

*Race Timing Unlimited  
Presents*

**The 4<sup>th</sup> Annual  
3 H Trail Half Marathon**



**August 3, 2019 8am**

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

**Good Run, Good Food**

**Run Rain or Shine**



**Race Information and Course Maps:** are posted and will be periodically updated at [www.racetimingunlimited.org](http://www.racetimingunlimited.org).

**Race Limits:** Race is limited to the first 100 to register. **Wait List:** After race is full, see wait list procedures on [www.racetimingunlimited.org](http://www.racetimingunlimited.org).

**Registration:** Cost until June 30, 2019, \$50, between July 1, 2019 and July 30, 2019, \$60 and \$70 thereafter.

**Premiums:** Fee includes a shirt and a finisher's medal. Don't want a shirt? Subtract \$5 from your entry fee. Those registering after July 18, 2019 may not get a shirt. Runners not receiving a shirt will be discounted.

**Overall Awards:** Top three male and female finishers will receive gift certificates of \$75, \$50 and \$25.

**Age Groups:** Ten year age groups will be used, 19 and under to 70 and over.

**Awards:** Top 1 male and female in each age group will receive a gift certificate.

**Course:** Uses 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.

**Packet Pick Up & Late Registration:** Race numbers and shirts may be picked up at River Rock Outfitters on Thursday August 1 (5 to 7pm), Friday August 2 at the Rt 605 trailhead (4 to

5pm) and at the Rt 605 Trailhead on August 3 (starting at 7am). Packets not picked up will not be mailed.

If space is available, **Race day registration** will be held from 7 to 7:45am. Please arrive early to allow yourself enough time to complete the registration process.

**Important Information:** To ensure runner safety, unregistered runners, bicycles, skateboards, roller skates and roller blades, strollers and running with dogs are prohibited on the course. Headphones are discouraged.

**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.

**Elite Runners:** If you have run a 1/2 marathon in less than 1:08:00 or marathon in less than 2:26:00 in the past 5 years, (females 1:16:00 and 2:40:00), you may receive a comp entry. You must request a comp entry prior to July 12, 2019 by email to [vic@farc.org](mailto:vic@farc.org).

**Race Benefits:** Part of race proceeds are donated to the Dahlgren Rail Heritage Trail Association

**Register Online with NO transaction surcharge at:**

[www.racetimingunlimited.org](http://www.racetimingunlimited.org)

**3 H = Hazy, Hot, Humid**

## 2019 3 H Trail 1/2 Marathon

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Date of Birth (mm-dd-yy)</b>		<b>Age</b>		<b>M/F</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Last Name</b>				
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>First Name</b>				
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Address</b>				
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>City</b>		<b>State</b>	<b>Zip</b>	
<input type="text"/>				
<b>Email Address</b>				

### Fees

<input type="checkbox"/>	Postmarked until June 30, 2019	\$50
<input type="checkbox"/>	Postmarked between July 1, 2019 and July 30, 2019	\$60
<input type="checkbox"/>	Postmarked after July 30, 2019	\$70
<input type="checkbox"/>	Less \$5.00 for No shirt	

**Shirt - Circle Size**      S   M   L   XL

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](http://www.racetimingunlimited.org)  
540-310-4803  
Email: [vic@farc.org](mailto:vic@farc.org)