

EPIC ULTRAS NEWS



Welcome From Epic Ultras Founder, Eric Steele



Welcome to the 26th issue of Epic Ultra News! Fall ultra race season is in “full swing” and a little over a week ago we wrapped up our 21st Annual FlatRock Trail 50/25K’s. As many of you are aware, our 50K trail race is the oldest running ultramarathon and trail race in the state of Kansas and we finished a record number of participants this year in our 50K with a total of 114 finishers. More importantly, we knighted two more individuals into our legendary FlatRock “Hall of Pain”! Bill “Sir Resilience” Barnett and Adam “Sir Dichotomous” Monaghan, both from Wichita (KS), became our 11th and 12th Honorary Knights, with Adam Monaghan being the youngest individual ever achieving Hall of Pain status, at the tender young age of 31, and Bill Barnett being the oldest to ever achieve this coveted status at the age of 61. For those who are not aware, our legendary FlatRock “Hall of Pain” is made up of the twelve (so far) hard core, sick individuals who have successfully completed ten consecutive FlatRock 50K races, that’s right,

ten in a row! Not only do we officially retire their race bib number from ever being given to anyone else in the 50K event, they also receive a personalized embroidered cloth race bib with their respective bib number, lifetime complimentary entry into the 50K event, a unique surname (as mentioned above) and are officially knighted into the FlatRock “Hall of Pain” at a special awards ceremony. At the same special post race awards ceremony, we also recognized and awarded 18 individuals shiny gold chalices for completing our FlatRock Triple Crown in 2015, which consists of completing our WinterRock 25 or 12K, our FlatRock 101K, and our FlatRock 50K. Finally, I can’t neglect giving a MAJOR shout out to the only individual who has ever completed every single running of the FlatRock 50K, Dennis “Sir Last Minute” Haig (#3) finished his 21st consecutive running of our 50K...that’s every single one of them since our inception back in 1995. Next up is our Kansas Fall Ultra Extravaganza in a little over two weeks, with distance options of 100, 50, 40 Miles & 50K, all on beautiful Rails-to-Trails courses here in the Heartland...and it’s still not too late to get registered, but hurry if you want in as registration officially closes on Thursday, October 15th...AND, we have legendary ultrarunning extraordinaire, Marshall Ulrich, coming into town on Friday afternoon and booked to speak on Friday evening. We are also extremely honored that Marshall agreed to be our Featured Runner in this month’s newsletter, while our own “In-House” Blogger, affectionately referred to as “Mid-Pack-Zach” by Ultrarunning Magazine, gives us his take on what the culture and community of our “beloved sport” is all about. 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

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



*Featuring
Ultrarunning Legend &
Honorary Guest Speaker:*
MARSHALL ULRICH

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

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

July 9, 2016
Honey Badger
100M

Sept 24, 2016
FlatRock
50K/25K

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!



Marshall Ulrich - Featured Runner

Marshall Ulrich (b. July 4, 1951) is an elite extreme endurance athlete, as well as an accomplished speaker, author, trainer, and guide. Called the "Endurance King" by Outside magazine, he's finished over 128 ultra marathons averaging over 125 miles each; climbed to the top of the highest mountain on every continent, including Mount Everest; and completed 12 expedition-length adventure races including all 9 Eco Challenges. At the age of 57, Marshall clocked the third-fastest run across America, about which he wrote his book, "Running on Empty." A record four-time winner of the Badwater Ultramarathon, Marshall has crossed Death Valley on foot, in July, a record 27 times, including a self-contained, unaided solo, a "quad" of nearly 600 miles, and the first-ever self-supported circumnavigation of Death Valley National Park.



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



2015 Hall of Pain Knights and Triple Crown Honorees



Congratulations to Bill "Sir Resilience" Barnett and Adam "Sir Dichotomous" Monaghan (shown left) on becoming our 11th and 12th Honorary Knights into the Legendary FlatRock Hall of Pain! The oldest and youngest individuals, respectfully, to ever achieve this coveted honor.

The 2016 FlatRock Triple Crown Series is now complete and we proudly honored 18 hard core trail runners (shown below) and officially bestowed upon them the title of: "2015 FlatRock Triple Crown Honoree" They are: Zach Adams, Candi Adams, Dave Box, Shay Caffey, Polly Choate, Krystle Dalke, Carson Galloway, Joseph Galloway, Dennis Haig, Matthew Hall, Dave Meeth, Michael Mora, Debra Norman, Tom Rogers, Ken Schramm, Ryan Schwatken, Brian Smith, and Henry Yount! Only one runner – Candi Adams – has completed the Triple Crown series all 3 years of its existence! Congrats to these hardcore trail badasses who had the determination to take on Kansas' toughest trail for a total of 100 plus miles over the course of the year. Great job – and we sincerely hope to see you all next year!



Featured Runner - Marshall Ulrich

The Basics

Date of Birth: July 4, 1951
Place of Birth: Greeley, Colorado
Marital Status: Married to Heather Ulrich (going on 13 years)
Job(s): Part time Farming, owner Fort Morgan Pet Foods, Speaker, Author and Mountain Guide.
Children: (3) Two girls and one boy:
Alexandra Ulrich 25 years old, Taylor Ulrich 32, Elaine Ulrich 37
Height: 5'9"
Weight: 158
Shoe Size: 10
Best Physical Feature: Sturdy resilient body frame.
Worst Physical Feature: Chrome dome.
Religion: Methodist
Political Affiliation: Registered Republican, but refuse to claim any presently.
Educational Background: BA from the University of Colorado in Fine Arts.
Personal Strength(s): Good focus on tasks at hand.
Personal Weakness(es): Wanting to prove myself.
Make Of Car You Drive: '2006 PT Convertible Cruiser and 2006 Jeep Liberty CRD (diesel)
Make Of Car You Would Like To Drive: VW Golf (or) Jetta TDI 4X4 Station Wagon.
Pets: 2 dogs: Treeing Walker Coon Hound and a Pit Bull/Lab mix rescue dog.

Ultra Stuff

Years Running Ultras: 30
Ultras Finished: Not sure, probably over 200. I've run over 128 ultras that average 125 or more.
Best Ultra Performance(s): Running Across America 3063 miles in 52.5 days.
Most Memorable Ultra: This year's (2015) 20th Official Badwater. All 20 are from Badwater (lowest in Western Hemisphere) to Highest (Mt. Whitney) in lower 48 States...25 years in the making.
Typical Training Week(s) Before A Major Race: When I was running competitively, about 110 miles per week. Now about 50 to 60 miles per week.
Injuries: Knee: Meniscus orthoscopic surgery mid-1990's. Non running related: double rotator cuff surgery 2015.
Ultrarunning Idol: Yiannis Kourous
Why Do You Run Ultras: I like the outdoors and it makes me feel alive.
Advice For Other Ultrarunners: Don't fall for fad diets or training techniques. It isn't rocket science, just put one foot in front of the other. Listen to your body it will tell you everything you need to know.

Dislikes / Fears

Least Liked Subject: Politics
Least Liked Household Chore: Scrubbing floors.
Greatest Fear: Losing my wife or children.

Favorites

Favorite Author: Jack London
Favorite Book: Call of the Wild
Favorite Non-running Magazine: Outside Magazine
Favorite Movie: The Mission with Jeremy Irons and Robert De Niro.
Favorite TV Show: Hannibal
Favorite Actor/Actress: Kevin Spacey
Favorite Music: Rock
Favorite Musical Performer: Neil Diamond
Favorite Artist: Henri Toluse Lautrec
Favorite Spectator Sport: Football
Favorite Subject in School: Fine Arts
Favorite Game: Monopoly
Favorite Vacation Destination: Patagonia
Favorite Time Of Day: Early Evening
Favorite Item Of Clothing: Kuhl Convertible Pants
Favorite Non-Running Leisure Activity: Theater
Favorite Running Shoe: Hoka One One
Food/Drink During An Ultra: Chocolate and Root Beer Floats
Favorite Food/Drink Before An Ultra: Huevos Rancheros
Food/Drink After An Ultra: Mexican Food and a Beer or Whiskey Sour.
Favorite Crew Person(s): Heather (my wife). I credit her with my successes.
Favorite Pacer: Mark Macy
Favorite Place To Run: Above Treeline in The Indian Peaks Wilderness Area.
Favorite Type Of Running Surface: Trail
Favorite Famous Quote: "In the end, it's not the years in your life that count. It's the life in your years." – Abraham Lincoln

Achievements / Goals / Memories

Personal Hero: Mark Macy and Bob Haugh, two of my teammates when I used to Adventure Race (Eco Challenges) with. They both focus on their families and are both value driven.
Personal Philosophy: "Dig Deeper and Love More" (from Running on Empty)
Short-Term Goal: Tusconia 150 & Iditarod Invitational Trail 350
Long-Term Goal: Iditarod Invitational Trail 1000
Most Prized Possession: My Health and Memories created by Heather and I. Pictures of my children and my grandchild.
Most Proud Achievement: Birth of my three children.
Happiest Memory: Watching my children grow and the challenges we worked through.
Secret Ambition/Fantasy: Row the Atlantic.
Greatest Adventure: Unsupported 425 mile Circumnavigation around Death Valley National Park in July/August of 2013 – 16+ days.

Spare Time

Book Currently Reading: The Illegal by Lawrence Hill
Hobbies: Remodeling houses, running, tinkering on autos.
Collections: Books: View From the Summit autographed by Sir Edmund Hillary, The Call of the Wild by Jack London, Death Valley in 49 by William Lewis Manley and an extensive collection of Autographed Running books.

I often find myself wondering why I continue running ultras. Why would I willingly participate in an activity that beats my body to the point that walking to the bathroom becomes nearly impossible? Why is it worth doing when it makes me shed toenails more often than a snake sheds its skin? I have had blisters the size of dollar bills, gashed knees, and even temporarily lost feeling in the tips of my toes. I have puked on the trail and relieved myself in places that would classify me as barbaric at best. Staying awake for 48 or more hours at a time during an ultra and paying the price of that sleep deprivation at work for days afterward would most likely not be considered "a reward" by most. Not to mention how ultras (and the required training) monopolize a ton of my time, costs me a small fortune in gear and race entries, take me away from my family on the weekends, and have put me outdoors in some of the worst weather conditions you can imagine for hours at a time. So.... Why? Why do I continue to train and run ultras?

It is not for the race photos. It is not for the aid station food. It is not for the race shirt. It is not for the finisher's medal. It is not for the vanity car sticker. It is not even for the shiny belt buckle. My introspections have led me to narrow down my list of why I continue to train and run ultras to TWO REASONS.

The Challenge. In an ultra I can challenge myself in ways that I am not in any other aspect of my life. As life gets easier and more comfortable for most people in modern civilization, challenge decreases. Not to say life can't be challenging, but modern technology has removed nearly all physical challenge of survival. We no longer have to chop down trees by hand and carry buckets of water miles just to survive. We use technology to make every aspect of our lives physically less demanding. An ultra gives me a chance to put my mental and physical toughness to the test. No matter how many times you have done a specific distance or race, it never gets easier – if it does, you push harder. Ultras are never predictable and you have to solve problems and adjust to get yourself to the finish. It is definitely not about the destination but the journey. I could go on and on... but I will save that for another article. The CHALLENGE is what gets you hooked early on. The next reason is what keeps you coming back.

The 2015 Triple Crown Series is in the books and we have eighteen courageous trail running legends who were successful in earning the coveted title of: "2015 Triple Crown Honoree." Upon completion of our recent 50K at our Flagship event - FlatRock, a couple weeks ago - each runner who completed the challenge received special recognition, a personalized golden goblet, and was honored as a "FlatRock Triple Crown Series" Recipient. Want to know how YOU can qualify in 2016? Simply COMPLETE each of the three FlatRock events for 2016: 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 2015 events, make sure to subscribe to Epic Ultras email list to ensure that you are immediately notified of the opening of general registration. Congrats to the eighteen "FlatRockers" who were awarded the 2015 Triple Crown at the 21st Annual FlatRock 50/25K's on September 26th in Independence, KS!

Ultra-Community

...continued from page 6

The Community. The ultrarunning community is like none I have ever been around. The cross section of people you find at ultras is extremely diverse. Women and men from all walks of life, race, nationality, religious background, and socioeconomic classes can be found at ultras. The shared hardships become the common denominator that binds a very eclectic group. Strong and lasting bonds can be created in very short times of shared suffering. This fact means that as you participate in ultras – as runner or volunteer – the more and stronger bonds you create! Humans are social creatures and bonds with others is what enriches our lives more than any personal accomplishment ever could. Around these bonds, a culture of community is formed. Runners support each other in all ways – I have witnessed runners sacrificing their own races or personal comfort to help someone in greater need. I have seen volunteers go above and beyond every expectation while caring for those challenging themselves on the course. Watching the winner of the race cheer in the final finisher in a competition is something I have never seen outside of an ultramarathon. This is a strong community. Once built, an ultrarunning community will begin function as a family would – members relying and supporting each other, sharing triumph and sorrow, laughter and tears -a situation evolves where the whole is always greater than the sum of the parts. Ultimately, the ultrarunning community becomes more about spending time with friends rather than just getting to a finish line. Evenings before races spent nervously discussing strategy and nights telling stories of pain and fatigue after a long hard day on the trail with close friends is what makes all of the sacrifices worthwhile.



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!