

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 electrolyte 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 19, 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, IF it is not too windy.

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, a post-race lunch with hamburgers, hotdogs, and all the fixin's will be provided. There will be a minimal cost for you to buy anything you desire.

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.**

2024 Promise Land 50K Application

**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: \$120 (\$140 after April 7th)

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.