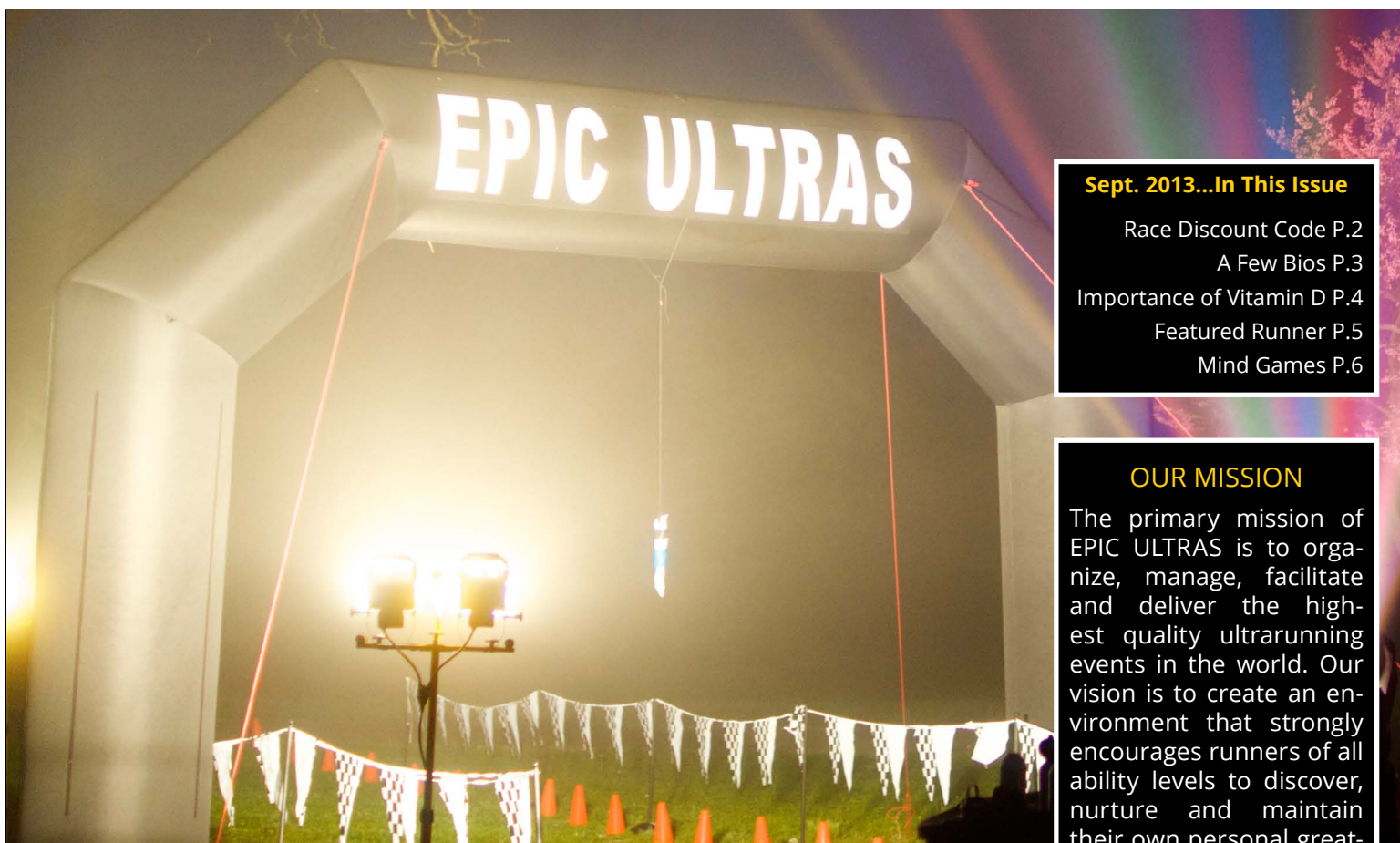


EPIC ULTRA NEWS



Sept. 2013...In This Issue

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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."

Welcome From Epic Ultras Founder, Eric Steele



Welcome to the second issue of Epic Ultra News. From our humble beginning 18 years ago when I founded the Kansas Ultrarunners' Society and held our Inaugural FlatRock 50K with 24 registered runners from 7 different states to this year's 19th Annual "Sold Out" Epic Ultra FlatRock Events, with nearly 200 runners registered from 15 different states (including Alaska & California), one thing has always remained consistent - I take great pride in giving each and every runner an unforgettable experience of a lifetime! With the explosion of our beloved sport the past several years I have personally experienced several organizations/RD's that think it's okay to cut corners at the expense of their runners overall experience. Things like giving generic shirts and awards that have no dates on them and are given year after year, or giving edible awards instead of some type of permanent keepsake, all in the name of being eco-friendly. Eliminating pre-race meals the evening before the race and/or having post race food that is stale and fly-infested. Running out of aid station food/supplies before the back-of-the-packers make it through the course. And the most abhorrent thing of all -

breaking down ANY part of the finish line (arch, cones, PA system, cheering section, etc.) before the back-of-the-packers cross the finish line. I have personally competed in over 25 ultras in just the past three years alone and it truly breaks my heart to have consistently witnessed things like these numerous times now. Granted, mistakes do happen sometimes, however, most things I've just mentioned are totally within the organization/RD's control. Let's face it, virtually everything I've mentioned above requires a significant amount of extra diligence and cost on the part of the organization and RD - something that we take VERY seriously at Epic Ultras - because after all, it IS about consistently providing our runners with exceptional experiences of a lifetime - every single one of them. For the runners who have experienced an Epic Ultra Event, you know exactly what I'm talking about and those who have not, please come join us soon to experience one for yourself and see how we actually live up to our name of Epic Ultras. See many of you at FlatRock in a little over a week!

Be Epic!
Eric Steele



UPCOMING EVENTS

Click Here To Register Using The Discount Code Below Good Through Monday, September 23rd, 2013!

Enter Code At Checkout:
EUNews20%Off
(All one word, no spaces)



Inaugural Prairie Spirit Trail
"Fall Classic" 50 Mile / 50 K
October 26, 2013 Ottawa, KS

In March we held the Inaugural Prairie Spirit Trail race in Ottawa, Kansas and it certainly was a popular "event to remember" - you can read all about it by visiting our blog at: [Epic Ultras Blog](#)

Despite the blizzard conditions, many participants were not only anxious to return for redemption in 2014, but an overwhelming number of runners requested that we put on a fall event as well, so, the Prairie Spirit Trail "Fall Classic" 50 Mile and 50 K was born! This is a beautiful course on a flat and fast rails-to-trails crushed gravel trail system. We have a new venue where we will host the pre and post race meals, packet pickup and all the other "fine" details and certainly look forward seeing you in October, if not sooner! If you can't make it in October, below you will find our upcoming dates and events. So, we invite you to lace up your shoes and come out for what is sure to be a most Epic Ultra!

Sept 28, 2014
FlatRock
50K/25K
SOLD OUT

January 4, 2014
WinterRock
25K/12K

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

April 26, 2014
FlatRock 101
101K

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.



Candi Paulin - Featured Runner

Candi is a newcomer to the sport of ultrarunning, having completed her first ultra distance race at the 18th annual FlatRock 50K in 2012. She fell in love with trail running and came back for Epic Ultras WinterRock 25K where she was the overall female winner. In April, Candi took on the "The Rock" once more at the Epic Ultras Inaugural FlatRock 101K, where she earned the title of women's co-champion after an EPIC performance - in less than ideal trail conditions. Epic Ultras is

proud to feature Candi Paulin as our September 2013 "Featured Runner" and we look forward to watching her progress in our beloved sport! Find out all about Candi on page 5.

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!



Visit EpicUltras.com for more information on all of our upcoming events!

- Prairie Spirit Trail Fall Classic
October 26, 2013
50 Miler / 50 K
- WinterRock
January 4, 2014
25K / 12.5 K
- Prairie Spirit Trail
March 29, 2014
100 Miler / 50 Miler
- FlatRock 101
April 26, 2014
101K

Importance of Vitamin D

by Scott Demaree

In this second issue of the newsletter, I would like to give you a preview of what you can expect from me in my columns. As a voracious reader of science content, I often come across articles dealing with health-related topics that have applications, either directly or indirectly, to training and racing long distances. So you will see me describing these ideas and commenting on them. At times, I may stray a little into topics related to general health and longevity. After all, ideas that can promote your general health can't help but contribute to your race success in the long run. And continuing in the sport far into the future is yet another way to measure endurance.

In light of these introductory comments, today's topic is vitamin D levels and their relationship to body fat. Many ultrarunners are not too concerned with body fat unless appearance is important to them. And most of them don't worry about vitamin D because we all know sun-exposed skin produces vitamin D for us. We do enough running in the sun to be more concerned about skin cancer than vitamin D levels. However, if you do most of your training very early in the morning or late at night,

vitamin D is something you might want to think about.

Studies show that a large percentage of Americans have deficient levels of vitamin D in their blood. The problem with this is that vitamin D is important for body systems from immunity to hormones to musculoskeletal. I can attest to this from my own graduate studies as I was constantly noticing that no matter what type of cell we were studying, vitamin D receptors were present. And further, gene promoters more often than not were influenced by vitamin D. Apparently, the media attention on too much sun causing skin cancer has scared a lot of people into avoiding the sun and using heavy sunscreens (which also block vitamin D production). And good food sources of vitamin D are not used by many people.

This study was conducted in the Netherlands on subjects over 65 years old. Roughly half of the participants were found to have insufficient levels of vitamin D in their blood. But the main finding of the study was that body fat levels were inversely correlated with vitamin D levels. In other words, the lower the vitamin D level the higher the body fat. I find this

intriguing, but we still don't know for sure what causes what. Does high body fat content drive down vitamin D levels or vice versa?

The facts that the Netherlands is not known as a sunny place and people in general don't eat vitamin D-rich foods makes me think getting more vitamin D helps people avoid high body fat accumulations by some unknown mechanism. The bottom line: make sure you get enough vitamin D even if you have to supplement and it should help you avoid building fat tissue. If you supplement, make sure you take vitamin D3. 400 IU is a standard dose, but many people could use 1,000 -5,000 IU safely. Get a vitamin D blood test if you want to know what your actual status is. Incidentally, the only verified cases of vitamin D overdose occurred in people who ate large amounts of polar bear liver, which happens to contain extremely high amounts of vitamin D.



Featured Runner - Candi Paulin

Personal Philosophy:

Live, learn, and have fun while you're doing it.

The Basics

Date of Birth: 4-14-81
Place of Birth: Parsons, KS
Current Address: Bartlett, KS
Marital Status: Happily Divorced
Job(s): Labor & Delivery Nurse
Children: 2
Height: 5'4" / **Weight:** 125
Shoe Size: 9
Best Physical Feature: My eyes
Worst Physical Feature: My stomach (especially on days I drink a lot of beer.)
Religion: Christian
Educational Background: K-8 - Bartlett Grade School, Highschool - Labette Country High School, College - NEO A&M
Personal Strength(s): I am determined
Personal Weakness(es): I am a procrastinator
Make Of Car You Drive: Nissan Altima
Make Of Car You Would Like To Drive: Dodge Charger

Favorites

Author: Not a big reader. I think I have read 2 books my adult life.
Movie: Karate Kid
TV Show: Two Broke Girls
Actor/Actress: Tie between Julia Roberts & Jennifer Aniston
Favorite Music: Country
Spectator Sport: Football
Favorite Vacation Destination: The Beach
Favorite Time Of Day: Depends on the day
Favorite Item Of Clothing: My FlatRock shirts of course
Non-Running Leisure Activity: Laying out in the sun
Running Shoe: Brooks
Food/Drink During An Ultra: Water is the only thing I have consistently had during an ultra. I'm a newby - haven't found anything that's my favorite yet.
Food/Drink Before An Ultra: Pasta & beer
Food/Drink After An Ultra: Beer
Famous Quote: Pain is temporary, pride is forever
Favorite Crew Person(s): Never had a crew person.
Favorite Pacer: Only pacer I've ever had is my friend, Amber Tyree, who talked me into running my first ultra.
Favorite Place To Run: FlatRock
Favorite Type Of Running Surface: Trails

Ultra Stuff

Years Running Ultras: 1 **# Ultras Finished:** 3
Best Ultra Performance(s): FlatRock 101K
Most Memorable Ultra: FlatRock 101K, Farthest distance I'd done & tied for first place female.
Typical Training Week(s) Before A Major Race: Don't have a routine or follow a schedule. I just put in as many miles as I can with my hectic schedule. Then go crazy when it's time to start tapering before race day.
Injuries: Plantar fasciitis
Why Do You Run Ultras: I like a good challenge.
Advice For Other Ultrarunners: Don't talk yourself out of doing something because you're scared or because you don't think you can. You will be more disappointed with yourself for not trying.

Dislikes / Fears

Favorite Subject in School: Science
Least Liked Subject: Math
Least Liked Household Chore: Dishes
Pet Peeve: Whining
Greatest Fear: Heights

Achievements / Goals / Memories

Personal Hero: My granny
Short-Term Goal: Female course record at F.R. 50k
Long-Term Goal: Running in lots of ultras
Most Proud Achievement: Raising 2 awesome kids to the ages of 8 & 11 pretty much on my own.
Happiest Memory: I have a ton of happy memories. Hard to pick just one.
Secret Ambition/Fantasy: Running Badwater

Spare Time

Book Currently Reading: Eat & Run
Hobbies: Running & lifting weights



Mind Games

By Epic Ultras Blogger Zach Adams

When you are in the total ass-kicking miles of an ultra, what mental tactics do you use to keep moving? How do you will yourself through the dark times? What keeps you from convincing yourself that it is not worth all the pain? If physical training is the key to running a successful ultra, then mental toughness is the hand that guides the key into the lock and turns it. If you lack the required strength of mind, there will eventually come a time when bodily endurance and your Greek god physique is not enough to allow you to escape the darkness and emerge into the light of the finish line - where you can bask in your glorious achievement.

What do you do to pass the hard miles? Of course music or audio books are a popular alternative seen at basically every race 5K and up. Here are a few suggestions taken from my own personal arsenal - the key is finding what works for you. As an ultrarunner, experienced or aspiring, you should have plenty of opportunities to put it to the test.

Repeat a mantra. I have had times where I was repeating a chant such as, "Next step. Next Step..." for what seems like forever to keep myself moving. Once, after almost barfing my guts up on an aid station worker, I gobbled a few Tums and kept telling myself, "I WILL feel better" until I actually did. I believe this is basically hypnotizing yourself and moving your focus off the pain until the pain subsides - or you finish (which sometimes does come first).

Fantasize! Use the power of your mind and take yourself somewhere else. If the "now" freaking sucks, get the hell out! Fantasize about something so interesting and engaging that it becomes more real than the giant blister on the ball of your foot that just ruptured. Use your imagination and paint a mental picture of your perfect vacation or being stranded in Antarctica. Think about every detail and then details about details. It doesn't matter what you think about. This will pass the time, and once again divert your focus away from your current struggles.

Make a new friend. Talk to the other runners. Chances are that unless you are

a world-class elite speedster, you will be moving at speeds that will easily allow you the ability to continue speaking. Use this humanly ability to your advantage. Ask other runners questions, tell stories, shoot the shit... This might not work in some ultras (I have been solo for HOURS before), but if and when the opportunity is there - use it. It is a great way to pass the time and get past a rough point in a race. I have made some great friends in my time running ultras, and most of them I met WHILE on the trail.

Focus on smaller, more manageable distances. When the thought of another 20 miles just seems too much, break your run into chunks. Focus on running to the next aid station, mile section, or electric pole- hell, even just the next step. These smaller incremental victories will add up and eventually you will be crossing the finish.

Finally, one thing I do when I really struggle is to completely disassociate my mind with my body. Having a techie background, I think of it as putting my brain in "standby mode". I focus on thinking of nothing. My complete attention goes to listening to my own breathing, my vision on a blurred fixed point about 4 meters in front of me, reducing my body to a biological machine processing oxygen and sending blood to where it is most needed. There have been times when hours have passed and I realized I had literally thought of nothing. On a technical course I may try to get myself so hyper focused on my next footfall that it becomes the only reality - figuring out where my next foot should land, noting else.

The key is never letting negative thoughts invade your mind. If they do, a runner needs ways to immediately cast them out. You can literally talk yourself into DNF'ing a race that your body was fully capable of completing. Excuses at the time that seem perfectly reasonable will make you want to punch yourself in the face for quitting the following week. Don't let all the time you spend training your body go to waste because you haven't conditioned your mind.

TRIPLE CROWN SERIES

The Triple Crown Series was rolled out at the beginning of 2013 and we currently have eight people on track to receive the coveted title of:

"2013 Triple Crown Honoree"

They are: Dennis Haig, Scott Hill, Ron LaPoint, Adam Monaghan, Michael Mora, Candi Paulin, Paul Rejda and Kimberly Spielman

Upon completion of the 50K at our SOLD OUT Flagship event - FlatRock in September, each will receive special recognition, an award and be the first group honored into the "FlatRock Triple Crown Series".

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 101 participants)
2. Register for the FlatRock 50K September 27th, 2014 as soon as you receive an email invite. (These will be emailed out after the completion of this years' event - Note: The 2013 event sold out in under two weeks!)
3. Register for either distance for WinterRock January 4th, 2014 (Registration link will be emailed out in December - Event limited to 100 participants)

Want to see the 2013 honorees receive their awards and recognition? Join us for the celebration at the conclusion of FlatRock on September 28th in Independence, KS!