

*Race Timing Unlimited
Presents*

**The 5th Annual
3 H Trail Half Marathon**



August 1, 2020 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.

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.

Registration: Cost until June 30, 2020, \$50, between July 1, 2020 and July 29, 2020, \$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 16, 2020 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 July 30 (5 to 7pm), Friday July 31 at the Rt 605 trailhead (4 to

5pm) and at the Rt 605 Trailhead on August 1 (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 10, 2020 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

3 H = Hazy, Hot, Humid

2020 3 H Trail 1/2 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 June 30, 2020	\$50
<input type="checkbox"/>	Postmarked between July 1, 2020 and July 29, 2020	\$60
<input type="checkbox"/>	Postmarked after July 29, 2020	\$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