

ENDURANCE RACING MAGAZINE

MARCH/APRIL 2012

THE BADWATER ISSUE

**Some of world's toughest athletes talk
about Badwater**

**Lisa Smith-Batchen's
Badwater Advice**

Ferg Hawke

**The Boys of Florida Take
on Badwater**

Nutritional advice

Race facts

And Much More!

EDITOR'S LETTER



Badwater—Unbelievably Hot!

Badwater. If you are unfamiliar with this 135-mile race through Death Valley, you won't be by the time you are done with this issue.

I had the extreme pleasure of working with some very big celebrities in the ultra running community to get this issue completed. Let's see, I interviewed Frank McKinney over the phone in my office, David Carver over the phone while I was in the Jacksonville airport, David Green over Skype, Scott D'Angelo via phone while I was running around doing errands and Chris Roman over the phone over several phone calls. I even caught Chris and Dave Green's coach, Ray Zahab while he was sitting in a plane at Washington Dulles Airport on the way to see Ferg Hawke, who has been joining Ray recently on some of his global expeditions. I must say, working with Ferg was an unintended surprise, for his story is the main feature in this issue. Mike Morton, Sergio Radovic, and Brad Lombardi also provided me excellent content by email and I am forever thankful to them for their attention to detail.

I do owe a special thanks to Chris, who I met via Facebook last year. At the time I interviewed him for a story in Runners Illustrated where I reported on his run along the Caminho Da Fe which he completed after his first time crewing for Badwater. Since then we've talked numerous times, including for about an hour as I sat in a Whole Foods parking lot and he sold me on doing an issue about all the great guys from Florida who are competing in Badwater this year. I really thought Badwater and all the reporting on it had dried up (pun intended), but now I am more enamored by these athletes than ever before.

This issue would not have been possible without contributions from other athletes/writers as well. I am thrilled to reprint a story on nutrition written by Meredith Terranova, an ultra athlete who wrote great piece on nutrition for Badwater.

The best part about preparing for this issue was meeting Chris Roman and Jennifer Vogel in person. On a trip I took to Florida in March, Jennifer and I sat down and talked for an hour about nutrition and that being a triathlete makes her a better endurance runner. She's just like Ferg Hawke, Scott D'Angelo and David Green, for example, who where were triathletes before they became ultra runners. That athletic base has been important in their ability to use their over all physical fitness and mental training as assets in endurance races. Both Scott and David will test these assets for the first time this summer, like Jennifer did last year—with MUCH success, I might add. Jennifer came in 8th overall and was the 2nd place female!

I owe a ton of gratitude to Lisa Batchen-Smith. I am extremely fortunate because Lisa provided the Coaches Corner column this issue and her experience I can guarantee, will get any athlete to the finish line at Badwater.

Thank you to everyone and especially my editor, Renee Dexter!

Alix Shutello
editor@runnersillustrated.com

The January/February covered Lake Anna's Double and Triple IRON distance races.

Kathy Roche is my idol

Thank you for the great article on Kathy Roche. She is not only example of a prolific athlete, but she embodies the true essence of motherhood. I was impressed she overcame divorce and still managed to maintain a healthy family.

-Sarah Johnson, *Portland, ME*

Such an interesting issue!

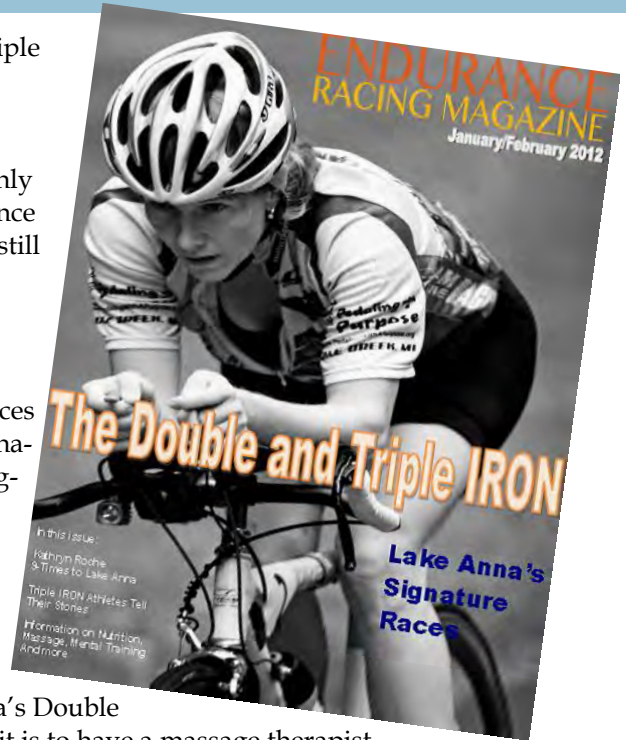
I never knew much about double or triple IRON distance races before this issue. I am glad to read that the U.S. has an internationally-recognized IRON race that is unique to the Washington, D.C. area. As I increase my training and consider races beyond the Iron distance, I now know where I can turn my focus in the years ahead.

-Freddie Archer, *Chicago, IL*

Caring For My Athletes

Sara Rennie Heretick's article on message during Lake Anna's Double and Triple IRONs taught me so much about how beneficial it is to have a massage therapist on staff during a big race.

-John Porter, *Los Angeles, CA*



We want to hear from you! Send letters to the editor and other inquiries to editor@runnersillustrated.com.

COMING IN THE MAY/JUNE ISSUE OF ERM...

- Triathlons—In particular, the Iron distance. What makes them so appealing to triathletes?
- SavageMan—For some, it's their personal Kona. If you can make it up the Westernport Wall and beyond, you'll earn the coveted race brick.

Staff: Alix J. Shutello—CEO and Editor-In-Chief
Renee Dexter—Executive Editor
Christiana Ferrar—Advertising Director

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ERM is run by its mother company, Runners Illustrated, a well-established ezine with a strong global following of endurance athletes.

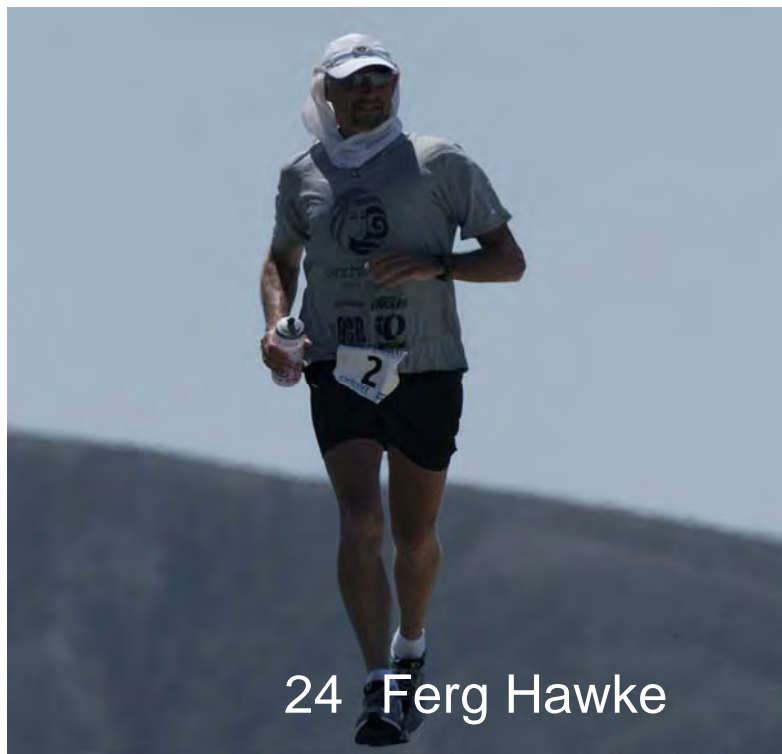
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Chris Roman stands with his family at Badwater

TID BITS: JENNIFER VOGEL

Jennifer Vogel has competed Badwater as both a pacer and as a competitor. When I met Jennifer at the Whole Foods in Jacksonville, FL I was pleasantly surprised about her candor regarding eating well, doing yoga as an ultra athlete, and why being a triathlete makes her a better ultra runner which she attributes to her success at Badwater and other endurance running events.



"I'm not a runner, I'm an athlete," Jen told me.

"Being a triathlete has helped me be a better ultra runner."

2011 was a signature year for Jen. She not only placed 2nd place in the Tampa Double Iron, she came in top eight (2nd female overall) at Badwater. She went on to win the Tampa Triathlon, also an Iron distance.

"I'm interested in going fast," she said. "I have the make up for these races but the multi sports I do help round me."

Jen does yoga several times a week. The yoga, she says helps balance her. It keeps her core strong while offering a relaxing way to exercise without impact.

When it comes to eating, she's adamant that she eats whole foods and doesn't use supplements.

"I don't get supplements," she said. "I mean, who is to say that if you eat blueberry extract, that this is better than eating the whole berry, when in that form it's probably got everything you need."

This year, Vogel will crew for Scott D'Angelo (she's also his coach), who crewed for her last year. When I asked about why she's not competing this year, her answer was simple. "This is my year to support Scott," she said. "He was there for me last year and I'm going to be there for him this year."

Read Vogel's blog post on the 2011 Badwater at <http://jenvogel.wordpress.com/category/badwater-crew/>.

BURN RATE

Nutrition Preparations for a Hot Endurance Event

Reprinted by Permission By Meredith Terranova



There are a few essential factors to consider when preparing to race under potentially hot and humid conditions:

- Fluid and Electrolyte Intake
- Fuel Absorption
- Keeping your core temperature cool

On the morning of the event, make sure you take electrolytes pre-race. The technique is similar to carb loading but it's done with electrolytes. The goal is to condition the cells and the blood stream to maintain a higher level of electrolytes, which can be called on later to maintain a higher activity level for a longer period of time.

All performance is dependent on the 4 alkaline minerals, sodium, potassium, magnesium, and calcium, along with chlorides, phosphates, and sulphates. We know that a long athletic event or even a hard workout will deplete the electrolytes.

Fluid and Electrolyte Intake:

You can know exactly what your body needs, but on a hot, and more importantly humid, day all the rules might change.

On a humid day, things to pay attention to:

- Are you sweating an excessive amount?
- Are you drinking a significant amount of fluid?
- Are you matching your increase of fluid intake with more electrolytes?

Additionally, as you check the weather by the minute pre-race, there are some things to consider as you hydrate in the days leading up to your event:

- Fluid Consumption
- Electrolyte Consumption
- Urine Color

Excessive plain fluid consumption will create a diuretic effect, so get and stay hydrated but DO NOT over-hydrate. Drink 80-100oz per day max.

Make sure that you are including electrolytes into your pre-race hydration, especially if it is going to be a hot and humid day.

Electrolyte Loading. The technique for electrolyte loading is to sip on small amounts of fluid before your race on the morning of, and take in anywhere from 300-600mg of sodium. (this will depend on your body's tolerance) The high concentration of sodium will permit a buildup of electrolytes with the potassium stored in the cells and the sodium in the blood stream.

You can then drink as much water as you need immediately before your event. The idea is to be out of the starting gate before the body and its marvelous kidney control system reacts to the high mineral concentration and dumps the high potassium, magnesium, phosphates, etc. into the bladder. As soon as you start running or cycling or whatever, the kidneys conserve everything the water and electrolytes, and very little is dumped into the bladder. Therefore, your pre-loaded electrolytes will be effectively stored and available later.

Fuel Absorption (Preventing the Bonk)

When racing in the heat all of the below information is EXTREMELY important.

Eating food high on the glycemic index (a/k/a pure sugar) will result in a sugar high and sugar crash. This is true in all situations except when you are exercising and immediately following. Many athletes in an effort not to have a sugar crash

during exercise have looked to some from maltodextrin (a complex carbohydrate) assuming that this product will release energy slowly into the system during exercise. However,

1) When you are exercising your insulin is blunted. Meaning, that when you are exercising and you consume a high glycemic food, you do not get a strong insulin response and hence you do not get a sugar crash. Your body is very smart and it clearly understands that when you are exercising you want to use the food or drink you consume to fuel your muscles. If insulin kicked in, the food or fuel you consumed would not get to the working muscle.

2) Athletes choose maltodextrin for the wrong reasons. Maltodextrin is actually high glycemic index food, not low glycemic. Hence maltodextrin is a good choice because it is fast absorbing, not because it's slow absorbing.

3) Looking for that low glycemic, slow sustained energy will actually cause you to bonk prematurely. Some even consider using some fat because they are going long. Understand that we all have about two hours of stored glycogen. Once this runs out, we bonk. If you consume a slow absorbing/low glycemic food while exercising you are forcing your body to rely on its stored glycogen. The entire goal of fueling for long endurance racing is to spare your muscle glycogen. In other words do what you can to hold on to that stored glycogen. The best way to do this, outside of appropriate pace and training, is to consume primarily fast absorbing carbohydrates to fuel your exercise. This will allow you to immediately use what you consume for the working muscle, so you can spare your stored muscle glycogen.

The act of consuming nutrients that are absorbed slowly can also cause gastric distress. Consider that slow absorbing nutrients spend a lot of time in the digestive system. Doing this while exercising simply backs up the digestive system and does not allow for those fast nutrients to get absorbed. Often athletes cannot understand why they bonked when they consumed a large amount

of calories. The simple answer is that they likely consumed slow calories that did not absorb before their glycogen ran out. And often you feel this through considerable stomach discomfort. (The above is based on research from Robert Kunz, MS)

This information is especially important in the heat and humidity because under these conditions your body is under additional stress. You want to keep your fueling sources simple, and easy for your body to absorb and utilize.

Keeping Your Core Temperature Cool

Keeping your body temperature (your core) cool on a hot and/or humid day is essential in being able to absorb your fuel and fluid.

When your core temperature rises, so does your heart rate and potentially shuts down your gut and ability to process your intake.

How to keep your core cool:

- Monitor or adjust your pace
- Keep a bandana around your wrist or neck with cold water or ice
- Put ice in your hat
- Don't be afraid to carry a water bottle!

Meredith Terranova is an ultra-distance runner and owner of [Eating and Living Healthy](http://www.eatingandlivinghealthy.com), a company that provides customized nutrition support for clients needing assistance with, among other things, weight loss, disease prevention, increased energy, improved athletic performance and better meal planning. Meredith holds a Bachelors Degree in Human Nutrition and Consumer Science from the University of Houston.

Visit: www.eatingandlivinghealthy.com

BADWATER



Badwater is hot. And I mean temperature hot, but it's also what many athletes would describe as their nirvana. Endurance athlete David Goggins said in the film, *The Distance of Truth*, that his questions were answered after finishing Badwater.

This year, 99 people from 16 countries, 2 Canadian provinces and 19 American states will line up at the starting line on July 16, 2012. Competitors range in age from 30 to 70 and half of them are running Badwater for the first time. Of those returning, some are looking to win while others want to improve their time. The thing about Badwater, is that you don't know what will happen to you during the race, and that is part of the intrigue.

A special thanks goes to Chris Kostman and his tireless race staff for putting on such an epic race.



If you woke up this morning and thought you might want to run the Badwater 135 desert this year, think again.

To qualify for Badwater, you need to have three 100-mile races under your belt or a combination of other races and a *really* convincing race application.

You also need a plan, a few bucks, and a crew that will support you unconditionally. You'll run in temperatures up to 130°F, traverse mountain passes in the middle of the night, hell, you might even hallucinate. But if you feel the need to run for 24 plus hours straight or until the 60-hour cut off without sleep, don't mind losing a few toenails or having your feet double in size due to swelling and don't mind ice baths, then Badwater may be for you!

This year 99 brave souls will stand at the starting line. A whole slew of men from Florida happen to be competing this year, and I've covered almost all of them in this issue. All but two of them are first timers, and of the eight I profiled, a couple of them, one veteran and one newbie are looking for top 10 finishes.

Mike Morton, Chris Roman, Scott D'Angelo, Dave Carver, Dave Green, Brad Lombardi, Sergio Radovic and Frank McKinney you may know because they are well-known either in their profession as athletes or whatever they do outside of running. Some of you may know these guys as successful business tycoons, triathletes, or as regular Joes. What makes them all unique goes down to their DNA. All of them possess the genes for drive, motivation, perseverance, stubbornness, quality, integrity, motivation, and in the words of Frank McKinney, a desire for "relentless forward motion."

What some may see as a selfish endeavor to do something great for their individual selves, these men are loving, kind, and inspirational. They use ultra running to give back to mankind or their fellow brethren. Some do run to race a good race, but

not without wanting to share what they do with others.

Each man, as they say, has a destiny. Badwater, because of the salt and heat, will cleanse you both mentally, spiritually, and physically, while it humbles you. It is that feeling that will motivate these men to go to the desert and strip themselves of everything, because in the end, we all get to see their true selves unveiled in the spirit of long distance running. What they don't know can affect their race as much as what they do know.

"Here is this group of very normal people who are part of the Badwater culture. There is a culture that transcends the race, that desire to become primal, to push one's limits and to test one's self against the environment."

- Frank McKinney, 6-time finisher

It is through endurance racing that an athlete can try to conquer nature while accepting that they can be defeated by it. And what is more fascinating is the endless, enduring dedication of their support crews, who, for a small period time, give everything of themselves in their devoted desire to get their athlete to the finish line. It actually makes me emotional to write this.

When it comes to Badwater, Frank McKinney sums it up this way:

"Here is this group of very normal people who are part of the Badwater culture. There is a culture that transcends the race, that desire to become primal, to push one's limits and to test one's self against the environment," he said.

This couldn't be more on point.

Alix Shutello is the publisher of Endurance Racing Magazine.

The Boys of BadWater

Over the next 14 pages, you are going to meet eight men, all of whom either live in Florida full time or for a good portion of the year. Training in Florida offers a good environment to train the heat and a very supportive endurance racing community.

Each of these men is driven by something different. All of them hope to conquer this race.



David A. Green

“I wanted to see if I could do the two toughest 135s in the world, Brazil and Badwater, in one year.”

Entrepreneur David Green, 48, competed in 16 Ironman races from 1999-2009. His first endurance race was the Rocky Raccoon 100-miler in February of 2010. Until then, Green had never run more than a marathon, but in his training for the Rocky Raccoon, he just kept upping his mileage and ran a 50-miler in preparation for his 100-miler.

Green became an endurance athlete for two reasons. He had significant knee issues after running five marathons after his 20s. In fact, because of his knee issues he became a triathlete and began competing in sprint triathlons before moving up to Iron distance races.

After graduating from Columbia University with a Computer Science/Economics degree, he worked on Wall Street and then founded GreenTrak which was ultimately acquired by Advent Software in 2001. Subsequently he was a founder of Ironmen LLC, a private equity firm in Jacksonville, Florida.

While he enjoyed success as a triathlete, his business endeavors would change his training schedule. He launched 110% Play Harder in 2010, which features a line of compression and ice performance apparel. Green's travel schedule made training for triathlons difficult so he switched to just running. He trains at the events he goes to in order to get mileage in.

“I typically go work marathon expos for 110%, so to get my weekly mileage in, I'll run from my hotel to the race, run the marathon, run back to the hotel, and then hop on a plane and fly home,” he said.

Green incorporates his training into his corporate lifestyle; often getting up at 4:00 or 5:00 a.m. to run. Co-workers are invited to these runs, which range between 10 and 50 miles. And as you would assume, he uses his own 110% compression gear as part of his recover routine.

Green met his Brazilian wife, Monica, on vacation

in 1991 and has two boys, 23 and 17. He describes his life as “way too busy.” He ran the Brazil 135 in January 2012, was in England to launch the 110% brand in February and travelled to Israel in March for other business.

In the middle of all the travel, Green who is also a founder of the 110% Give Harder Foundation, led a group of runners on a 110-mile circuit where they ran 84 miles, including through the night, and finished the final 26.2 miles of their journey along the race course for the 26.2 with Donna, The National Marathon to Finish Breast Cancer.

“I typically go work marathon expos for 110%, so to get my weekly mileage in, I'll run from my hotel to the race, run the marathon, run back to the hotel, and then hop on a plane and fly home.”

- David Green

Green will run Badwater for the first time this summer. He was coached by Ray Zahab and will have his brother and some of his co-workers on his crew. It's no wonder how 110% got product of the year in Runners World and Gear of the Year in Triathlete Magazine – even in racing – Green may never actually stop working.

And when asked why he's doing Badwater this year, Green's answer is simple. “I wanted to see if I could do the two toughest 135s in the world, Brazil and Badwater, in one year.”

To learn more about 110% Play Harder visit www.110playharder.com.



March/April 2012



When Frank McKinney, 48, sees something he wants; when something gets into his head, he will pour his heart and soul into accomplishing it. It is that drive that makes McKinney one of the most successful real estate moguls in the world. But the thing about McKinney is that he's not just a guy who sells fancy houses. He's a guy who cares so much for others that he created a foundation in 1998 called the [Caring House Project](#), a non-profit that helps people in poor countries develop self-sustaining communities. For example, McKinney has helped the victims in Haiti, a country he spends significant time in each year to make sure that he making a difference first hand.

McKinney literally ran into Badwater on fateful day in 2004 when he and his family were on vacation in Death Valley.

He had gone on one of his normal six-mile runs and was dehydrated from the heat. He went into a local store to pick up Gatorade and a banana and got berated by the store clerk for being way behind.

"Way behind *what?*" McKinney had asked.

The Badwater 135-mile race through Death Valley was literally in progress when McKinney stopped in the store which was located along the race route. When McKinney stopped in, the leaders had passed through three hours prior and the store clerk was more than happy to tell McKinney all about the race.

McKinney was intrigued. He researched the race enough to convince himself that this was a race he wanted to do, but he needed to get a 100-miler

“I am not a gifted ultra runner, but I learn. The real endurance is in the training.”

under his belt in order to qualify. He contacted Lisa Smith-Batchen in September of 2004 and asked her to coach him for the first and only 100-mile race he has ever done in order to qualify for Badwater. That and his application got him into the race and he's done it every year since.

In six weeks, McKinney went from someone who ran six miles every other day to an ultra athlete. He ran in the Dan Rosey Memorial 100-miler in Ohio on November 6, 2004.

“I am an adrenaline junkie, and this race fits the bill. I love the opportunity to be a part of something great,”

--Frank McKinney

“I was so not ready,” McKinney said. “Lisa also helped me prepare for the mental part of the race.” McKinney was in such bad physical shape after the race that he needed an ambulance. McKinney ultimately he asked the ambulance to take him to the airport so he could fly home.

It took a week for McKinney to recover from the race but he poured his energy into his application and was thrilled to learn he was invited to run Badwater. Since then, McKinney has run Badwater every year to raise money for Haitians.



“I am an adrenaline junkie, and this race fits the bill. I love the opportunity to be a part of something great,” McKinney said.

McKinney shared that during his first Badwater, he broke down and wanted to stop and even quit, but he persevered and finished the race.



His mantra, “relentless forward motion” is what pushes him to go on, even when his body may tell him otherwise. He respects Badwater and appreciates every bit of the experience the race provides.

“The cleansing and spiritual experience is unlike anything I’ve experienced,” McKinney said.

About the group that runs Badwater, McKinney says it's one big family.

“Here is this group of very normal people who are part of the Badwater culture. There is a culture that transcends the race, that desire to become primal, to push one's limits and to test one's self against the environment,” he said.

To McKinney, everything in life is about adventure, realizing potential, and working through adversity. It is why Badwater is so important to him.

This year marks his 7th attempt to cross the desert.



Brad Lombardi was a smoker. An overweight smoker at that, but in four months, he transformed himself into a Boston qualifier.

All it took was one moment, and his life changed forever.

Lombardi was athletic as a kid and ran and cross country in middle school, but got away from running in high school. He started running again in his early 20s to supplement his surfing, which he did for the better part of 20 years, until real life took over and he gained weight and took up smoking. He made some attempts to get back into running and even completed two marathons but quit after he missed qualifying for Boston. He tried running again from time to time but nothing ever gelled.

It took an old girlfriend to shake him up enough to change his attitude. On July 25, 2009 after learning his old high school girlfriend, Erin, was in ICU and

undergoing chemotherapy for leukemia, he quit smoking cold turkey. At the time, Lombardi was living in Boston, weighed 205 pounds and smoked a pack of Camel Lights a day. The next day, he shaved his head and, as he puts it, “laced up his shoes for real this time,” determined to start racing again.

Lombardi’s return to running was slow and arduous, for running around the block was difficult, but he progressed to a new fitness regime quickly. In a four-month period, Lombardi lost 35 pounds and qualified for Boston at the Disney Marathon, which made his friend Erin quite happy.

“I think my races were entertaining for her while she was in the hospital and her fight was quite motivational for me. I continued to improve my marathon times, ran a bunch of races all over the place and ran a marathon PR of 3:11,” Lombardi said.

A friend suggested he try an ultra marathon and while Lombardi’s reaction was along the lines of,

“are you crazy? Who runs that far?” he ended up running a 50k. Lombardi did relatively well placing 3rd and felt on top of the world. From there it was a natural progression to more and bigger events and after moving from 50Ks to 50-milers to 100Ks, Lombardi ran the Keys 100 in 2011 and won his age group finishing in a respectable 23 hours, though he admits during the race, he made plenty of mistakes.

“I think my races were entertaining for her while she was in the hospital and her fight was quite motivational for me.”

- Brad Lombardi

On nutrition, Lombardi commented, “In the past I have been notorious for showing up to races with a bag of Cheetos and some Twizzlers, sleeping in my truck, and then just running hard. Sometimes I did well, and I even won a few events, but in others I blew up and limped in.”

Despite his race strategy, Lombardi saw his times come down in his 100-milers but when he made dietary changes and showed up prepared at the Iron Horse 100 in 2012 he finished in 4th place in a swift 17:27.

While he improved his diet, rest, and race preparation, Lombardi admits, “I still love drinking Coke and Mountain Dew during an event, but try and hold off until the later stages of a race. I’ve had a lot of people help me since I got involved in ultra running. I’ve received gear, travel, nutrition, and other perks but only now am I starting to get involved with potential sponsors on a long-term basis.”

Lombardi admits that running Badwater this summer is going to be difficult enough, not to mention the huge financial responsibility of sending he and his crew and his supporting girlfriend, Brooke, to the desert.

“She has been instrumental in helping me with my running and orchestrating everything that goes into preparing for these events, especially 100 milers. I simply could not do it without her, and the thought of going to Badwater without her is down right scary. I feel very privileged and lucky to have her by my side and look forward to her support in Death Valley. She will be my crew chief and will have many hats to wear in addition to keeping me moving towards the Whitney Portals,” Lombardi said.

Currently employed as a test driver for an emerging line of high tech amphibious vehicles, Lombardi says he’ll always do what it takes to keep the dream alive in his endurance racing.





A run in with fate ultimately turned this radiologist into an ultra runner.

After spending 15 years in medical training before working professionally as a radiologist, Chris Roman had become severely out of shape. In 2004 he decided to get off the couch and train for a marathon, and in four months he trained for and successfully completed the Music City Marathon in Nashville. Roman spent the next several years getting faster to ultimately qualify for the Boston Marathon.

“Getting back into shape was hard work and I vowed I would never become idle again. Well, that and I simply fell back

Getting back into shape was hard work and I vowed I would never become idle again. Well, that and I simply fell back in love with running. It was the outlet I needed as a busy physician.”
- Chris Roman

in love with running. It was the outlet I needed as a busy physician,” Roman said.

Roman learned about Dean Karnazes’ 50 marathons in 50 states in 50 days event that raised awareness for childhood obesity. He signed up for marathon number 40 which was a trail race in Kentucky just a short drive from Nashville where he was doing his residency.

Roman was one of 40-50 runners who signed up to run with Dean, and one of only three who ran with him to the finish. “He could not have been more inspiring and generous. I remember him telling me how he was just a guy like me who loved to run. He was my inspiration to go

beyond 26.2,” Roman said.

The night before the race Roman ate dinner with the race directors who told him stories about 100-mile races and beyond.

“At the time I thought they were crazy because I knew so very little about any of that. I remember telling my wife these stories and she asked me to promise I would never do that. I assured her there was no way I’d ever be that crazy,” Roman said.

There is no race or place dearer to my heart than Badwater. There are few things that can truly strip you to your core and help you to embrace life fully and Badwater is one of those things.”
- Chris Roman

Well, he was quite wrong about that.

Four years later, Roman ran and won the Iron Horse 100K in Florida in 2009. In July 2010, Roman crewed for his friend, Tony Portera, at Badwater. He then trained for and ran the Erie Canal, a 363-mile race that runs the length of the Erie Canal. He was the only finisher as his race partner had to pull out due to injury. Roman ran for 6 days and 3 hours to complete the race, covering 50-60 miles a day.

In January 2011, Roman flew to Brazil to run the entire length of the Caminho da Fé (CDF), which spans 344 miles. He ran with two partners and fellow competitors both of whom have competed more than once at the Brazil 135: Tony Portera and Jarom Thurston, also an experienced ultra distance runner who knew the route.

“We decided to run the entire CDF in concert with the Brazil 135 along its longest leg from Caminhos to Aparecida,” Roman said.

The entire run from Caminhos to Aparecida took 7 days, 14 hours. Roman believes his team was the fastest to run the whole distance of the CDF

and also the only team to compete in the Brazil 135 at the same time. “The goal from the outset was to make it from Caminhos to Aparecida in seven to eight days, so a great success,” Roman said.

Roman also used his running to raise money for good causes, and Roman ran Badwater for the first time in 2011 partly for that purpose. He also completed the race in about 30 hours. Roman is coming back in 2012 to continue his quest to raise money for his two favorite organizations,

Impossible2Possible run by his coach, Ray Zahab, and the Challenged Athletes Foundation.

“There is no race or place dearer to my heart than Badwater. There are few things that can truly strip you to your core and help you to embrace life fully and Badwater is one of those things,” Roman said.

Roman is looking for a top 10 ten finish at Badwater this year.

COACH WEIGHS IN

Ray Zahab, Roman’s coach and good friend said, “Chris is a workhorse; he’ll do whatever it takes to get the race done.”



Scott D'Angelo

Scott D'Angelo is a long time triathlete who "likes the impossibility of things," and he's taking that attitude right to the starting line of Badwater this year.

D'Angelo is a five-time Ironman finisher who started running ultras in 2009. Since then he has completed over 15 ultras and has crewed for Jennifer Vogel, Lane Vogel and Mimi Anderson. For D'Angelo, now is the time to do Badwater. He's ready.

But Death Valley was not always on his bucket list. "Badwater wasn't even on my radar," D'Angelo said, "not like Iron distance triathlons were."

Preparing for Badwater became a matter of experience. In 2011, D'Angelo ran three long endurance races, the 100-mile Canadian Death Race, The Laramie 100, the Palm 100K, and the Peanut Island 24 Hour which is 102 miles.

He also completed one of the Racing the Planet

series in Nepal in 2011. The race was a 150-mile stage race much like Marathon de Sables in Morocco. There, he tented with Marshall Ulrich, who has run Badwater 20 times. It was there that D'Angelo learned about Ulrich's attempt to circumvent Death Valley this summer, and those aspirations were inspiring to D'Angelo.

D'Angelo feels he's prepared for Badwater and his endurance running general, and his attitude is that he's naturally built for these types of adventure/endurance races. He recently ran from Boca Raton to Jacksonville, completing did this 300-mile jaunt in six days to prove to himself he could be self-sufficient.

And, with renown endurance athlete Jennifer Vogel as his coach and one his crew, he'll do just fine.

When D'Angelo is not doing a triathlon, running, rock climbing, surfing, or doing another type of sport, he's potentially saving lives. He lives in Delray Beach Florida and has worked for the past 21 years as a firefighter. Scott recently opened [The Dog House Performance Cycling Center](#) in Boca Raton, FL.



Dave Carver



Carver is a Canadian who lives part of the year in Tampa.

Dave Carver ran the 2012 Boston Marathon two days after running the Gansett Marathon in RI. Carver, an experienced marathoner, is fast becoming a seasoned ultra runner with several top or near top finishes under his belt.

And by the way, doing Badwater this year is just one of many races he'll run both before and after he finishes conquering the desert this July.

Carver started running ultras in 2010. He competed in nine races in 2011 including two that were 100-milers and including the [Rouge Orleans](#), an epic 126.2-mile point-to-point adventure that goes from Baton Rouge, Louisiana to New Orleans, Louisiana, which he won. To make more of a point as to Dave's athletic prowess, he had placed 2nd in the Iron Horse 100 mile race barely one month before. Carver also won the Keys 100 in 2011 as well.

This year, Carver plans to tackle the Badwater on his own and is looking for a sub 30-hour finish. Carver has crewed for Hung Ng of Orlando twice at Badwater, so he has a familiarity with the race. Ng will crew for Carver this year along with five other friends.

When asked about Badwater, Carver said it was time.

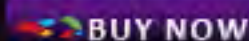
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-Scott D'Angelo, Ultra Endurance Athlete

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Morton at the Ulmsted 100

It is almost uncanny that a man who has been in the military for almost 22 years serving in both the Navy and Army and is also a Master Sergeant E8 Special Forces soldier does not have a distinct running plan. But for Mike Morton, who won Western States in 1997 (among other epic ultras over a span of a few years) has the discipline and dedication to do anything he wants. And what he wants, is to be a contender at Badwater this year.

The urge to race competitively came in 1992 when Morton Returned to the U.S. from a one-year military tour in the British Territory of Diego Garcia where he had been actively training and competing in short run-bike-run races and 5Ks. Soon he started training for a marathon series, running twice a day and doing some speed work. Once he got back to the States, Morton wanted to keep racing and the Navy Chief he worked for (Jerry Jones) was an ultra runner and turned him on to ultras.

“He brought me to the Uwharrie Mountain Run (a 40-miler), in 1994 and I was hooked,” Morton said. The rest, as they say, is history.

That led to a short career of winning several endurance competitions, including the Western States 100 in 1997 which gained him notoriety, however, both travel and injury removed Morton from competitive racing when he went back overseas on active duty for over 10 years.

To Morton, the military has been the biggest adventure of his life.

He started in the Navy as a hard hat diver like his older brother Mark. He’s been all over the world diving in some of the best and worst places. He switched to the Army in 2001 and has been able to live the life of a Green Beret, utilizing some of the best weapons in the world and jumping out of airplanes. “The military has made me a better runner and being a runner has helped me get where I’m at in the military,” he said.

But now Morton is back in the states and traveling for the military has been replaced by traveling for competition and he seems to

have his mojo back. His wife and daughter like going with him to his races but money prohibits them from going to the ones that require flying.

When Morton competes, he doesn't have any specific food or equipment that he uses. "I usually eat and drink whatever the race provides. Badwater

will be different because I will have to put some thought into it," Morton said.

Morton trains alone and prefers the solitude of a long run. It is actually beneficial to him to not have a formal training schedule as he enjoys running when he feel like it.

Fortunately, Morton's work/life schedule allows him a great deal of flexibility but running still gets in the way of family time.

"I'm selfish in that sense because I will put it off until evening or dusk, which is my favorite time, and that will not allow a family dinner. That is my family's number one complaint," Morton explained.

"We have a unique family that has endured a strenuous military life over the last nine years. I have been deployed almost half of the time and that created a feeling that we needed to make up for that time. Now that I'm in a staff type job, I control my day and when/if I travel. My wife was military so she understood when I would leave for a deployment or leave for a month to climb a mountain that it was work, that is how I make a living but a seven year-old doesn't understand it," Morton lamented.

When it comes to the mental aspects of training and racing, Morton thanks his military experience. "Mental fortitude is something required in my job. You learn to be 'an honest broker' with yourself and either suck it up or start developing a different course of action. I

have always planned and expected the worst case scenario and that tends to help. The Army has taught me to have redundant plans and contingencies covered, that helps in

running too. When I'm in the 20th hour of a 24-hour run and feeling depressed I can reflect on life experience from overseas," Morton said.

On March 31, 2012

Morton achieved a new course record at the Ulmsted 100 Endurance Run in Raleigh, North Carolina with a time of 13:11:40. He's back on the warpath, having come back from a 14-year hiatus, showing that when you hit 40, you can not only take on the world, but dominate.

Back in 1997 when he won Western States, injury and travel evaded him. Now he's going to Badwater to complete a mission, with thoughts on running fast.

"I go through a pair of shoes in 10-14 days. The heel wears off them under the 130-150 mile weeks."

- Mike Morton



Morton accepts his award at the Ulmsted 100

Sergio Radovicic



Sergio Radovicic of Serbia began his athletic career as a fencer, climbing the ranks through various fencing competitions all the way to being selected for the 1992 Barcelona Olympics. Unfortunately, he was drafted to war and his dreams of becoming an athlete were shattered. Now, twenty years later, Radovicic is an experienced ultra athlete living in Florida. In three years, he has competed in more than 140 endurance events including two ultra ocean swims (12.5 miles each), 10 Ironman events, 14 half Ironman events, 35 marathons, 17 50M ultra marathons, 3 100M ultra marathons, an 126.2 ultra Marathon and triple IRON among others.

“I am really an accidental athlete. Endurance sports has given me the clarity and focus we often miss in our busy lives. I am an entrepreneur, running my own business since I was 15 years old. I was a CEO of a major dot.com business at age 22 and have lived a stressful corporate life my entire adult existence. Endurance running allows me to combine the focus and entrepreneur drive with the freedom and solitude I much need,” he said.

Lisa Smith-Batchen is his coach, but Radovicic trains almost exclusively solo, eats a primarily vegetarian diet, and rarely use any supplements. He takes his training seriously and has it down to a science.

"I try to simulate race conditions as much as possible, but with average of 35-40 races per year, it is very hard to get focused on a specific event. I maintain complete state of readiness year around with specific workouts around key events," he explained.

And doing all those races adds up financially. Racing and racing support is Radovicic's single largest personal expense on an annual basis. While these races are expensive Radovicic says "I am fortunate to have the means to support myself and my crew. I've refused to accept sponsorships, not for any particular reason other than I want to be able to stop or change my mind at any given time."

So it's not surprising that when Radovicic is not training he's working. He has corporate-level positions at three startups and is on the board of a few others including two non-profits. What is incredible is his ability to juggle three full time jobs with the demands of endurance training.

Radovicic plans on going to Badwater few weeks before the event to experience the course and the surrounding. While living in Florida gives him a distinct advantage for heat training and I plan on using that advantage.

When it comes to his mental outlook on training and racing, Radovicic adopts a simple mantra - "when it gets hard you can give up, give in or give it all you got." As Radovicic explains, "we all tend to favor pleasure over pain and there are many moments when everything seems impossible, even moving your foot one inch forward. But knowing that you are there, that you are present in that moment and that you chose to be there is very important to me. There are many others who are less fortunate, less able by choice or circumstance and would give anything to be in my position. I

keep that thought very dear to my heart. I am grateful to be where I am and feel truly blessed every day."

On why he doing Badwater Radovicic says, "Why

"I am really an accidental athlete. Endurance sports have given me the clarity and focus we often miss in our busy lives."

- Sergio Radovicic

Badwater. Why Triple Ironman? I guess my answer is the same. It is a challenge, it matters to so few but those few are the ones that matter to me. It is about my relationship with my friends and crew, about the love and care I receive from them, and knowing they believe in me and that no matter how bad the day may get or how bad we may all feel at any time during the race, we all decided to do this for each other."

BADWATER FACT

In 2012 there will be athletes representing 18 nationalities from 16 countries around the world:

Argentina (1), Australia (1), Brazil (1), Canada (5), China (1), Costa Rica (1), France (2), Germany (5), Iran (1), Italy (2), Japan (3), Mexico (2), Poland (2), Sweden (1), United Arab Emirates (1), United Kingdom (2), United States (71)

Ferg Hawke The Running Man



In four years, Ferg Hawke went from fat to fit to famous. He's renowned for his epic 2nd place finishes at Badwater, a record-breaking finish at the Marathon De Sables and has competed in hundreds of races including Western States and other international races. Now, after a few years off, he's coming back better than before.

In 1987 Ferg Hawke was 30, overweight and according to his doctor, on the road to destruction with "dangerously high blood pressure." He was prescribed blood pressure medication and informed that he was at high risk for heart disease, stroke, and diabetes. Hawke threw the prescription out and started running to bring his weight down.

To say that Hawke jumped into an exercise program is an understatement. Two years later and 40 pounds lighter, Hawke ran the Vancouver Sun Run 10K in April of 1989 and then completed his first marathon and sprint triathlon in May and June respectively before competing in his first Olympic distance triathlon in July and then the Ironman Canada in August.

"After finishing Ironman Canada and swore I'd never do another Ironman but my time was good enough to qualify for the Hawaii Ironman in Kona," Hawke said.

It took a few friends and a few beers to convince him to go to Kona which ultimately kick-started a career in Ironman races. Hawke went on to complete in six Ironman races including a personal best – a 27th place finish at IMC in a time of 9:27 with a 3:01 marathon.

Other triathlon highlights during this time included competing at the Triathlon World Championships in Surfers Paradise

Australia as a member of the Canadian national team and a 3rd place finish at the Ultraman World Championships in Kona, Hawaii.

Today, however, Hawke is known more as an ultra runner than a triathlete. Before his two children were school age, Hawke was working for Air Canada and this shift prevented him from training appropriately for triathlons. He decided to focus on running because he could always squeeze in a run at night or with the kids piled into the double baby jogger.

Fate Becomes an Ultra Runner

In March 1995, a friend invited him to run a 50K, but the race was only a week away. "Well once I finished laughing I gratefully declined his kind offer and wished him luck," Hawke said.

Something about running 50K in the mountains sounded intriguing, however, and although he wasn't prepared for race that long Hawke called his friend back, accepted his offer, and went with him to the Chuckanut Mountain 50K about an hour's drive south in Washington state.

To Hawke's amazement, he won the race.

"Let me be clear, this wasn't the star studded track meet like today's Chuckanut Mountain 50K with the likes of Geoff Roes, Hal Koerner, Scott Jurek, etc., but hey I won!" Hawke explained.

It was a miserable day with snow on the higher elevations of the race and pouring rain at sea level. Hawke arrived back to where the race start-

"I had read an article about this crazy run in the Sahara called The Marathon de Sables in Morocco and thought that would be such an incredible adventure."

- Ferg Hawke

ed and just stopped at what he thought was the finish line. There wasn't a person in site until a guy opened a car door yelled, "What's your name?" The man wrote something on his clipboard, said, "Good job," and slammed the car door.

So while that wasn't the typical finish with race tape and cheering fans, Hawke still thought "how exciting!" He fell in love with the sport of trail running and entered another 50K and a 50-miler that summer. Within a few years he ran a couple of 100-milers including Western States and traveled to the Netherlands for the 100K World Championships.

Going Further: The Marathon de Sables

"I read an article about this crazy run in the Sahara called The Marathon de Sables (MDS) in Morocco and thought that would be such an incredible adventure."

What Hawke discovered about himself was that the longer, hotter, and tougher the race was, the better he performed. What better place to test this

Ferg arrived back to where the race started and just stopped at what he thought was the finish line. There wasn't a person in site until a guy opened a car door yelled, "What's your name?" The man wrote something on his clipboard, said, "Good job," and slammed the car door.

theory, he thought. He gathered a bunch of his running buddies together at the local coffee shop and pitched his idea to run the MDS. "I actually managed to convince two of them that running 150 miles across the Sahara Desert with a week's worth of food and gear on our backs was a good idea and the three of us entered as a team," he said.

Hawke ran through the first four stages of the MDS in incredibly tough conditions with high winds causing blinding sand storms. When Hawke began the 50-mile ultra stage he was in 12th place but things were only about to worsen as athletes fought through the worst sand storms in the event's 17-year history with winds gusting to 50 mph and almost zero visibility. The Moroccan sand dunes, which athletes had to traverse after the 50-mile ultra stage were 20 miles across with a checkpoint half way at mile 10 and another at the far side. As he was running, Hawke couldn't see anyone ahead or behind him. The blowing sand covered footprints within seconds making navigation very difficult. Relying on his compass, Hawke made it to the first checkpoint but when he made it to what he thought was the other side of the dunes, there was no checkpoint.

Hawke wandered around in all directions searching for the checkpoint for what seemed like an hour. He was down to his last water ration when he heard the race helicopter hovering off to his left and ran in that direction straight to the final checkpoint before the finish of the second stage. He continued on to stages three and four, and ran hard the last eight miles of stage four on a dry lake bed. It was getting dark and he removed his sunglasses so he could see the course markers, but the winds were blowing sands that ultimately got lodged in Hawke's eyes. When he crossed the finish line at

this stage he was in 7th place but was practically blinded and had to be escorted to the medic's tent where medical personnel took over an hour to rinse the sand out of his eyes. The doctors told him he had lacerated his corneas. "The doctors taped gauze over his eyes and instructed me to leave it on until the marathon stage in two days time," Hawke said.

Fortunately, Hawke's eyes healed enough for him to run the final two stages finishing in 8th overall, which was not only the first time a North American athlete had finished in the top ten at the Marathon de Sables but it was also the highest placing by a North American in the 26-year history of the race until Mike Wardian's incredible 3th finish in 2011.

Badwater

In 2004 Hawke entered Badwater, and while it was on his "to do list" he had trepidations about doing it. The Sahara was hot, but the Marathon de Sable is held in April so it never really got hotter than 100° F. At Badwater, temperatures in the summer heat in Death Valley in July could range anywhere from 120°F to 130°F.

"I knew that even more than focusing on hill training to prepare for the more than 13,000 feet of elevation gain I would need to come up with a plan to ready myself for the heat," he said. To do this Hawke developed a two-pronged heat training strategy. First, he built a sauna big enough to fit his treadmill inside. Second he travelled from his home in the Pacific Northwest to Death Valley to train on the course in the heat.

Hawke began his sauna training at the beginning of May, 10 weeks before the race, starting with daily

one hour sessions with the temperature at 110°F. Over time, he increased his sauna runs to two hours at temperatures up to 140°F. At the end of May, Hawke drove to Death Valley and spent a week completing two or three training sessions each day in the heat. The temperature reached 118°F during the day and dropped to the low 90s at night. He purposely left the air conditioning off in his car and slept on an air mattress in the desert for seven days. During that week he logged over 140 miles including a 50-mile run through Death Valley in the heat of the day finishing with a 5,000-foot climb up to Towns Pass.

After his week at Death Valley he drove to the Grand Canyon and ran 48 miles rim to rim in the heat. "I felt that 'Death Camp,' as I aptly named it, was a huge success. Not only from a conditioning and heat training aspect, but I was unquestionably better prepared psychologically as my confidence grew after surviving the heat of Death Valley on the very same roads that I would be suffering on during Badwater," he added.

Badwater has three start times. This spreads the athlete's and crew out on the course so the public highway is not too congested. The 6:00 a.m. group is reserved for what the race director, Chris Kostman, would consider to be the slowest group. Hawke was in the 8:00 a.m. for the middle of the pack runners and his pre-race strategy was to push the pace early while it was a relatively cool 100°F, then ease off and try to survive the hottest part of the day from Furnace Creek to Stove Pipe Wells. He hoped his months of 100-plus mile training weeks and mega hours running in the sauna was enough to get him to the finish. His strategy worked well, and he passed everyone from the 6:00 a.m. group by the 40-mile mark and held off all the 10:00 a.m. elite starters all the way through the race to the finish line. It was an amazing feeling to be the first athlete to cross the finish line but this didn't mean he won the race. He now had to wait to see how many of the 10:00 a.m. starters would cross the line within the two hour time difference. Dean Karnazes crossed the line to claim the overall victory and Hawke's time of 27:30 was



Ferg, right, looks over at Scott Jurek during Badwater.

March/April 2012



Ferg makes it to the finish line of Badwater with his family along with him.

good enough for 2nd place. "Going into the race I felt if everything went well I had a shot at a top 10 finish. Second place, and only seven and a half minutes slower than ultra-marathon legend Dean Karnazes was the closest finish in the history of the race and beyond my wildest dreams," he said.

But that seven and a half minutes needled at Hawke to the point where he signed up to do the race again in 2005.

In his second attempt to finish Badwater, documented in the film, *The Distance of Truth*, Hawke shaved a whopping 57 minutes off his 2004 time finishing in 26:33, but the win still evaded him. Scott Jurek, who had been having severe complications in the heat fought hard and caught Hawke on the mountain. The two would pass each other twice during the

night and ultimately Scott won the race knocking 33 minutes off the course record finishing in under 25 hours.

Hawke ran Badwater again in 2006 finishing in 4th place and then went on a hiatus to renovate his home. He put some of the weight back over a couple of years but then started to regain his fitness. In 2011, Hawke joined Canadian ultra marathoner Ray Zahab in Bolivia and ran over 200 kilometers as a guide on one of Zahab's youth expeditions. Hawke enjoyed the experience so much he joined Ray in India where they ran 280 kilometers across the Thar Desert.

For more information on Ray Zahab's running expeditions, visit www.impossible2possible.com.

BadWater Statistics-2012

This July 50% of the competitors this are newbies. Of the 99 who are listed to run, 18 of them are women and 81 are men.

The ages of the competitors range from 30 to 71 with an average age of 45.

Many of the athletes run Badwater multiple times. Here is a list of folks who've un and completed the race with an official time at least 5 times. Note, some amazing athletes have gone numerous times, like Mick Justin, who went to Badwater seven times but only completed the race four times or Major William C. Maples, who came to Badwater eight times, but only finished four times.

Angelika Castaneda, USA	5-time finisher
Harry Dupree, USA	5-time finisher
Anita Marie Fromm, USA	5-time finisher
Steve Teal, USA	5-time finisher
Danny Westergaard, USA	5-time finisher, competing in 2012
Adam Bookspan, USA	6-times, 5-time finisher, 1 DNF
Charlie Engle, USA	6-times, 5-time finisher, 1 DNF
Shannon Farar-Griever, USA	6 times, 5-time finisher, 1 DNF
Frank McKinney, USA	6-time finisher, competing in 2012
Steven Silver, USA	6-time finisher
Ruben R. Cantu, USA	7-times, 6-time finisher, 1 DNF
Monica Sholz, Canada	7-time finisher
Chris Frost, USA	8-time finisher, competing in 2012
Daniel Jensen, USA	8 times, 7-time finisher, 1 DNF, competing in 2012
David Jones, USA	8 times, 5-time finisher, 3 DNF, competing in 2012
Dean Karnazes, USA	8 times, 7-time finisher, 1 DNF, competing in 2012
Eberhard Frixe, Germany	9 times, 7-time finisher, 2 DNF, competing in 2012
Dan Marinsik, USA	9-time finisher, competing in 2012
Ian Parker, USA	9-time finisher, competing in 2012
Pam Reed, USA	9 times, 7-time finisher, 2 DNF, competing in 2012
John Radich, USA	10-time finisher, competing in 2012
Lisa Smith-Batchen, USA	11 times, 9-time finisher, 1 DNF, 1 NOF
Jack Denness, UK	13 times, 12-time finisher, 1 DNF
Arthur Webb, USA	15-time finisher, competing in 2012, competing in 2012
Scott Weber, USA	15-times, 12-time finisher, 3 DNF
Marshall Ulrich, USA	20 times, 17-time finisher, 3 DNF, competing in 2012

Follow These Tips For a Successful Race at Badwater

By Lisa Batchen-Smith

The Badwater (BW) race starts at 100 miles. I learned the hard way many times and have been on an under 30-hour pace until I reached 100 miles and then crawled to the finish line. Get in your mind that the race starts at 100 miles, as the last 35 miles of the BW race to me are some of the hardest.

Follow these tips for a successful race planning and a successful race experience.

STRATEGY TO FINISH FAST: Go slowly in the early miles of the race. During the last 13-mile climb up to the finish line at the Whitey Portals one year I ran almost every step and had the 2nd fastest time up that climb of anyone in the race. It took me several years to learn to go out slower earlier in the race in order to finish fast! It works!

LOGISTICS: Plan your race a few months in advance. This includes hotel reservations, van rentals, plane reservations, and other plans for you and your crew. Make a packing list of all the supplies you will need in the vans for yourself and your crew so that once you arrive in Death Valley you won't have to go back to Las Vegas for supplies.

CREW: Pick a solid crew of experienced people who know you or know each other. Pick one person who will be the lead/chief crew person who will be in charge so you can focus on your race.

FINANCES: Be up front about the financial aspects of what you are willing to do for the crew. Make sure the crew understands any financial obligations so there are no issues after the race.

CLOTHING: Try every piece of clothing on several times and train with what you plan to wear in the race. This will save you the pain of bringing your entire closet. I personally prefer to wear clothing that is fast drying, light weight, and baggie.

For example, wear compression socks and shorts, but over the top I love the Nuu-Muu dresses because they are baggie and free moving; come on guys, you can wear a dress! Make sure your shoes work for you and you bring a pair one size larger in case your feet swell. I personally love to wear Crocs on the climbs; my feet feel like I am walking on marshmallows! Your socks are important! You don't want seams on your socks, and they need to fit so they don't move around in your shoes.

I have worn toe socks and then a pair of compression socks over the top. My feet were covered with Hydropel and I didn't get any blisters. Years ago my feet were so bad I had to have the blisters cut off my feet, so start to practice what you are going to do to with your feet. If you plan to tape your feet start doing it now so you know it works for you.

NUTRITION AND HYDRATION:

Practice it all in your training and don't try anything new come race day! Staying hydrated is vitally important. I carry a bottle and sip off it every 2 minutes; it just becomes a habit. Sip all the time. You need to like what you are drinking and know that your stomach is able to tolerate it. I learned over the years that my stomach does better with the fluid cool but not full of ice. When I put the ice cold drink to a very hot stomach it upsets my stomach.

A doctor friend of mine told me to imagine a car radiator that is overheated and then spray cold water on top of it, this is the same reaction to the



Come guys, you can wear a dress!



stomach. When in doubt keep drinking and sipping water. There are several products out right now that are tasteless but also have some calories.

TRAINING: Set up a training schedule. The long, steep climbs at BW can be very tough if you haven't trained properly – know your weakness. For me personally I worked on running uphill. I suggest doing up-

hill and downhill repeats to get your legs ready for the climb

1. Mileage: The amount of miles each should train is very dependent on the person. Mix up your training to keep it fun and challenging and bump your miles up slowly so you don't get injured.

For example I have incorporated pulling a tire into my training for the past 25 years and have gotten many people doing the same, why? Because pulling a tire works the up and downhill muscles but it also helps build a strong core! If you plan to pull a tire please make sure you have it set up right for you so you don't injure your back.

2. Heat training: I've never lived in a hot climate nor have I ever done a ton of heat training and seem to have done just fine. I've trained with extra clothes on so that my body gets used to feeling of being overheated. I've also taken hot yoga classes and sat in the sauna for short periods of time. My students use hot yoga and sauna training but also train with more clothing on but not for long periods of time. Ice and cool water while in the race will help keep your body cooled down. I place ice on all the main places of blood flow. Under your hat, around your neck, under your job bra at your chest (yes...even some of my male students have worn jog bras). I carry a baggie of ice in my hand and move it from wrist to wrist.

3. Power Walking: I am a firm believer in cross training and having a strong core. Since power walking requires a strong core and is a necessary skill for success on long endurance races, I recommend learning how to become a powerful, aggressive power walker. Power walking, for example, has been the key to my success as I have been able to walk right past many people running. Power walking also helps you recover but it also moves you forward in an efficient way. I have been able to power walk up to 5.5 mph.

Marshall Ulrich used power walking successfully at Badwater. One year, he ran uphill but the next year he power walked all uphill and his finish time was within minutes of the year prior.

Marshall Ulrich used power walking successfully at Badwater. One year, he ran uphill but the next year he power walked all uphill and his finish time was within minutes of the year prior.

NEED MORE ADVICE? Ask all the questions you need to, I am happy to share with you my experiences and what I have learned along the way. Feel free to email me at lisa@dreamchaserevents.com or send me a note via Facebook.

I also recommend you come out to the Tetons and train with Jay and I.

Happy training!

ENDURANCE RACING MAGAZINE

"Every athlete has his or her specific goals and reasons for racing in whatever event he or she chooses; but overall most would agree that the journey to the finish line is what resonates in most athletes' minds."



SPIRIT MOTIVATION DRIVE
to push one's body and soul to the outer limits of our capabilities.