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OPTOMETRIST
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Dear 2015 Holiday Lake 50K++ Runner:

Welcome to our 20th annual event.

The setting of the 4-H Center on the banks of Holiday Lake affords a beautiful setting for a great weekend for runners, crews and family members alike. The double loop course offers experienced runners an opportunity to run a fast course, and a beginning ultra runner, a chance to experience the reward of covering their longest distance ever!

There is a new loop that was devised a couple of years ago using more of the Carter Taylor and Lakeshore trails. Refer to the website for the new course description. The first loop will be clockwise and the second loop counterclockwise. Because of the change in the loop, the time limit for completing the race has been extended to 8 hours. The cut off at loop one will be 3:45 and A.S. 2 in loop 2 (25 miles) will be 5:45.

I would suggest that you stay at the 4-H Education Center on Friday night in one of the rustic cabins, or if you choose, the lodge or bunkhouse. There is a form on the website to be used for reservations. Please remember to bring a sleeping bag or linens if you are staying in the facilities provided at the Center.

The race starts promptly at 6:30 a.m. SHARP on Saturday morning. If you do not plan on coming to the race until Saturday morning... You must check in before 6:00 a.m.

Refer to the Holiday Lake 4-H Educational Center website
<http://www.ext.vt.edu/resources/4h/holiday> for directions to the start/finish area.

I look forward to seeing you on Friday, February 13th.

Yours in the long run,

David Horton
Race Director

W- (434) 582-2386
C- 434-221-7555

P.S. Post-Race Meal: Pok-E-Joe's will be catering post-race meal. Here is the menu and cost:
Pork or Smoked Turkey Sandwich served on a sesame seed bun, with Slaw for the sandwich and chips for \$7.00
A Veggie Wrap (Zucchini, Squash, Red Pepper, Mushroom, Red Onion, Garlic Mayo) and chips also \$7.00
Baked Beans, \$2.00
A Cup of Tomato Basil Bisque, \$2.00, Bowl, \$4.00 (no meat or stock)
Canned drinks or bottled water, \$1.00
Sandwich, Beans or Soup, Chips, and Drink for \$10.00

- The start is at 6:30 a.m.
- Check the website: <http://www.extremeultrarunning.com> for a list of entrants, previous year's results, and other pertinent info.
- The pre-race meal is Friday night: 6:00-7:45 p.m., free to runners and \$14.00 for everyone else.
- Time limit for completion: 8 hours
- For lodging at Holiday Lake and meals, please fill out the attachment and send to the center (please do NOT send it to me). I think the lodging limit will be reached this year.

CREW DIRECTIONS- Holiday Lake 50K++

- Crews are only allowed to meet their runners at A.S. 1 and 3 and the turn-around.
- To go to A.S. 1 drive back on 723 to 614. Turn right on 614 and go to 692. Turn right on 692 and go .3 of a mile to the A.S. on the left. Park on the main road.
- To go to A.S. 3 return to the intersection of 614 and 692. Turn right on 692 and go to the bottom of the hill. A.S. is at the bottom of the hill where Walker Road meets 614.

Holiday Lake 50K++ Revised Course for 2009 -2015

The 20th annual Holiday Lake 50K++ race will take place on a revised course from previous years. It will use much of the previous year's course but will also have a lot of new sections. The new course will use the Lakeside Trail (LT) and Carter-Taylor Trail (CTT). This will eliminate most of the paved road and add more trail running to the course. The only paved road will be the first 0.6 mile of pavement at the start and an equal amount at the finish. The first lap will go in the clockwise direction and the second loop will go in the counterclockwise direction. The previous distance of each loop was around 16.5 to 17 miles. The GPS distance of the new loop is 16.63 miles; probably a little shorter than the previous loop, thus it will still be HL 50K++, a little extra on each loop.

NEW DIRECTIONS:

The start begins in the usual place, the Holiday Lake 4H Educational Center, which is at the end of RT. 723. Runners will go up the hill on RT 723 for .6 mile turning right on the Lakeside Trail (LT). Follow the LT to a small bridge at the end of Holliday Lake at 1.78 miles. Turn right and follow the trail next to the edge of the lake and cutting across the park next to the sandy beach and picnic tables picking back up the LT after crossing the road at 2.05 miles. Continue on the LT next to the lake. At 2.44 miles you will pass a wooden lookout on the right side of the trail. At 3.36 miles the LT cuts right across a stream. The course takes a left turn at this point onto the CTT. This part of the course is what was used in the past. The CTT goes uphill at this point on to Aid Station (AS) 1 at 4.04 miles. This AS is at a wooden gate in a small pull out adjacent to Highway (HWY) 692. Runners continue on the CTT which runs adjacent to HWY 692 until mile 5.71 where it crosses HWY 640. At 6.03 miles the trail turns right. At 6.52 miles the course turns right on Rinehart Road. At 7.07 miles the course crosses Holiday Creek, the big creek crossing that we have had in previous years. Continue on this road to the intersection of Rinehart Road and Richmond Road and AS 2 at 8.23 miles. There is no crew access at this aid station. Turn right on Richmond Road going gradually downhill. At the bottom on the long gradual downhill, you cross a small bridge. After crossing the bridge, you turn right on the CTT at 8.78 miles. At 9.37 miles you cross HWY 636. The course runs parallel to 636 crossing 636 again at 10.53 miles. At 10.72 miles the course takes a right on Walker Road as you continue to follow the CTT. After going down a small hill you reach AS 3 on HWY 614 at 12.14 miles. Take a left on 614 for about 30 yards and then turn right back onto the CTT. At 12.96 the CTT makes a very sharp right hand turn. At 13.71 miles, the course makes a sharp right hand turn still staying on the CTT (this is in a group of large old oak trees). The course then goes through the woods for a short distance then down a very steep little hill. At 14.14 miles, there is a bridge on your right side that goes across the small stream. At this point you rejoin the LT staying on the LEFT side of the lake. Continue around the lake on the left side. At 15.97 miles you will cross the dam. At 16.43 miles you cross a small footbridge. Turn right and follow the trail on the right side of the tennis courts back to the start/finish line at 16.63 miles and the end of loop one. For loop two, reverse directions and go back the way you came and run the loop in reverse order ending loop two for a total distance of 33.26 miles.

Aid Station 1: HWY 692:	4.04 miles
Aid Station 2: Intersection of Rinehart and Richmond Roads:	8.23 miles
Aid Station 3: HWY 614	12.14 miles
Turnaround: Holiday Lake 4H Center	16.63 miles
Aid Station 3: HWY 614	21.12 miles
Aid Station 2: Intersection of Rinehart and Richmond Roads:	25.02 miles
Aid Station 1: HWY 692	29.02 miles
Finish: Holiday Lake 4H Center	33.26 miles

