

Dr. David Horton, Ed.D.

Professor of Health Sciences and Kinesiology
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Present Position:

Professor of Health Sciences and Kinesiology at Liberty University

Education:

B.S.E.—University of Central Arkansas, Conway, AR
M.S.E.—University of Central Arkansas, Conway, AR
Ed.D.—University of Arkansas, Fayetteville, AR

Teaching Background:

Liberty University, Lynchburg, VA	1982—present
University of Central Arkansas, Conway, AR	1981—1982
Liberty University, Lynchburg, VA	1978—1981
South Side Bee Branch High School, South Side, AR	1973—1976

Running Background:

Ultra-marathons (races longer than a marathon—specifically 50 miles or longer)
31 years—Totaling over 113,000 miles

Multi-Day Adventure Runs:

Set the world speed record on the Appalachian Trail (A.T.) in 1991. The A.T. is the longest (2,144 miles) continuously marked footpath in the world, extending from Springer Mountain, Georgia to Mt. Katadhin, Maine.

Time: 52 days, 9 hours, 41 minutes (averaging 40.5 miles a day)

Completed the Trans-America Footrace in 1995. A 64 day stage race (2,906 miles) from Los Angeles to New York City. Fourteen runners from five countries started the race with ten runners finishing.

Finishing Positions: 3rd place (averaging 45.4 miles per day at a pace of 9 minutes 15 seconds per mile).

Set the world speed record on the Pacific Crest Trail (PCT) in 2005. The PCT (2,650 miles) extends from Mexico to Canada.

Time: 66 days, 7 hours, and 16 minutes, averaging over 40 miles per day.

Former record holder for Long Trail (272)

Director of four ultra-marathons: Holiday Lake 50K, Promise Land 50K, Mountain Masochist 50 Miler, and Hellgate 100K

Awards and Honors:

Member of Lynchburg Area Hall of Fame

In 2004 selected member of Board of Directors of Natural Bridge Appalachian Trail Club

Master of Ceremonies of 2004-2007 Virginia 10 miler

Book, DVD, and Website:

Quest for Adventure: David Horton's Conquest of the Appalachian Trail and Trans-American Footrace. Warwick House, 1997.

The Runner: David Horton's 2700 mile run on the Pacific Crest Trail. Journey Film 2006, therunnermovie.com.

Personal Website: www.extremeultrarunning.com