

Part of
Lynchburg
Ultra Series

Excellent Race
For
Initial Ultra

THE 24th ANNUAL
Holiday Lake 50K+

Race Limit: 300 Runners

DR. FRANK VILLA
OPTOMETRIST
(434) 385-8800



	<p><i>2019 Lynchburg Ultra Series:</i> <i>Holiday Lake 50K (Feb. 16)</i> <i>Terrapin Mountain 50K (March 23)</i> <i>Promise Land 50K (April 27)</i> <i>MMTR 50 Miler (Nov.2)</i> ** Runners who complete all four races within the time limit and enter the Lynchburg Ultra Series will receive a SPECIAL award **</p>
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DATE: Saturday, February 16, 2019
DISTANCE: 50 Kilometers (maybe a little more...)
STARTING TIME: **6:30 A.M.** (8 hour time limit)

Contact:	Dr. David Horton Health Professions Liberty University 1971 University Blvd. LU-SH, T24 Lynchburg, VA 24515	Office: (434) 582-2386 Home: (434) 239-1324 E-mail: dhorton@liberty.edu Website: www.extremeultrarunning.com
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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: \$95 postmarked before Feb 1 - \$120 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.** Lodging costs \$20 per person and you can pay as you register. You may tent for \$5.

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

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.** It will be \$15 per person for all additional persons payable on Friday night.

PRE-RACE BRIEFING: There will be a pre-race briefing in the lodge at the 4-H Center Friday evening around 7:30 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.

AWARDS: All sub 8 hour finishers will receive a finishing award. The first 10 male and first 10 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), Super Saints (70 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 the 4-H Center office 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.

2019 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 () _____
Cell () _____
Email: _____ *(PRINT CLEARLY if you want to receive race info)*

Entry Fee: \$95 (\$120 postmarked after Feb. 1)

Best Holiday Lake 50K Time _____ Number of Holiday Lake 50Ks Finished _____
Best 50K Time _____
Emergency Contact and Phone Number _____

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.**

Mail application to: Dr. David Horton
Health Professions
Liberty University
1971 University Blvd.
LU-SH, T24
Lynchburg, VA 24515

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? ____