



**ACCOMMODATIONS:** Holiday Lake 4-H Educational Center is the start/finish area for the race. Lodging is available there with 15 rustic cabins (10 beds each and no heat), lake lodge (2 rooms/12 beds each), small bunkhouse (4 rooms/8 beds each), large bunkhouse (4 rooms/16 beds each). **LINENS ARE NOT PROVIDED – YOU WILL NEED TO BRING SLEEPING BAG/OR LINENS.** If you prefer, you may tent camp. After you register for the race, a reservation form will be sent to you to reserve a space and pay for your meals. You will then mail this to the H.L. 4H Educational Center.

**MOTELS:** The closest motels are in Appomattox, 15 miles from the start/finish area.

Appomattox Motel	434-352-0324	Lee Grant Motel	434-352-5234
Budget Inn	434-352-7451	Super 8	434-352-2339

**PRE-RACE DINNER:** On Friday night from 6:00-7:45 p.m. there will be a pre-race pasta meal for runners and crews. **The meal is free to all registered runners.**

**PRE-RACE BRIEFING:** There will be a pre-race briefing in the lodge at the 4-H Center Friday evening around 8:00 p.m.

**RACE MORNING:** There will be a very light breakfast available for “**runners only**” from 5:30-6:15 a.m. If you need special items or foods, please bring them yourself. **RACE BEGINS PROMPTLY AT 6:30 A.M.**

**CREW ACCESS:** There will be crew access at A.S. 1 and 3. No crew access to A.S. 2. Please drive slowly and carefully as some of the roads are dirt and you will be driving on the running course in some places.

**CUT-OFF TIME:** **8 hour time limit!** Runners must complete the first loop within 3 hours 45 minutes to be allowed to continue into the second loop. Runners must arrive at A.S. 3 in loop 2 (21.1 miles) within 5 ½ hours to continue the race.

**POST-RACE LUNCH:** There will be a lunch buffet provided at the 4-H Center from 12:30-2:00 p.m. (The lunch meal is not provided in the cost of the entry fee.)

**AWARDS:** All sub 8 hour finishers will receive a finishing award. The first 10 male and first 5 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) and male and female super masters (60 and over), and Best Blood. There will also be presented a LU Flames award and a VT Hokie award.

**AWARDS CEREMONY:** The awards will be presented as runners finish.  
**NO AWARDS WILL BE MAILED.**

*If you have any questions about the 4-H Educational Center, please call Bryan Branch (Center Director) or Nate McHanes (Program Director), at 434-248-5444 between 8:00am-4:30pm. Race questions should be directed to David Horton at the numbers listed on the front of application.*

## 2010 Holiday Lake 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:** \$70 (\$90 postmarked after January 23)

Best Holiday Lake 50K Time \_\_\_\_\_ Number of Holiday Lake 50Ks Finished \_\_\_\_\_  
Best 50K Time \_\_\_\_\_

**I have been warned that the Holiday Lake 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 Holiday Lake 50K of any and all liability related to my attempt to run the Holiday Lake 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.

**\*\*Directions to and information on the 4-H Educational Center will be EMAILED to the runners upon receipt of entry.**

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

### For our information:

Do you plan on eating the pre-race dinner on Friday evening? YES\_\_\_ NO\_\_\_  
Other than you, how many others will attend? \_\_\_

Do you plan on eating the post-race lunch on Saturday? YES\_\_\_ NO\_\_\_  
Other than you, how many others will attend? \_\_\_