

Part of
Lynchburg
Ultra Series

THE 9TH ANNUAL

Promise Land 50K++

Spectacular
Course



DR. FRANK VILLA
OPTOMETRIST
(434) 385-8800

2009 Lynchburg Ultra Series: Holiday Lake 50K (February 14th)

Terrapin Mountain 50K (March 28th)

Promise Land 50K (April 25th)

MMTR 50 Miler (November 7th)

* *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 25, 2009
DISTANCE: 50 Kilometers
STARTING TIME: **5:30 A.M.** (10 hour time limit)

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. Fax: (434) 582-7261
Lynchburg, VA 24502 E-mail: dhorton@liberty.edu

Website: <http://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: \$70 postmarked by April 3rd - \$90 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 Clif Shot Drink, soda, water, and a variety of food items.

ACCOMMODATIONS: There is a big grassy field at the start/finish where you can camp. There is also a trailer with 18 bunk beds & a bunkhouse with sixteen bunk beds. I plan on camping at the start/finish because of the early start (5:30 a.m.) There are also restrooms and shower facilities at The Promise Land. (MAYBE)

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.

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), best blood & fastest fat boy.

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

NO AWARDS WILL BE MAILED.

2009 Promise Land 50K Application

(please print clearly)

NAME _____ AGE _____ SEX _____

ADDRESS _____ T- Shirt Size: S M L XL
(Please circle your choice)

City State Zip

OCCUPATION _____ Phone: Work () _____
Home () _____

E-mail _____ **PRINT CLEARLY** (My secretary will not remember your email
address from other races, neither will I.)

Number of Ultras Run _____ Number of PL 50K finishes _____

Best PL 50K Time _____ Best 50K Time _____

I am planning on eating at Promise Land on Friday night. _____ YES _____ NO

How many others besides you will be eating Friday night _____

Include \$5.00/person for Friday meal. This includes RUNNERS.

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 _____

ENTRY FEE: \$70 postmarked by April 3rd - \$90 thereafter. **THERE WILL BE NO REFUND OR TRANSFER OF ENTRY FEES.** Make check payable to Dr. David Horton and send entry to the address listed below:

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

****Receipt of Entry:**

Upon receipt of entry, runners will be sent information by email only.