

EPIC ULTRA NEWS



Welcome From Epic Ultras Founder, Eric Steele



Welcome to the 7th issue of Epic Ultra News! 19 years ago from this summer in 1995, my good friend, Warren Bushey, and I were given the “opportunity of a lifetime” to crew for an ultrarunner across the state of Kansas, for nine days, in a 64-day stage race across the United States, known as the Trans America Foot Race. The runner we were crewing for was the current record-holder of the Appalachian Trail, covering the entire 2,181 miles on foot in 52 days back in 1991. His name: David Horton. What an incredible journey it was crewing for David across the “high plains” of Kansas, smack dab in the middle of July, during some extreme Kansas summer heat. I had recently founded the Kansas Ultrarunners’ Society and we were holding our first ultra later in September - the FlatRock 50K, not to mention I was a budding young ultrarunner myself. What a sincere honor it was to

get close to such an “experienced ultrarunner” for nine days and soak up his wisdom. David’s ultrarunning knowledge and inspiration laid a very solid groundwork for what has now become a 20+ year career as a competitor and Race Director in our sport and I will always be very grateful for the strong foundation I received from David early in my career. So, you can only imagine how thoroughly excited I was several months ago when David agreed to be our Honorary Speaker for our 2nd Annual Prairie Spirit Trail 100 & 50 Ultra Races and equally as excited when he agreed a few days ago to be our “Featured Runner” in this edition of Epic Ultra News! And if you don’t think it’s possible to get any more “fired up” than this...the very fact that five days ago we officially “sold out” for our Prairie Spirit Trail Ultras, where David will be speaking, quite simply, put us “over the top” here at Epic Ultras. We are looking forward to seeing many old friends and making many new ones, as we have 200 runners registered from 20 different states, ranging in age from 12 (yes 12) to 72 years and are definitely looking forward to co-creating an “ultrarunning experience of a lifetime” with all of you in a little over three weeks!

Be Epic,

Eric

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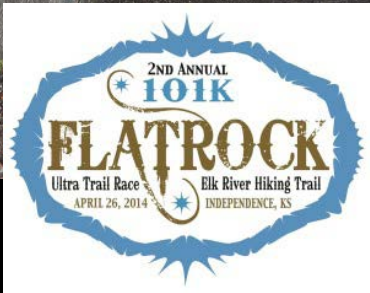
Our Mission

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 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



2nd Annual FlatRock 101K
101K Trail Ultra Race
April 26, 2014 / Independence, KS

Click Here To Register Using The Discount Code Below Good Through Sunday, March 16th, 2014!

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

FlatRock 101K

FlatRock. This course has been deceiving trail runners for almost 20 years. After all, it's KANSAS. KANSAS is flat. How bad can it be? Go ahead, underestimate this trail – then go home and cry yourself to sleep. Nineteen Septembers in a row, runners have come to the Elk City Hiking Trail to tackle the FlatRock 50k/25K trail ultra. This is the oldest trail ultra in the state, and it is pretty easy to make the argument that it is the BEST. It is as brutal as it is beautiful, as rugged as it is relaxing, as treacherous as it is tantalizing. A beautiful, highly technical trail full of short steep climbs, roots and rocks that seemingly TRY to trip you, and buzzards circling overhead - FlatRock is hard – and strangely addictive. The "Hall of Pain" consists of runners who have run it 10 or more times in a row. So, what would make more sense than running this 50k? Why not running it TWICE? Thus, the Flatrock 101K was born.

If you think you are some kind of trail ultrarunner badass, you need to bring all you got to the 2nd annual FlatRock 101K on April 26th 2014 and put your theory to the test. If you want to see what you are really made of and push yourself to your absolute physical ultrarunning limits, you need to be there. If you are ready to become a true Midwest ultra trail runner, sign up. FlatRock might just chew you up, spit you out, step on your face, and THEN send you home crying to your mama. IF you are too scared, that is understandable. I heard there are a few good half marathons that day... Maybe you should check into those.

March 29, 2014
Prairie Spirit Trail
100M/50M
SOLD OUT

April 26, 2014
FlatRock 101
101K

May 31, 2014
Flint Hills Trail
40M/Marathon

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

All EPIC ULTRA events sponsored by:



Newsletter Bios

Epic Ultras Needs Your Help



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!



David Horton - Featured Runner

Horton began running in 1977 while attending the University of Arkansas and has logged in excess of 113,000 miles! A few of David's notable ultrarunning accomplishments include record setting runs on both the Appalachian and Pacific Crest trails, winning the notorious Hardrock 100, and running across the United States in the Trans American Run, covering 2906 miles in 64 days. David is also one of only a handful of runners to successfully complete the obscure, infamous, and nearly impossible 100 mile Barkley Marathon.

Horton has contributed substantially to the ultrarunning community not only as a competitor, but as mentor, coach, and race director. He is directly responsible for the Hellgate 100K, Mountain Masochist 50 mile, and Holiday Lake and Promise Land 50Ks. David is a professor of health sciences at Liberty University, where his running class has the unique requirement of running a 50k ultramarathon.

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



Extending Endurance with Carnosine

by Scott Demaree

In my never-ending quest to find ways of extending my ultra capabilities, supplements always get my attention. New research on carnosine and β -alanine recently caught my eye.

Even though meats and fish contain carnosine, I have supplemented with carnosine for several years mainly for its antioxidant powers. A good deal of my research in graduate school had to do with the effects of antioxidants on health in general and exercise in particular. During exercise, our muscles naturally produce increased amounts of free radicals, which are capable of damaging tissues if not controlled. Free radicals also play a role in the aging process. Antioxidants control free radicals. As a result, antioxidants have occupied a prominent position in my supplement program.

More recent research now shows that most of the carnosine gets broken down during digestion into β -alanine and L-histidine. It turns out the β -alanine is what produces the beneficial effects because it actually gets absorbed into tissues, mainly muscles. And β -alanine is much more effective as a supplement because after absorption, it causes carnosine to be manufactured right there in the muscle.

Taking supplements of β -alanine long enough to increase carnosine in muscle tissue has now been shown to extend work capacity in intense exercise lasting 1-4 minutes. The carnosine seems to work by buffering (reducing) lactate build-up. That burning sensation in our muscles when we exercise too intensely comes from increased lactate. While we do not expect to be running our ultras at anything like the pace that would cause our legs to burn, it does happen for brief periods in some races. I have most often experienced this when climbing steep hills, especially at altitude. Lovely experiences on Hope Pass at Leadville come to mind. And although that kind of climb necessarily extends far beyond 4 minutes, it still seems like β -alanine might give some edge.

The studies show best results come after about four weeks of supplementing β -alanine at 4-6 grams per day. There seem to be no negative effects other than some skin tingling when taking large doses. That can be avoided by dividing up the daily total into smaller doses and taking it several times a day.

All this comes amid controversy about just what really causes fatigue. Is it depletion of glycogen? Is it build-up of waste products like lactate or free radicals? Is it some unknown mechanism involving neurotransmitters? We ultrarunners know we go through our glycogen in a few hours. But there is enough fat in even the skinniest of us to last for days. And we do our best to control our running pace to avoid that "burn". Yet we still get fatigued if we go far enough. Maybe science will someday provide the true answer, and it will lead to elixirs that will power us to undreamed-of PRs.

BE EPIC

Featured Runner - David Horton

The Basics

Date of Birth: 2/28/50
Place of Birth: Marshall, Arkansas
Currently Residing: Lynchburg, VA
Marital Status: Married to Nancy for 42 years
Job(s): Professor of Exercise Science at Liberty University
Children: Son, Brando age 39 and daughter Allison age 37 and grandkids L.J. age 10 and Kenzie age 6
Height: 5 feet 11 inches
Weight: 160
Shoe Size: 13
Best Physical Feature: Quads
Worst Physical Feature: Don't know
Religion: Baptist
Political Affiliation: Republican
Educational Background: BSE in Math and Physical Education from Univ. of Central Ark., MSE in Physical Education from Univ. of Central Ark and an ED.D. from Univ. of Ark.
Personal Strength(s): Hard Worker
Personal Weakness(es): Trying to do too much
Make Of Car You Drive: 2011 Honda Element and a 2005 Toyota Tundra
Make Of Car You Would Like To Drive: Same, I am satisfied and PLEASED with what I have
Pets: None

Achievements / Goals / Memories

Personal Hero: Bill Irwin
Personal Philosophy: Mean what you say, say what you mean, be a person of integrity
Short-Term Goal: Get a total knee replacement this summer
Long-Term Goal: RACE the Tour Divide in the summer of 2015 and run ONE more ultra
Most Proud Achievement: Finishing the Barkley 100 Miler
Happiest Memory: Finishing the Pacific Crest Trail
Secret Ambition/Fantasy: Climb Mt. Everest
Greatest Adventure: Riding the 2700 mile Tour Divide on 10 months of bike training

Dislikes / Fears

Favorite Subject in School: Math and PE
Least Liked Subject: English
Least Liked Household Chore: ALL of them
Pet Peeve: Laziness
Greatest Fear: Inability to exercise

Favorites

Favorite Author: John Grisham
Favorite Book: Flannigan's Run
Non-running Magazine: None
Favorite Movie: Forest Gump
Favorite TV Show: Survivor
Actor/Actress: Not sure
Favorite Music: country
Favorite Musical Performer: Lady Antebellum
Favorite Artist: Not sure
Spectator Sport: The last 9 holes of the 4 major golf tournaments
Favorite Game: Spoons
Favorite Vacation Destination: Mountains of CO and WA
Favorite Time Of Day: Sunrise
Favorite Item Of Clothing: Hellgate Finisher Shirts
Most Prized Possession: Health
Non-Running Leisure Activity: Watching chick flicks
Running Shoe: Patagonia and Montrail
Food/Drink During An Ultra: Milk Shake
Food/Drink Before An Ultra: Pasta
Food/Drink After An Ultra: Anything greasy
Famous Quote: It NEVER always gets worse
Favorite Crew Person(s): Lone Wolf and Donald Smith, a close second Eric Steele and Warren Bushey
Favorite Pacer: Scott McCoubrey
Favorite Place To Run: The Mountains anywhere, North Cascades in particular
Favorite Type Of Running Surface: Trails

Ultra Stuff

Years Running Ultras: 30 **# Ultras Finished:** 160
Best Ultra Performance(s): winning the 1st and 2nd Hardrock 100 Milers
Most Memorable Ultra: Setting the speed record on the Appalachian Trail
Injuries: None from 1977 to 2010, then torn meniscus and surgeries to follow
Ultrarunning Idol: Yiannis Kourous
Why Do You Run Ultras: The Thrill of accomplishment
Advice For Other Ultrarunners: Be consistent in your running, then train HARD for special events

Spare Time

Book Currently Reading: Racing the Great Divide
Hobbies: Mountain Biking and building trails
Collections: ALL issues of Ultrarunning magazine

10 Keys to Ensure a DNF in your 1st 100 Mile Attempt

By Epic Ultras Blogger Zach Adams

Ultrarunning Table Talk Tuesdays

@ Connie's Mexico Cafe



1. Select an Insanely Difficult Course

If you are going to run a freaking 100 mile race, why the hell would you run some wimpy flat course with no technical terrain or high altitudes? What kind of wimpy hundred mile racer needs decent weather and tons of course support? Don't be a pussy just because you have never run 100 miles before! Go big or go home! I mean, you CRUSHED that last 50K you did... right?

2. Continue Your Usual Training

It got you from the couch to 5K didn't it? It even helped you slide in before cutoff on that trail 50k. One hundred miles in 30 hours - that's only 3.33 miles per hour! That is a slow walk. There is no reason to destroy your joints with a bunch of back to back runs of 20 and even 30 mile runs. Besides, who has the TIME to do that?

3. Just "Wing it" On Race Day

This isn't rocket science folks! Here is all there is to it: 1. Show up. 2. Go to starting line. 3. Left foot forward, right foot forward, now repeat. It's that simple. All these runners obsessing over distance between aid stations, what to put in drop boxes, cutoff times, weather, what to wear... Blah blah blah. The shit seriously makes me sick. It's never-ending.

4. Race the First 50K

All this ultra-conservative talk about pacing in a 100 doesn't make any sense. Go out and run that 50K like you know that you can, and then slow down. After all, you are experienced and know what pace you are comfortable to finish a 50k, why would you slow down before you need to?

For runners living in the Greater Wichita Area, the next Table Talk will be held March 18th, and recur every 3rd Tuesday of each month thereafter, Eric Steele will be facilitating a "low key" type of round table discussion each month, from 5:30-7:30 p.m., exploring specific disciplines within our sport where anyone present is welcome to jump in and discuss what has worked for them and what hasn't. After Eric's successful Ultrarunning 101 presentation at Connie's back in January, and feedback from several attendees, proprietor and ultrarunner Adele Jordan, has graciously agreed to make their back room available to meet monthly, eat some great Mexican food, drink a couple of beers and TALK ultrarunning with other runners! Adele is also extending a 10% discount on all food and beverages.

Next Meeting

5:30 - 7:30 p.m.

Tuesday, March 18th

Location

Connie's Mexico Cafe
2227 N. Broadway
Wichita, KS

RSVP

Click [here](#) to RSVP.

10 Keys to Ensure a DNF in your 1st 100 Mile Attempt

...continued from page 6

5. Eat and Drink Only When You FEEL Like It

Only eat and drink when you are hungry and thirsty. Don't cram food down your throat if your gut is upset. All that will do is make you puke, and when you puke you are DONE. Everyone knows this. If you aren't hungry – don't eat. If you aren't thirsty – don't drink. This isn't a shitty Weight Watchers meeting or your company fat-boy weight loss competition... why the hell would you count calories? Besides, you have plenty of extra to burn, I mean c'mon we have all seen these fatties who run 100's.

6. Avoid Lube

Lube? Seriously? Are you a car? No. So why would you lube yourself? Quit thinking you are some kind of machine that needs to stay fine tuned and well oiled. What an ego you have! All it is going to do is make you all greasy, smelly, and uncomfortable. It will settle in your expensive running gear to grab all the dirt and road dust. When you get that stuff on your fingers, it is nearly impossible to get off. No one wants you grabbing stuff off the aid station tables with gross fingers. NASTY! Save the lube bottle for the bedroom fun you will be having with your significant other the night after!

7. Go It Alone

You already have very few friends outside the community of ultrarunning weirdoes you know. Do you really want ruin the few remaining friendships you have by asking your high school BFF to chase you around the countryside just to wait a few hours to do it again – just to fill your water bottles and pop your blisters? I think not. What about asking an ultrarunner who is injured or tapering? Don't think so... you already have to spend enough time with these psychos at prerace and at every aid satiation. Take my advice; Go it alone.

8. Find a Chair

25-30 hours is a long ass time. Find a chair, take a load off and sit down for a while. Hell, lay down for a while if you want. Find a nice warm fire and get comfy. A stop of 1 or 2 hours isn't going to do anything but help. I mean, it's not like you are going to win. And you DO HAVE 30 hours. Why not take a nap here or there.

9. Stop if it Hurts

You have trained like you always have trained. Surely that poke in your knee, burning toe, or swollen knee is a sign of serious injury! Don't risk missing next month's Color Dash Diva Plunge because you are too hard headed to stop when you are in pain! Do the right thing and listen to the pain and that little voice telling you that you need to stop. Keep in mind your feet know best.

10. Rationalize Failure

It's ok to quit. It is fine not to finish. It's not THAT BIG of a deal. It IS just a hobby after all, you would have been running anyway. Only a tiny fraction of the world's population even ATTEMPTS to run 100 miles. Quit acting like this is some kind of soul searching, healing, and transformational experience. It's just a race – not worth pain and suffering.

P.S. If for some reason you did NOT read the title - this is the shit to do if you want a DNF. If you want a finisher's buckle - DO THE OPPOSITE.

EPIC ULTRAS