

2020

Part of
Lynchburg
Ultra Series

350 Runner Limit

Spectacular
Course

THE 20th ANNUAL

PROMISE LAND 50K++



DR. FRANK VILLA
OPTOMETRIST
(434) 385-8800

Free pizza for
entrants on
Friday night.
\$5 for others

*2019 Lynchburg Ultra Series:
Holiday Lake 50K (Feb 15)
Terrapin Mountain 50K (March 21)
Promise Land 50K (April 25)
MMTR 50 Miler (Nov 3)*
**** Runners who complete all four races within the time limit and enter the Lynchburg Ultra Series will receive a SPECIAL award. ****

DATE: April 25, 2019
DISTANCE: 50 Kilometers
STARTING TIME: 5:30 A.M. (10 hour time limit)

Patagonia Shorts
to Finishers

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 for free.

Contact: Dr. David Horton
Health Professions
Liberty University
1971 University Blvd.
LU-SH, T04
Lynchburg, VA 24515

Office: (434) 582-2386
Home: (434) 239-1324
E-mail: dhorton@liberty.edu
Website:
www.extremoultrarunning.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: \$95 postmarked by April 10th - \$120 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. Two of the aid stations; Cornelius Creek Trail Junction, & Sunset Fields will be passed twice, therefore aid can be received at seven points. Aid will include some type of replacement drink, soda, water, and a variety of food items.

ACCOMMODATIONS: There is a big grassy field at the start/finish where you can camp. I plan on camping at the start/finish because of the early start (5:30 a.m.) There are restrooms facilities at The Promise Land Camp. There is a great mountain stream behind the camp to cool off in and clean up after the race.

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 for the meal. The pizza is FREE to runners and \$5.00 per person for everyone else. Please indicate on the application if you plan to eat with us on Friday night. You pay for extra persons on Friday night. Please bring your favorite dessert to share with ME and maybe the other runners as well.

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. We will have a BIG bonfire at the camp on Friday night.

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.

****NEW CUT-OFF TIMES:** There is a **10-hour time limit**. Runners must reach Sunset Fields (A.S. 3 at 11.9 miles) before **9:15** am. Runners must also reach Cornelius Creek Trailhead (23.9 miles) by **12:45** (7:45 hours) to be allowed to continue.

POST-RACE LUNCH: On Saturday, the Blue Ridge Trail Runners will be providing a post-race lunch with hamburgers, hotdogs, and all the fixin's. There will be a minimal cost.

AWARDS: All sub 10-hour finishers will receive a special award. The first ten male and first ten 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 69), male and female ultra master (70+) best blood, and stupid award.

AWARDS: The awards will be presented after finishing. **NO AWARDS WILL BE MAILED.**

2020 Promise Land 50K Applications

**Please make a copy of any information you may need before returning this portion of the application.*

Name: _____ Age _____ Sex _____

Address: _____ Short Size: S M L XL

City State Zip

Occupation: _____ Phone: Work () _____
Home () _____

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

Emergency Contact Name and Phone Number: _____

Entry Fee: \$95 (\$120 after April 10th)

Number of Ultras Run _____ Number of PL 50Ks Finished _____
Best PL 50K Time _____ Best 50K Time _____

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 _____

**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, T04
Lynchburg, VA 24515

Do you plan on eating at Promise Land on Friday evening? YES____ NO____

Other than you, how many others will attend? _____

Free to runners, \$5/person for everyone else, pay on Friday, for extra persons.