

3 H Trail half marathon Runner Instructions

Welcome to the 3 H Trail half-marathon. We hope to hold this race yearly on the first Saturday in August.

We thank our volunteers from the Dahlgren Heritage Rail Trail Association, King George Fire and Rescue, King George Sheriff Department and King George Amateur Radio Operators.

Parking at the Trailhead

Please follow the parking attendants' directions. If you arrive before 6:30am, watch out for 50km runners. Once the main lot is full, you will be directed to park along Birchwood Creek Rd. Do not park in other lots without direction. They will tow you. If you park on a road in King George County, all tires must be off paved surfaces. If you park with a tire touching a paved road or car parts overhanging a road, the King George Sheriff will ticket and tow your car without warning.

Trail Description

The race starts at mile post 0 at the Rt 605 trailhead and proceeds east on the trail to just past mile post 6.5. There are mile posts on the north side of the trail every ½ mile. Most mile posts are painted white on top and some have an orange streamer wrapped near the top.

There are not a lot of streamers on the trail. They are placed in areas where you might make a wrong turn off the trail. If you are on a paved road for more than 50 feet, you are off course.

The trail is wide and is in great shape. However, "look up, fall down". There are still rail ties in the bed in spots. From mile post 0 to mile post 1, there are still rails in the trail. There are probably 2 to 3 single track paths through this area.

Most of the trail is crushed stone. However, there are sections of 1 to 2 inch gravel. This is most prevalent between mile posts 4.5 and 6.5. I recommend using trail shoes with gaitors.

Aid stations

You will receive 1 liter of bottled water at mile 6.5. There is first aid available at miles 1.4, 4.0, 6.5, 9.1 and 11.7.

Crossing Roads

If there is a yellow line in the middle of any road that you cross, cars are traveling at 55 mph. Make sure you look both ways before crossing. There is a crossing guard that can help.

Directions to Rt 605 Trailhead

Route 3 East from Fredericksburg. After about 8 miles, you get to Fletcher's Chapel Rd with a stop light. Take the next left onto Birchwood Creek Rd. Go to the end of Birchwood Creek Rd and take a left onto Bloomsbury Rd (Rt 605). Trailhead and parking are about ¼ mile on the right. Allow 20 minutes from Fredericksburg

COVID-19 and Safety Yellow Shirts

Please keep a safe distance, Phase III guidelines is 10 feet, from other runners and volunteers. I know this is not always possible. Please respect the wishes of people wearing Safety Yellow shirts. They want you to stay at least 10 feet away at all times.

I know social distancing is not always possible. When passing another runner, especially those with a Safety Yellow colored shirt on, please pass with authority and do not linger near them.

Before passing a runner with a Safety Yellow shirt, announce your intention by saying either "On your left" or "On your right". Those wearing a Safety Yellow shirt and headphones may not hear your intention. Do the best you can.

Take Care of Each other

If a fellow runner goes down. It is your obligation to stop and help. Aid stations have cell phones to access 911. When reporting an issue, make sure you know which mile marker you are nearest.

Assistance

Runners can take assistance only at aid stations. Mules (carrying food and water for others), outside pacing are prohibited.

Headphones

If you want to wear headphones on the rail trail it is ok. You should pull them out at aid stations and when crossing paved roads. Cars driving at 55 mph hurt when they impact bare skin. Hopefully, you will be able to hear the bears come up from behind. If you are wearing a Safety Yellow shirt and headphones, others may not be able to respect your space.

Crews & Spectators

Crews and Spectators are not allowed. We don't have places to park cars on the course and this will reduce issues with social distancing (COVID-19).

Any person, who is not a race volunteer, hanging around an aid station will be asked to leave. Please don't make us be confrontational.

Portable Toilets

There are no portable toilets on the course. Please go 30 feet off the trail and cover appropriately any thing you leave behind.

Runner Tracking

You must check in at the start on Saturday morning. People who pick up their race number and do not check in will have their names called at the start. We need to keep track of everybody. If you drop, you must turn in your number at the next aid station. We are tracking numbers at the turn around and at the finish. Make sure these people can see your number. Any lost runner that does not follow these procedures will be charged for the cost of search and rescue.

Trail Hazards

Poison Ivy or Kudzu – In the clearings between mile post 2.0 and 3.5 there is either Kudzu or Poison Ivy on the trail. Both plants have leaves of three with fuzzy vines.

Bees – If you are allergic, bring your own epipen.

Ticks – They are in the area, low in numbers.

Deer Flies – Mostly between mile posts 5.5 and 6.5. They bite. If you are allergic to bees, you may be allergic to deer flies, too. They are attracted to CO2, the color blue and dark clothing.

Time Limit

There is a 7.5 hour limit. The course is flat. So, if you keep moving at a 30 minute per mile pace, you will finish within the time limit. We're not going to pull anybody from the race unless they are sitting in the aid stations.

This is NO Awards Ceremony – Awards for first three males and females will be handed out as runners finish, age group awards will be mailed

Post Race

After finishing, you will receive a medal and refreshment ticket.

There will be no water, Gatorade or soda at the finish line. You must go to the tables under the shelter on the left to request a bottled drink. Volunteers will pull a drink from ice buckets and place it on the table for you to retrieve. There is no limit on post race drinks.

Also, at the tables under the shelter on the left, you can redeem your refreshment ticket for a food bag of wrapped items. A bag will have:

4 chicken wings and dip cup or 2 Uncrustables
Fruit cup
Cookies
Chips

Please use social distancing, 6 feet, in the post race area.