

*Race Timing Unlimited
Presents*

**2019 Dahlgren Railroad Heritage
Trail Half Marathon
Double**

**Dahlgren Trail half-marathon
February 23, 2019 8am**

**3 H Half-Marathon
August 3, 2019 8am**

**Start/Finish @ Rt 605 Trailhead On Dahlgren Rail
Heritage Trail
King George, Virginia**



**Register for Both by February 22, 2019
And Save**

Race Information and Course

Maps: are posted and will be periodically updated at www.racetimingunlimited.org.

Race Limits: Races are limited to the first 225 to register.

Race Information: See individual race flyers for race details or on-line at www.racetimingunlimited.org.

Registration: Cost until Dec 31, 2018, \$90, between Jan 1, 2019 and Jan 31, 2019, \$100 and \$110 thereafter.

Registration Deadline: To receive the special Half-Marathon Double rate and optional Double Finisher's Medal, you must register by 5pm on Friday February 22, 2019.

Premiums: Fee includes a shirt and a finisher's medal for each race. Don't want a shirt? Subtract \$10 from your entry fee. Shirts may not be available for runners registering after Jan 31, 2019. Runners not receiving a shirt will be discounted.

Optional Double Finisher's Medal: For \$10 extra, participants using this form and finishing both half-marathons will receive a 5" Double Half-Marathon Finisher Medal.

50km Upgrade Option: If you want to run the half-marathon in February and DHRT 50km on August 3, 2019, you can take advantage of the Double's discount and we'll provide you information after the February race on how to upgrade.

Courses: Use the Dahlgren Rail Heritage Trail from mile post 0 to just past mile post 6.5. Course is flat. Surface from mile post 0 to 4 is crushed stone, pine needles or smooth dirt. Surface from mile post 4 to 6.5 has some larger gravel. Not many tripping hazards are in the trail.

Aid at Miles 1.5, 4.0, 6.55, 9.1, 11.6.

Course limit is 4 hours, hikers are encouraged to participate. Course limit for the August run is 6.5 hours.

Directions to Start/Finish: From Fredericksburg 9 miles east on Rt 3. Turn left on Bloomsbury Rd (Rt 605). Trailhead is 1.5 miles on the right. Parking at the trailhead is limited, please carpool and arrive early. Lot opens at 6:30am. You may need to walk up to 1/2 mile to the start. Unsecured bag drop at start.

Register Online with NO transaction surcharge at:

www.racetimingunlimited.org

2019 Dahlgren Railroad Heritage Trail Half-Marathon Double

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|---------------------------------|--|--|--|------------|--|------------|
| Date of Birth (mm-dd-yy) | | | | Age | | M/F |
|---------------------------------|--|--|--|------------|--|------------|

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| Last Name | | | | | | | | | | | | | | | | | | | |
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| First Name | | | | | | | | | | | | | | | | | | | |
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| Address | | | | | | | | | | | | | | | City | | State | | Zip | | |
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| Email Address | | | | | | | | | | | | | | | | | | | |
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| Fees | | |
|--------------------------|---|-------|
| <input type="checkbox"/> | Postmarked until Dec 31, 2018 | \$90 |
| <input type="checkbox"/> | Postmarked between Jan 1, 2019 and Jan 31, 2019 | \$100 |
| <input type="checkbox"/> | Postmarked after Jan 31, 2019 | \$110 |
| <input type="checkbox"/> | Less \$10.00 for No shirt | |
| <input type="checkbox"/> | Add \$10.00 for Double Finisher's Medal | |

| Shirt - Circle Size | | S | M | L | XL |
|----------------------------|--|----------|----------|----------|-----------|
| <input type="checkbox"/> | | | | | |

In consideration of the foregoing, I for myself, executors and administrators, waive and release any and all rights and claims for damages I may have against Race Timing Unlimited, Dahlgren Rail Heritage Trail Association, King George County, and any and all sponsors or supporters, actions whatsoever in any manner as a result of my or my child's participation in this event and that my medical condition to do so has been verified by a licensed medical doctor. Further, I grant full permission to any and all of the foregoing to use my or my child's likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature.

| | |
|--|------|
| Signature Or Parent Signature if under 18 | Date |
|--|------|

Make checks payable to: Race Timing Unlimited

Mail to: Race Timing Unlimited
PO Box 8241
Fredericksburg, VA 22404

For more information: www.racetimingunlimited.org
540-310-4803
Email: vic@farc.org