

TRAINING RUN FOR PROMISE LAND 50K
APRIL 28, 2018

MARCH 3—Appalachian Trail—James River Footbridge above Big Island

- Going north on AT to wherever to return same way. It is 9.9 miles to Bluff Mountain Summit.
- Led by: Lexi [Pietruszka —apietruszka@liberty.edu](mailto:apietruszka@liberty.edu)

MARCH 10—Same place as above

- Go south on AT as far as you want and return. It is 7.7 miles to Marble Springs and 9.9 miles Petites Gap
- Leg by: Brenton [Swyers—bswyers@liberty.edu](mailto:bswyers@liberty.edu)

APRIL 7—Promise Land course from Sunset Fields

- Running dark side, 15 miles
- Led by: David [Horton—dhorton@liberty.edu](mailto:dhorton@liberty.edu)

APRIL 14—Promise Land course starting from finish

- Running to A.S. 3 at Sunset Fields and back to P.L. camp, 19 miles
- Led by: Brenton [Swyers—bswyers@liberty.edu](mailto:bswyers@liberty.edu)

We will be leaving from the Barnes and Noble bookstore on the Liberty campus at 6:30 AM for each training run. We will be starting at these locations around 7:15 Am each day. Please email the person in charger that week if you plan on coming.