

EPIC ULTRAS NEWS



Welcome From Epic Ultras Founder, Eric Steele



Everything has just been exploding here at Epic Ultras for the past several weeks since our last newsletter. We hosted our SOLD OUT 19th Annual FlatRock 50 & 25K's at the end of September, then promptly SOLD OUT next year's 20th Annual FlatRock 50 & 25K's (scheduled for September 27, 2014) in less than a week, worked the turnaround aid station at the Heartland 100 in the middle of October and hosted ANOTHER Inaugural Event, the Prairie Spirit Trail "Fall Classic" 50 Mile & 50K Ultra Races a little over two weeks ago on October 26th.

In the meantime, I also made contact with a fellow, and old friend, by the name of: David Horton (you may have heard of him) to see if he would be our Honorary Speaker at our 2nd Annual Prairie Spirit Trail 100 & 50 Mile Ultra Races, scheduled for March 29th, 2014,...AND...he said YES!!! If you know who David Horton is, then no further explanation is needed, however, if you don't, please read the next page in our newsletter to get a full description of the "ultrarunning legend" we have lined up for you in March of 2014. Please be aware that we are nearly at 40% capacity right now for this event (just over 120 spots left) and advertisements are running in both Ultrarunning and Marathon & Beyond the next three months promoting it, along with some direct mail and our usual social media campaigning...so, chances are VERY HIGH we will SELL OUT well before race day. We highly recommend getting registered soon if you don't want to miss out and, of course, because you are a valued subscriber of our newsletter we are even going to sweeten the deal...for one week only, details on the next page, as well!

In closing, we will be opening registration up for our next event, the 2nd Annual WinterRock 25 & 12K's, scheduled for January 4, 2014, at the end of this month, so keep your eyes open, as we will only be accepting 100 registrations for this event. Early notifications will be sent to registrants of the FlatRock 101 & 50K's first, so if you're going for FlatRock Triple Crown Status in 2014 you will have the first shot at getting registered. Wishing all of you and your family/friends a "Happy Thanksgiving" in a few weeks...I know I AM certainly VERY thankful for what the past year has brought into my life! Now, onto the "meaty stuff!" We hope you enjoy our latest newsletter - where the focus is on ultrarunners, ultrarunning, and content is king!

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
PRAIRIE SPIRIT TRAIL
 100 & 50 MILE
 ULTRA RACES
 MARCH 29, 2014 - OTTAWA, KS

Ottawa
 Garnett
 Iola

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

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

2nd Annual Prairie Spirit Trail
 100 & 50 Mile Ultra Races
 March 29, 2014 / Ottawa, KS

BREAKING NEWS!

Epic Ultras is elated to announce that ultrarunning founding father and legend David Horton will be the guest speaker at the 2nd Annual Prairie Spirit Trail 100 & 50 Mile Ultra Races! 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. He continues to inspire runners of all ages and abilities, and we are honored to have him as our guest speaker for the 2nd Annual Prairie Spirit Trail 100 & 50 Mile Ultra Races in on March 29th in Ottawa, Kansas! And don't forget that the Prairie Spirit 100 is the first race in the Inaugural Kansas Grand Slam! For more info on the slam, check out kansasgrandslam.com!

January 4, 2014
WinterRock
 25K/12K

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

April 26, 2014
FlatRock 101
 101K

July 12, 2014
Honey Badger
 100M

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

October 25, 2014
Prairie Spirit Trail
 50K/50M

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Newsletter Bios

Triple Crown Series



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!



Aaron Norman - Featured Runner

Aaron has been running for more than six years, starting with 5ks and building up to ultra distance events. The FlatRock 50k was his first ultra in 2009, and he's been back every year since. Despite harsh conditions, Aaron pulled off the win at this year's FlatRock in a time of 4:49:15. He has finished 18 ultras, including his first 100 miler at Ozark Trail last year and hopes to be knighted into the FlatRock Hall of Pain in 5 years.

The FlatRock Triple Crown Series was rolled out at the beginning of 2013 and subsequently awarded to eight outstanding individuals! The eight dedicated ultrarunners who earned the title of "2013 FlatRock Triple Crown Honoree" were Dennis Haig, Scott Hill, Ron LaPoint, Adam Monaghan, Michael Mora, Candi Paulin, Paul Rejda, and Kimberly Spielman. Immediately following the EPIC and nail-biting final minute of the SOLD OUT 19th FlatRock in September, a golden chalice was awarded to each of the brave souls who took on "The Rock" for all 3 events in 2013. 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 125 participants)
2. Register for the FlatRock 50K September 27th, 2014. Sorry, FLATROCK IS SOLD OUT! (You were warned!)
3. Register for either distance (25 or 12K) for WinterRock January 4th, 2014 (Registration link will be emailed out in late November or early December - Event limited to 100 participants)

These "Most Epic" events will SELL OUT! If you want to add a "FlatRock Triple Crown Series" golden chalice to your collection of awards, sign up for the 101K today, and keep an eye on your WinterRock invitation to arrive in your inbox!

EPIC ULTRAS

NSAID Alternatives

by Scott Demaree

The next time you want to take ibuprofen or aspirin for sore muscles, there are some things you should consider. These non-steroidal anti-inflammatory drugs (NSAIDs) get a relatively clean bill of health as long as certain precautions are heeded. And they do a good job of curtailing pain and inflammation, mainly caused by prostaglandin (PG) production, which may follow long or intense runs. But there are some scientific results suggesting that a little inflammation may be a good thing. When we take NSAIDs, the enzyme that makes the PGs is turned off, keeping potentially good PGs as well as bad ones from being formed. This may delay the recovery process, perhaps preventing us from training or racing normally.

A better approach might be a pre-race nutritional plan that would accomplish two things: reduce muscle damage to start with, and reduce inflammation. Research is beginning to acknowledge the role of free radicals (FR) and related compounds in the damage that muscles sustain when we push to our aerobic limits. Free radicals occur naturally at rest, but appear in great quantities during exercise. Increased intake of antioxidants and other nutrients that help produce protective antioxidant enzymes can help suppress FR damage. Particularly recommended are vitamins C, E and alpha-lipoic acid, which combine with glutathione to form a self-regenerating system to resist FR. These can be taken on a long-term basis, or for at least two weeks before a race.

The second part of the plan involves changing the fats we eat. There are many health benefits from increasing our intake of omega-3 fatty acids, especially the long chain fats EPA and DHA. Additionally, conjugated lino-leic acid (CLA) has recently been shown to have similar anti-cancer, anti-heart disease and anti-obesity effects. If we would consume more of either of these fats while cutting back on vegetable oils and shortening, the worst aspects of inflammation could be avoided. That is because the arachidonic acid (AA) our cells use to make PGs would be controlled. It is better to use this approach longer term, since the cell fats are slow to change.

Finally, over the last few years, considerable research has shown benefits from taking vitamin D. Unless you get a large amount of sunlight during peak hours between 10 AM and 4 PM, you could benefit from taking vitamin D3. Because it is a fat-soluble vitamin, for years only small doses were recommended for fear that it could build up in your body to toxic levels. Now it has been shown that large numbers of people have inadequate vitamin D levels in their blood, and toxicity fears were exaggerated. It turns out that muscle function and repair require higher blood levels of vitamin D.

The following chart summarizes these strategies. Note that most of this is based on animal studies and has not yet been shown to actually curb damage and inflammation in humans. Finally, pay attention to the dose of the actual nutrient you want when you purchase supplements. Sometimes 500 mg listed on the label includes inactive fillers.

Nutrient	Why It Works	Food Sources	How to Take	Precautions
Vitamin C	Water soluble antioxidant	Citrus fruits and other fruits and vegetables	250 mg capsules every 4-6 hours	Avoid if family history of gout, kidney stones
Vitamin E	Fat soluble antioxidant	Wheat germ and other natural oils	400-600 IU capsule daily	None
α -Lipoic Acid	Part of regeneration process	Meat and spinach	500 mg capsule daily	No known toxicity
Cysteine	Needed for glutathione (regeneration)	Meat, dairy, eggs (yolk has a lot of AA)	100 mg capsules every 4-6 hours with vit. C	If diabetic, consult doctor
Selenium	Needed for antioxidant enzymes	Sea food, meat, grains, garlic, onions, broccoli	100-200 mcg capsule daily	Doses > 500 mcg are potentially toxic
CLA – Conjugated linoleic acid	Antioxidant properties. May reduce AA	Meat and dairy (range-fed cattle have more)	1,500 mg capsule daily	Almost no toxicity in animals
ω -3 Fatty Acids (EPA and DHA)	May reduce cell AA similar to CLA	Oily, cold water fish (sardines, salmon, etc.)	1,500 mg daily (3 oz of mackerel)	Blood thinner in large doses; if diabetic, consult doctor
Vitamin D ₃	Involved in multiple hormone and cell repair pathways	Fatty fish, fortified foods	1,000-5000 IU depending on sun exposure	Long-term overdosing can soften bones

Featured Runner - Aaron Norman

The Basics

Date of Birth: May 2, 1981
Place of Birth: Shawnee Mission, KS
Currently Residing: Oak Grove, MO
Marital Status: Happily Married
Job(s): CAD/Survey Technician for Powell and Associates
Children: One on the way
Height: 5'11" **Weight:** 165lbs
Shoe Size: 10.5
Best Physical Feature: Beard
Worst Physical Feature: Receding hairline
Religion: Restoration
Political Affiliation: Conservative
Educational Background: Home educated / currently taking mechanical engineering coursework
Personal Strength(s): Goal setting/realization
Personal Weakness(es): Procrastination
Make Of Car You Drive: Ford
Make Of Car You Would Like To Drive: Audi
Pets: None right now

Favorites

Author: Ted Dekker
Book: The one that I'm currently reading
Non-running Magazine: Popular Mechanics
Movie: The Matrix
TV Show: Doctor Who
Actor/Actress: Nope
Favorite Music: Anything but Country
Favorite Musical Performer: Don't really have a favorite
Favorite Artist: Ansel Adams
Spectator Sport: Baseball
Favorite Game: Mario Kart
Favorite Vacation Destination: Ouray, Colorado
Favorite Time Of Day: Meal Time
Favorite Item Of Clothing: 2012/2013 Flatrock T-Shirts
Most Prized Possession: Can't think a possession that I couldn't live without
Non-Running Leisure Activity: Reading
Running Shoe: New Balance MT110
Food/Drink During An Ultra: EFS Liquid Shot (Kona Mocha flavor)
Food/Drink Before An Ultra: Clif Bar, banana and oatmeal
Food/Drink After An Ultra: Bacon cheeseburger (but not right away)
Famous Quote: "You are never too old to set another goal or to dream a new dream." -C.S. Lewis
Favorite Crew Person(s): My awesome wife
Favorite Pacer: Haven't had one yet
Favorite Place To Run: Landahl Park
Favorite Type Of Running Surface: Dirt, rocks, roots... The more technical the better.

Ultra Stuff

Years Running Ultras: 4 **# Ultras Finished:** 15+
Best Ultra Performance(s): 3:59 50K
Most Memorable Ultra: My first 100 at the Ozark Trail 100. It was the toughest thing that I've ever done. Winning the FlatRock 50K several weeks ago is a close second.
Typical Training Week(s) Before A Major Race: 80-100 miles peak with some back-to-back long runs and lots of hills. I seem to do well with 1-2 weeks of taper.
Injuries: None for a long time (knock on wood)
Ultrarunning Idol: Anton Krupicka
Why Do You Run Ultras: I love to explore. Being able to run all day means that I can see and experience more.
Advice For Other Ultrarunners: Take the time to hang out and cheer at the finish line of your next ultra. There is something special about sharing in the accomplishments of other runners.

Dislikes / Fears

Favorite Subject in School: Math (specifically Calculus)
Least Liked Subject: Political Science
Least Liked Household Chore: Dishes
Pet Peeve: Poor spelling/grammar
Greatest Fear: Scalpels

Achievements / Goals / Memories

Personal Hero: My Dad
Personal Philosophy: Whatever you do, give 100 percent
Short-Term Goal: Using this off-season to get faster
Long-Term Goal: Run Hardrock and Western States
Most Proud Achievement: 4.0 College GPA (so far)
Happiest Memory: My wedding day
Secret Ambition/Fantasy: I wanted to play pro baseball when I was young
Greatest Adventure: 4-wheeling in the San Juan Mountains

Spare Time

Book Currently Reading: Eat and Run by Scott Jurek
Hobbies: Photography, Target Shooting
Collections: Race medals

BE EPIC

A Perfect Storm

By Epic Ultras Blogger Zach Adams

Where should I even start!? I absolutely love this race. Stumbling across the original FlatRock 50k website in 2009 is what made me decide to run ultras. Shit, it is why I decided to train for a marathon! I mean, who in the hell would go and try and run 31 miles on this trail if they hadn't even run a marathon? A few minutes of looking at trail pictures, reading runner comments, reading race reports, and learning about the knighting ceremony immediately hooked me – whether I consciously knew it then or not. After finishing my first FlatRock in 2011, I vowed to myself I would one day be knighted into the hall of pain, and earn myself a custom cloth bib, epic surname and lifetime entry into FlatRock.

Fast forward to 2013; I have now run close to 20 ultras including a couple hundred mile attempts, 100k, and a difficult finish in the FlatRock 101K in April 2013. 2013 has been a good running year for me – lots of training miles, lots of great ultras, and lots of solid finishing times. I felt like it was time to try and make my mark on “The Rock”. My goal had been to run a sub 6 hour finish, but my running had been going so great that I decided to set out to break the course record – for the women – and try and break 5:45. A side note – I never even entertained the idea of a post-race sex change so that I could officially be the women's course record holder... I knew RD Eric Steele would NEVER go for that shit and didn't even ask. But long story short, I planned on really RACING this race and had discussed it extensively with Justin Chockley (who affectionately warned me that if I passed him, he was taking me out with a tire iron) and Candi Paulin who was also planning on chasing the women's course record. Leading up to the event, there was a lot of buzz about just how Epic that this year's FlatRock 50K was going to be. I mean, how could it compare to the BLIZZARD at the Prairie Spirit 50/100 or the MONSOON at the FlatRock 101K in April? The weather is always great for FlatRock in September!

My previous years at the FlatRock 50K, I always showed up the morning of (I only live about 70 miles away) and left directly after finishing. This year I showed up the night before and stuck around until after the FlatRock Triple Crown awards were given out. It was an amazing couple days filled with a mega dose of excitement and energy, great friends, excellent food, some hardcore badass trail racing, an EPIC finish line, and some perfect (and I mean you-couldn't-make-this-shit-up perfect) weather.

I arrived Friday evening just as the sun was beginning to set and immediately started seeing friendly faces all through the crowd. The energy in the air was literally something you could grab a handful of and shove in your pocket, truly palpable. People were milling around talking and eating – generally smiling from ear to ear. One big conversation topic was the weather, as there was now about a 130% chance of some serious shit rolling in overnight or in the morning. Those of us that ran the FlatRock 101K in April knew INTIMATELY what that meant and just smiled while our guts twisted in knots and we internally cringed to ourselves. The Elk River Hiking Trail is never easy on dry days, and in the mud it is just plain HARD. I found Eric and thanked him for his hard work and congratulated him on pulling together another amazing event

and spent the next few hours offering up my own services in any way I could. I talked with my badass ultrarunning friends that I don't get to see near enough. Melissa, Candi, Justin, Joell, Jason, Tony, Ron, Warren, Eric..... this list goes on and on. Met several new people and even noted a few people who weren't there that I KNEW I would see in the morning. As all great things do, the evening came to an end it was time to get rested and ready to run.

If you want to skip my personal “race report” then jump to the next bold and colorized sentence. If you are interested, the next few paragraphs are my personal race experience.

The night passed and it brought a pretty stout, steady breeze but not a single rain drop. FlatRock's Majestic King, Epic Ultras founder, and long time (since it's inception) FlatRock Race Director, Eric Steele called the runners in around the shelter house to begin the pre-race meeting just in time for the clouds to tear open and begin dumping buckets of rain on our heads. The winds were gusty and it appeared we would, in fact, get the thundershowers that the weatherman predicted – which Eric claimed to have invoked with a “Ouija Board and some Voodoo Chicken Bones”. I LOVED it. I love running in the rain, and I was ready to freaking ROCK “THE ROCK”. It MAY or MAY NOT have had something to do with the 22 oz. Red Bull I had for breakfast. (A new pre-race ritual I WILL be repeating after the kind of race I ran that day). Finally, we started a soggy walk up the road where the race actually starts.

Going into this race, I knew I was running for a PR and would not use the rain or trail conditions as an excuse. It was time to trust my training and go run these rocks and mud with an almost reckless disregard of my own physical well being. Candi, Justin and I walked together out the the starting line and were at the very front of the pack with the people I knew would be the overall top finishers. Of course I am not in the same league as these guys but I knew for sure I didn't want to be in the middle or back of a pack of over 100 50K participants headed in a death march up the first hill and onto the very technical first miles of the trail. I figured we would work our positions out as we made it down the road and if anyone faster wanted around me – well, that was their problem. As the gun went off, I shot out in front of everyone, threw my arms in the air, and yelled, “I am winning FlatRock!”, most assuredly amusing all the runners in earshot. Candi, Justin, and I stayed together until we hit the first hill and climbed to the top of the ridge with me leading. I had 4 or 5 guys in front of me and that was it. Some kind of nuclear reaction went off inside me and I just took off, leaving Justin and Candi and chasing down the front-runners.

Nearly every 50k I have ever run I felt like I started too conservatively... NOT TODAY. My new motto for the day was “Best or Bust”. I decided I would keep up this ridiculously fast and unsustainable pace until I blew up, then I would dig deep and see what happened – or maybe just lay on the side of the trail and weep like a little bitch. Something amazing happened; I never blew up. Sure, I fell – multiple times – but I just kept getting up... and getting faster. I blew through aid stations only pausing

A Perfect Storm

...continued

long enough to refill my handheld with Heed and grab a couple more Hammer Gels to replenish the stock in my left pocket. I was eating one gel every 20 minutes and drinking to my thirst. Feeling like I was burning rocket fuel, I just kept going hard. I knew I was really flying when Aaron, Don, and Ron (the leaders) didn't pass me on their inbound leg until I was only a mile or two from the turn around. I got to the turn around in about 2:35 and there were a couple guys there – so again, I refilled and rushed out. I leapfrogged Travis McWhorter a couple times until I fell and he went on ahead not to be seen again. He didn't take off until AFTER asking if I was alright. Even as he was trying to chase down 3rd place, he stopped and asked if I was good before screeching his tires and racing off down the trail. I love trail runners.

I hit my “tough spot” right after Dana's aid station (as I ALWAYS do) and slowed down a bit. I backed off the gels for a bit thinking maybe I got my gut a little too full and drank some clear water. Being somewhat of a veteran on ultra distances now, I knew that if I just kept going as best I could, it would pass. It did pass, but not before I got “chicked”. Being “chicked” means getting smoked by a faster female runner. I definitely got chicked. Just as I was in the midst of my rough patch, Mindy Coolman came out of the woods like a ninja and blasted past me. I don't think Mindy was in my field of vision 20 seconds before disappearing back into the timber and eventually cruising in nearly 7 minutes faster than the previous women's course record – which has held since Y2K. I felt better after a few minutes and decided to try and catch Mindy, but little did I know she also got around Travis and would eventually get about 20 minutes ahead of me. Congrats on an amazing race and a new women's course record Mindy!

The rest of the race consisted of a cycle of running, falling, cursing, and getting up. Too bad I didn't have an “F-Bomb” counter... but I am sure it was high triple digits. I hit the final aid station and knew it was unlikely that I was going to make it under six hours, but I also knew I was in 6th place overall and I wanted it to stay that way so I kicked on. I ran those last 4 miles across the rocks dangerously. I don't know how else to put it. It was under 38 minutes and I figured I would finish as fast as I could, or die trying. I was flying all over the trail, arms and legs flailing wildly – slipping and sliding (and falling) in the mud. When I came off the trail and hit the road my stopwatch said 5:57 something and I knew it was close to .7 miles. I quickly did the math in my head and figured a 4:30 minute mile pace should get me in just under my goal; but alas, I can't run a 5 minute mile when I am fresh – much less after 31 miles on FlatRock. Regardless, I ran as hard and fast as I could run and crossed the line in just over 6:03, finishing the 2013 FlatRock 50K 6th overall and 5th out of the men. I heard the yells, airhorn, and cowbells cheering me in. I slapped the SHIT out of that severed arm. I screamed obscenities. It was awesome. No. IT WAS EPIC!!!

Event Blog Post Continues Here. If you did read my account of my race, thanks for taking the time. If not, well, your loss.

After I finished and caught my breath, I took off my muddy shoes

and grabbed a couple cowbells and parked my tired ass on a picnic table at the finish. Like a storybook ending, the clouds parted, the rain stopped and the sun came out. The temperature was perfect. Just like I said, the weather, right down to its timing, was perfect! You can't make this shit up. And I'm seriously starting to think that Eric really is some type of modern day alchemist.

This is when the real fun began. For the next 5 hours I was fortunate enough to witness every possible human emotion as 91 more 50K runners (and several 25K finishers) came across the finish line. From anguish to euphoria, I saw it all, and it was wonderful! Once Candi (severely nauseated nearly the entire race but still the second overall female finisher) finished, we grabbed some chairs and moved directly behind the finish line so we could cheer on the runners as they came down the road. Micheal Mora joined us after his finish and we shared some stories and laughs over a couple beers. Next thing you know, more and more finishers and spectators were gathering at the finish line! It was totally badass. Louder and louder the spectacle became, until the final 5 runners came down the road with less than 2 minutes before final cutoff. It sounded more like a rock concert than an ultramarathon finish line! People were screaming at the top of their lungs, running out on the road to yell at them to hurry, and the cowbells and airhorns were going CRAZY. My friend and former co-worker Ryan, in his first 50K attempt, crossed the inflatable Epic Ultras finish line arch with a whole lot of his family there cheering him on – and a mere NINETEEN SECONDS to spare. The place erupted! IT WAS EPIC!!!

Shortly after, Eric held an awards ceremony honoring the overall winner and male champion, Aaron Norman and female champion (and new female course record holder) Mindy Coolman, along with giving honorable mention to the 25K winners and youngest female to ever finish the 25K course Carina Jaso, who's just 15. King Eric then honored and awarded (with beautiful gold goblets) the 8 brave souls who finished the 2013 FlatRock Triple Crown by completing all three FlatRock events; WinterRock, FlatRock 101K, and the FlatRock 50K. Congrats to the FlatRock Triple Crown recipients: Adam Monaghan, Candi Paulin, Ron LaPoint, Dennis Haig, Michael Mora, Kimberly Spielman, Scott Hill, and Paul Rejda.

I would apologize for this post being so long, but I am not sorry. This race, this EVENT, deserves every word written about it. Outstanding job to Eric and the “Epic Ultras Brigade” for pulling off a truly phenomenal event. Check out the AMAZING Photography which Epic Ultras provides to runners at no charge! Great job Greg Highberger and Mile 90 Photography.

I don't know what's in store for Prairie Spirit Fall Classic 50K 50Mile at the end of October, but I cant wait to find out. After the last three Epic Ultras events how could you NOT sign up?? Register today on UltraSignup.com.

I look forward to seeing you all again real soon. Feel free to comment and tell me what you think, and until next time... BE EPIC!