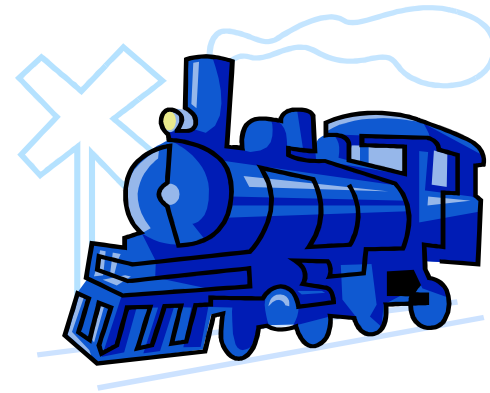


*Race Timing Unlimited
Presents*

The 10th Annual Dahlgren Trail Half Marathon



Feb 23, 2019 8am

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

Good Run, Good Food

Run Rain, Snow or Shine

In case of a snow emergency, race may be postponed until March 2, 2019



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

Race Limits: Race is limited to the first 225 to register.

Registration: Cost until Dec 31, 2018, \$50, between Jan 1, 2019 and Jan 31, 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. Shirts may not be available for runners registering after Jan 31, 2019. Runners not receiving a shirt will be discounted.

Cash Awards: Top five male and female finishers will receive cash awards of \$100, \$75, \$50, \$25 and \$25. To compete for these awards, you must start in the cash waves and are not eligible for age group awards.

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

Awards: Top 3 males and females in each age group will receive gift certificates.

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 Outfitter on Friday Feb 22 (noon to 5pm) and at Rt 605 Trailhead on Feb 23 (starting at 7am). Packets not picked up will not be mailed.

Race day registration will be held from 7 to 7:45am. Please arrive early to allow yourself enough time to complete the registration process.

Waive Starts: Because of trail restrictions near the start, start waves of about 20 runners each will be used based on gender and age as follows: Cash Men, Cash Women, Men under 40, Men 40 to 49, Women under 40, Men 50 to 59, Women 40 to 49, Men over 59 and Women over 49. Waves will start 1 minute apart

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 Packet Pickup from I-95, exit 130A - going east – take left onto William Street. In town, last street before the Chatham Bridge is Sophia, turn right. River Rock Outfitters will be on your left.

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 ½ mile to the start. Unsecured bag drop at start.

Elite Runners: If you have run a ½ 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 Feb 1, 2019 by email to 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

2019 Dahlgren Trail ½ Marathon

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

Fees

| | | |
|--------------------------|---|------|
| <input type="checkbox"/> | Postmarked until Dec 31, 2018 | \$50 |
| <input type="checkbox"/> | Postmarked between Jan 1, 2019 and Jan 31, 2019 | \$60 |
| <input type="checkbox"/> | Postmarked after Jan 31, 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
540-310-4803
Email: vic@farc.org