

Part of
Lynchburg
Ultra Series

THE FIFTEENTH ANNUAL
Holiday Lake 50K++

Race Limit: 300 Runners

Excellent Race
For
Initial Ultra



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.*

DATE: Saturday, February 13, 2010
DISTANCE: 50 Kilometers (maybe a little more...)
STARTING TIME: **6:30 A.M.** (8 hour time limit)

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

START/FINISH LOCATION: The start/finish area is at the Holiday Lake 4-H Educational Center in the 19,000-acre Appomattox-Buckingham State Forest. The 4-H Center lies on the banks of the beautiful clear Holiday Lake. The 4-H Center is 15 miles northeast of Appomattox and 37 miles from Lynchburg.

ENTRY FEE: \$70 postmarked before January 23 - \$90 thereafter. For each registered runner, this fee includes a pre-race meal on Friday night, t-shirt, and a special award to all qualified finishers. **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 is two loops. The first loop will be run clockwise. At the end of the first loop, runners will retrace their steps and run the course in the opposite direction (counterclockwise). The course is shady with rolling hills and consists of trails, forest service roads, and dirt roads. (This is nothing like the Masochist...it's much easier!)

AID STATIONS: There will be three aid stations, plus the start/finish area for each loop. Provided at each aid station: Replacement drink, soda, water and a variety of food items.

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? ___