Soccer

Favorite Subject in School: English

Favorite Game: Spot it

Favorite Vacation Destination: Anywhere in Europe

Favorite Time Of Day: Morning, running on the trails listening to the bird sing.

Favorite Item Of Clothing: yoga pants

Non-Running Leisure Activity: scuba diving

Running Shoe: Pearl Izumi Trail M2

Food/Drink During An Ultra: Turkey wraps and ginger ale

Food/Drink Before An Ultra: Oatmeal with blueberries and a cup of strong coffee.

Food/Drink After An Ultra: Black beans & rice and lots of cold water.

Favorite Crew Person(s): My Husband, Henry. He knows me like the back of his hand, can put me back together better than a NASCAR pit crew, and is my number one fan.

Favorite Pacer: Larry Long, he keeps me safe those final miles.

Favorite Place To Run: Locally – Clinton North Shore. But I love to run in the mountains any chance I get.

Favorite Type Of Running Surface: Technical dirty, rocky and rooty trails – they make you strong.

Favorite Famous Quote: "Because in the end, you won't remember the time you spent working in the office or mowing your lawn. Climb that goddamn mountain." Jack Kerouac

Dislikes / Fears

Least Liked Subject: History. I love it, I just cannot retain it.

Least Liked Household Chore: Weed whacking.

Pet Peeve: People without Tolerance.

Greatest Fear: My memories are so very precious to me, so having Alzheimer's is my greatest fear.

Honey Badger Race Preview

By Epic Ultras Blogger Zach Adams

2014 Triple Crown Series

At some miserably low and painful point of almost every longer ultra – especially a 100 miler – I find myself severely questioning my life choices. Specifically, the choice to subject myself to the grueling punishment required to run long distances, in less than favorable weather, and on difficult terrain – for a belt buckle that I will never actually wear. For the first time in my ultrarunning “career”, I am internally examining my strange compulsion before the race has beaten me to a pulp. Way before. Like 6 weeks before. The Honey Badger 100 will begin at 6am on July 12th 2014, and I will be at the starting line.

For those of you who don't know, Honey Badger is not a trail run. This race will take place on paved county roads west of Wichita Kansas near Cheney Reservoir and cover a good chunk of Kingman County. The last 5 years on this weekend in July have seen daytime high temps in this area of 103, 92, 101, 98, and 101. Of course it will be hot in Kansas in July, but it will also be windy. As a matter of fact, one of the largest wind farms in the state is in the process of being built very near the race venue. A wind farm converts wind energy into electricity using turbines – this seems to me like a good indication of how windy it will be. Likely 25-30 mph sustained winds with gusts strong enough to blow over a baby elephant. Also, it is not quite as flat as you would expect. According to Map My Run, there will be enough elevation change to make things interesting. The point of this course preview; it's gonna suck. Hard.

So by now you are probably asking yourself, “So why in seven bloody hells are you running this?” Well, because it IS hard. Duh. If it was easy, everyone would do it. Well, that and because Honey Badgers are pretty freaking badass and I want a buckle with one on it. Also, there's a little race called The Badwater Ultramarathon – maybe you have heard of it? “The World's Hardest Footrace”, it spans 135 miles across Death Valley from the Badwater Basin to Mt. Whitney's Portal - in July. Yes, I know the course has changed... don't miss my point. My point is that after reading what Marshall Ulrich, Dean Karnazes, Scott Jurek, and RD Eric Steele have written about their experiences at Badwater, I want to do it someday. Additionally, it is hard as hell to get into, and costs a shitload of money, so you better make sure you got a big dose of “what it takes” before you head to Death Valley. This brings me to Honey Badger. It occurred to me sometime last summer that before I travel all the way to California to go swim in some bad water, I will schedule a death match with a Honey Badger in my own back yard!

I have been training pretty well in 2014 and have raced in the Winter Rock 25K, Prairie Spirit 100 Mile, Free State 40 Mile, FlatRock 101K, and 3Daysto100K (just the 50K). My mileage base is solid, now I just need to get acclimated to the heat which has been difficult since we have had a very mild spring so far. I will also have the advantage of having a super badass crew lined up - and my ultra sweet badass running girlfriend Candi who will also be racing. We plan on crossing the finish line together just like we did at FlatRock 101k. Since historically I throw all my super detailed plans out the window I am keeping this one simple. The plan is to run until the sun gets high and temps get around 90, then hunker down and survive until the sun goes down. Hopefully our hydration and fueling will be going well and we can tick off some serious mileage before the sun comes up. That's it. Oh, and finish under the 36 hour time limit.

So there is still time... if you think you have what it takes, hell, why not sign up??? If you are even ENTERTAINING the idea of Badwater in the future, it seems like a no-brainer. If that's not enough, keep in mind it is an Epic Ultras Event – So you KNOW it will inevitably BE EPIC!

The 2014 Triple Crown Series is 2/3 of the way complete and we currently have nine courageous trail running badasses still on track to receive the coveted title of: “2014 Triple Crown Honoree” They are:

Zach Adams, Candi Paulin, Melissa Bruce, Josh Watson, Carson Galloway, Joseph Galloway, Robert McPherson, Marcus Needham, and Mike Rives.

Upon completion of the 50K at our SOLD OUT Flagship event - FlatRock in September- each will receive special recognition, a personalized golden goblet, and be only the second group honored into the “FlatRock Triple Crown Series”. Want to know how YOU can qualify in 2015? Simply COMPLETE each of the three FlatRock events for 2015: WinterRock (12K or 25K), FlatRock 101K, and the FlatRock 50K.

To ensure your “Triple Crown” the first step is to register as soon as registrations are open – these races will fill to capacity very quickly. The first rounds of registration links will always be sent out as INVITATION ONLY to prior competitors. If you did not participate in the 2014 events, make sure to subscribe to Epic Ultras [email list](#) (sidebar) to ensure that you are immediately notified of the opening of general registration.

Want to see the 2014 honorees receive their awards and recognition?

Join us for the celebration at the conclusion of the 20th annual FlatRock 25/50K on September 27th in Independence, KS!

Featured Runner - Sherrie Klover

...continued from page 5

Ultra Stuff

Years Running Ultras: 4

Ultras Finished: 17 total...3 amazing 100's

Best Ultra Performance(s): The Hawk 100 – 21:58

Most Memorable Ultra: The Hawk 100; It will forever be my favorite. There is nothing better than running on your home turf surrounded by all your loved ones and friends.

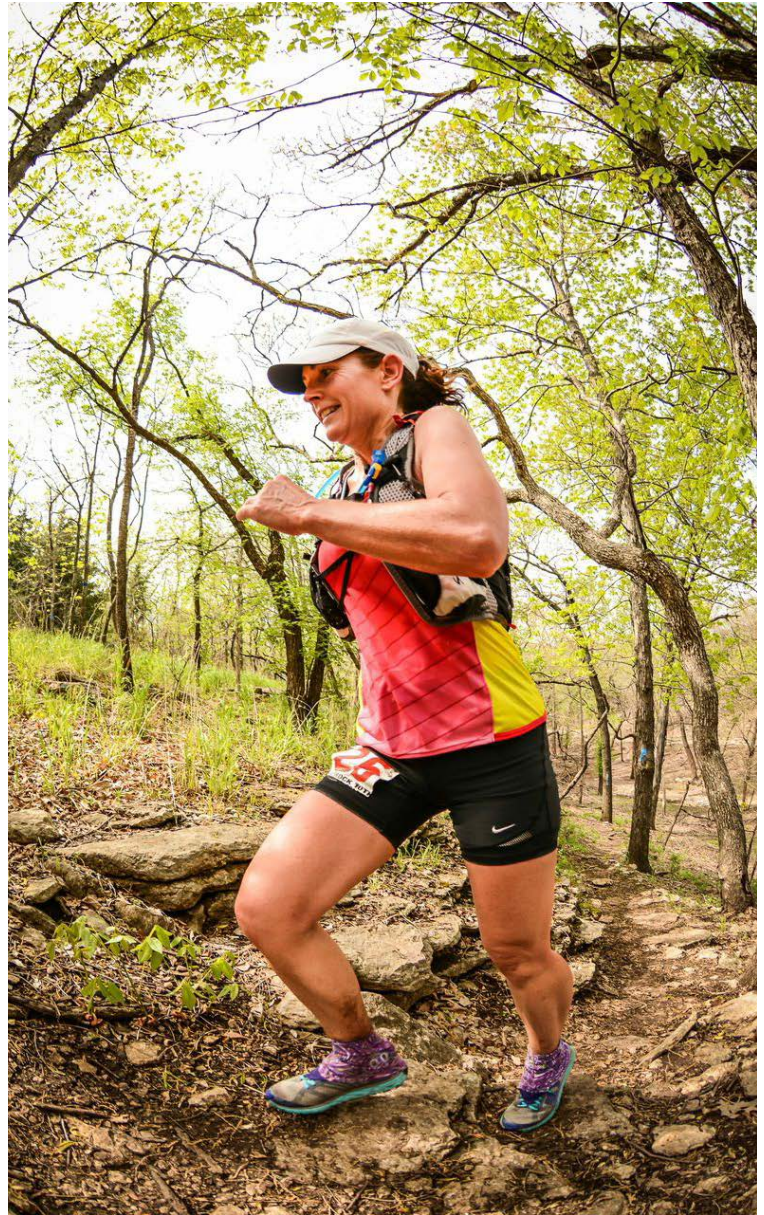
Typical Training Week(s) Before A Major Race: I train for the race on the terrain I will be running on and tailor my training around the difficulty of the race itself. I typically run 5 days a week which includes three 10 milers, during the week, and then back to back longs on the weekend. I swim or cross train one day a week and take a FULL rest day usually on Friday. I also power hike daily with my dogs, and run as many hills as I can during my training runs. I like to peak at 90-100 miles, 4 weeks before my 100, and then trickle down my weekly miles allowing time for my legs to be fresh on race day.

Injuries: Knock on wood...none since I started running trails.

Ultrarunning Idol: Stewart and Deb Johnson; not only are they amazing runners but they are genuine, kind, humble and so very supportive.

Why Do You Run Ultras: I love that feeling of running through the trees and unplugging from the "real world."

Advice For Other Ultrarunners: Listen to your body and do not be a slave to your running schedule. If you feel off, take an extra rest day or cross train. A lot of times an additional 24 hours of rest/healing and hydrating can set you right for the rest of the week. Have another go to activity....yoga, swimming, biking, that you do while you are tapering or recovering from a big race; the low impact cross training will help "scratch the itch" while you taper and recover properly. Plus it will only make you a stronger runner. Reduce the amount of processed foods that you consume. Fresh, raw, clean food is the best way to replenish all the nutrients that have been depleted from your body during those monster training weeks. Also, I recommend having your labs drawn and evaluated every year by your Doctor. Catching a vitamin deficiency early is vital and just good preventative medicine in our Ultra Sport.



Sherrie on her way to becoming the 2014 FlatRock 101K Female Champion. Photo Mile 90 Photography.

Spare Time

Book Currently Reading: "The Goldfinch" by Donna Tartt

Hobbies: R Gardening, Yard work, reading and bird geeking.

Collections: Original art work from my children and street artist in Europe....and a few guns.

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