

Part of
Lynchburg
Ultra Series

THE 10TH ANNUAL

Promise Land 50K++

Spectacular
Course



DR. FRANK VILLA
OPTOMETRIST
(434) 385-8800

2010 Lynchburg Ultra Series: Holiday Lake 50K (February 13th)

Terrapin Mountain 50K (March 27th)

Promise Land 50K (April 24th)

MMTR 50 Miler (November 6th)

** Runners who complete all four races within the time limit and enter the Lynchburg Ultra Series will receive a SPECIAL award.*

** The Beast Series includes the four races listed above plus the Grindstone 100 and the Hellgate 100K.*

DATE: Saturday, April 24, 2010
DISTANCE: 50 Kilometers
STARTING TIME: 5:30 A.M. (10 hour time limit)

**Patagonia Nine
Trails Shorts
to Finishers**

Please Note: Please do not bring a crew; parking is **Very Limited** at the Aid Stations
**I highly suggest that you bring a tent & camp with us at the start/finish area.

Contact: Dr. David Horton Office: (434) 582-2386
Liberty University Home: (434) 239-1324
1971 University Blvd. E-mail: dhorton@liberty.edu
Lynchburg, VA 24502 Website: www.extremeultrarunning.com

****Crew Access: Sunset Fields, No access at any other Points.**

START/FINISH LOCATION: The start/finish area is located at the Promise Land youth camp, which lies between Bedford & Big Island, Virginia off Highway 122. From the intersection of H 122 & 221 in Bedford, drive 8.9 miles east on 122 to the Millstone Tea Room. Turn left on Colton's Mill Road & go 1.8 miles. After crossing a one - lane bridge, turn left & go 1.6 miles to the Promise Land. From the intersection of 122 & 501 in Big Island, drive west 8.8 miles to the Millstone Tea Room & follow the directions above.

ENTRY FEE: \$75 postmarked by April 3rd - \$95 thereafter. **THERE WILL BE NO REFUND OR TRANSFER OF ENTRY FEES. PLEASE DO NOT ASK FOR A REFUND.** Make check payable to Dr. David Horton and send entry to the address listed above.

COURSE: The course uses Overstreet Road, Glenwood, Cornelius Creek, White Tail, & Apple Orchard Falls Trails. There are just under 8,000 feet of elevation gain & the same amount of descent.

AID STATIONS: There will be five separate Aid Stations. Three of the aid stations; Overstreet Falls, Cornelius Creek Trail Junction, & Sunset Fields will be passed twice, therefore aid can be received at eight points. Aid will include some type of replacement drink, soda, water, and a variety of food items.

ACCOMMODATIONS: There is a big grassy field at the start/finish where you can camp. I plan on camping at the start/finish because of the early start (5:30 a.m.) There are restrooms facilities at The Promise Land Camp. There is a great mountain stream behind the camp to cool off in and clean up after the race.

MOTELS: The closest motel is the Super 8 Hotel in Bedford, Virginia. They **MAY** be giving a discount to runners for the Promise Land 50K. When calling (540-587-0100) ask for the PL 50K discount. The view from the back of the Super 8 is spectacular . . . all the mountains that runners will be running over are in full view!!! It is 17.4 miles from the Super 8 to the Promise Land. The Super 8 is located on Highway 460 on the west side of Bedford.

PRE-RACE MEAL: From 6-8 on Friday, April 24. I will be buying some pizza, drinks and maybe some desserts for the meal. If you want to eat with us at the Promise Land Youth Camp, please include \$5.00 per person.

PRE-RACE BRIEFING: There will be a pre -race briefing at the Promise Land around 8:00 p.m. on Friday and at 5:00 a.m. on Saturday at the Start. We will have a BIG bonfire at the camp on Friday night.

CREW ACCESS: There will be crew access ONLY at Sunset Fields. Runners pass through this aid station twice (11.9 & 26.7 miles). Crews, DO NOT drive on Overstreet Road. Please, do not attempt to see your runners at the other aid stations. Drive "very slowly" on these very curvy and narrow roads. Park only where you are instructed.

CUT-OFF TIME: There is a **10-hour time limit**. Runners must reach Cornelius Creek Trailhead (23.9 miles) by 1:30 (8 hours) to be allowed to continue.

POST-RACE LUNCH: On Saturday, there will be hamburgers, hotdogs, and a variety of other food items cooked for runners at the finish line (free of charge).

AWARDS: All sub 10-hour finishers will receive a special award. The first ten male and first five female finishers will receive special awards. Also, special awards will be presented to the first place male and female masters (40-49), male and female grand masters (50-59), male and female super masters (60 and over) and best blood.

AWARDS: The awards will be presented to runners shortly after finishing.

NO AWARDS WILL BE MAILED.

2010 Promise Land 50K Application

**Please make a copy of any information you may need before returning this portion of the application.*

Name: _____ Age _____ Sex _____
Address: _____ T-shirt Size: S M L XL

City State Zip

Occupation: _____ Phone: Work () _____
Home () _____
Email: _____ (PRINT CLEARLY if you want to receive race info)

Entry Fee: \$75 (\$95 after April 3rd)

Number of Ultras Run _____ Number of PL 50Ks Finished _____
Best PL 50K Time _____ Best 50K Time _____

I have been warned that the Promise Land 50K is a difficult and possibly hazardous event and I am fully aware that I could be injured attempting such a run. With this knowledge, I am accepting full responsibility for any harm I might suffer. I absolve all sponsors and organizers of the Promise Land 50K of any and all liability related to my attempt to run the Promise Land 50K. I agree by signing this release that I am adequately trained and prepared for this endurance event.

Signed _____ Date _____

**We will put the names of those entered on our website.

Mail application to: Dr. David Horton
Liberty University
1971 University Blvd
Lynchburg, VA 24502

For our information:

Do you plan on eating at Promise Land on Friday evening? YES___ NO___
Other than you, how many others will attend? ___
Include \$5.00/person for Friday meal. This includes RUNNERS