

## 2014 ARROWHEAD 135 COMIN AT YA

Written by Dave Pramann

Monday, 15 April 2013 10:02 - Last Updated Sunday, 15 December 2013 16:30

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International Falls hit -30 Degrees F last night. We hope you are prepared for this year's race. Shown below is Carla from Brazil training on the trail this week. We have had lots of snow and cold so the trail should be in great shape.

The Arrowhead Ultra is included in "World's ULTIMATE Running Races" (Japanese version) which will be available soon on Amazon.

Make your list, and check it twice, and make sure you have all the mandatory gear for the race. We do a very thorough gear check.



Looking for a way to punish yourself? Apply elsewhere.

As expected, the 2014 Arrowhead Ultra 135 roster filled in record time. We are amazed at the talent of the applicants. There will be a lot of competition on the trail this winter. We are holding a few spots for elite race veterans (multiple finishes or top finishers) who are on the trail and have not sent in their applications yet. The roster will be posted shortly.

See you in a couple months.

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[Link to data set for last week's lesson](#) | [Check in on 05/06 report card](#) | [More](#)