

## Promise land 50k++

Ultra Running is something I never saw myself getting into. I had heard about ultra races through the notorious David Goggins and had overall average knowledge of them like an everyday person. Coming to Liberty, I started to hear more and more about these races like Promise Land and Hellgate, but I still thought that they were crazy and something I never was going to do because I never was a runner, and I never truly enjoyed going out and running long distances. These races were pretty much off of my radar. That was until a buddy of mine asked if I wanted to do Promise Land with him.

Peer pressure works all too often for me, but this may have been the worst form of it because it was only a week out from the race, and I hadn't run over a mile in a year or so. Barely making the deadline to be able to race, we signed up...zero training...no experience. My buddy thankfully had experience with ultras, so he decided to run it with me, at my pace, and we were just going to push each other due to the nature of not being trained in the slightest way. This ended up being the best decision I could've made. The atmosphere of Promise Land 50k is unlike anything I have ever experienced. It is quite the sight, seeing everyone pulling into the grassy field and setting up tents for the anxious sleep they would get the night before the race. All the racers are just hanging out the night before and getting to know each other. Myself not being a runner at all, not being used to this atmosphere and having nothing to base it off of, the bar that was set at Promise Land is nearly impossible to beat in my opinion.

The race is run extremely efficiently and organized phenomenally by Dr. Horton and his team. They are super helpful, and you can tell they are just as excited, if not more excited than you are for the race. Horton set up a beautiful trail run with all aspects of a technical run in it. There are lots of different terrains (grass, road, trail, mud, creeks) to run through and lots of ups and downs and twists and turns to always keep you excited for what is next. There are beautiful waterfalls towards the end of the race at the high elevation to make sure that the elevation gain only burns out your legs and not your enthusiasm. Aid stations were set up along the course with eager helpers and great food and drinks to keep your mental attitude high and give you a small boost of energy to keep moving forward. The best piece of advice you can get for this race is to have a good time and enjoy all aspects of it. The race will suck at times. It's a solid 34ish miles of running so there is no way around that, but the pain is worth it. It is so gratifying to push through and keep on chugging and put one leg in front of the other and run to the finish. It is a true mental battle, but from someone who went from only running a 5k once a year for fun to deciding to do a 50k with no training, you can do it if you decide you want to finish. No hesitation, just true grit. Crossing that finish line, you get to see the true joy of Dr. Horton. He is overjoyed for each and every person that finishes, and this alone is enough to see the passion and care that is put behind this race. Whether you are looking for a mental challenge, love running, or if you just want to challenge yourself on an extreme physical and mental level (I recommend at least a little bit of training) you NEED to do this race.

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