



This newsletter is brought to you by a dip in Lake Tahoe, a mountain blizzard, and running on a rocky ridge line! If you enjoy it, I'd be grateful if you could share with one or two others!

Golden Trail and Broken Arrow!

This past weekend was Broken Arrow, the biggest sub-ultra mountain race in the US. We were lucky enough to get two of the 23k spots back in December (registration sold out immediately) and had been anticipating this adventure for a while. I had a great race and overcame my fear of racing at altitude.

Broken Arrow 23k was one of the Golden Trail World Series (GTWS) events. The [GTWS](#) is a global series of sub-ultra mountain races. Athletes compete in any of the 8 races, getting points based on their top 3 performances, and at the end the top 30 runners participate in a Grand Final race to crown the winners. It's so cool that these races are open to the public and the elites and age groupers start the races together.



Warner Brothers just partnered with Salomon to join the broadcasting and this series will likely increase the trail running fan and participant base not just in sub-ultras but in all trail running, with big talk being thrown around about getting trail running into the Olympics.

Race Report Excerpt!



"The night before the race, as the sun cleared out an unexpected mountain blizzard, I came across a line that I couldn't relocate but I believe came from Scott Jurek: the essence was that if one goes deep enough into the pain of racing, they will find clarity..."

...There was a cool rocky ridge to run along, and I just imagined I was [Kilian Jornet playing in the mountains](#), or [Anna Gibson running along this very ridge](#) on her way to a win two days before. The next few climbs were pretty brutal and I didn't snap back into the rhythm I'd had before..."

[Race report on my blog!](#)

Also posted the race report [on Substack!](#)

Coaching snapshot: check back next week!

However, we all know the benefits of training with carbs at this point. If you're a female athlete looking for help with affording carbs to support your training, check out the newly launched [Huzzah X The Feed Fuel the Fire Female Athlete Scholarship!](#)

Reply to this newsletter or [email me](#) with questions, and I'll answer one in a few weeks! Also, let your friends know that I'm taking more athletes! Send them to my [website](#) to submit an inquiry or just pass along my email. Thank you so much!

Protein shakes!

With all this muscle breakdown from downhills, lifting, and just running in general, I make sure to get in some extra protein. My two easy go-to ways to do this are:

1. Orange peach mango juice + unflavored protein powder (I like Folina Pea Protein) +/- yogurt.
2. Chocolate milk!!



Help me grow!

As a small business, I rely on word of mouth to grow. Please share my [website](#) (ssendurance.com), [Instagram](#) (@coach_serena326), or [newsletters](#) with anyone and/or over social media! Reach out with any questions or comments by responding to this email. Thank you all!

Hi from Ramona!

I'm missing Ramona a lot while away, but luckily she has the best home away from home!

