

Race Timing Unlimited presents

Dahlgren Heritage Rail Trail



11th Annual
August 3, 2019 6:30am

Start/Finish @ Rt 605 Trailhead
King George, Virginia

Runs the Entire Length of the
Dahlgren Heritage Rail Trail
99.8% Dirt

Fastest 50km in US in 2014 entirely on dirt

Run Rain or Shine



Race and Course Information and Course Maps: are posted and will be periodically updated at www.racetimingunlimited.org. No refunds of entry fees. Race cancellation and refund policies are posted on this website.

Registration: Cost until May 31, 2019, \$75, June 1 to June 30, 2019, \$85, July 1 to July 30, 2019, \$95, and \$100 thereafter.

Premiums: Fee includes a short sleeve tech T-shirt, finisher award and post race burger bar. A medal will be one of the finisher award options.

Cash Awards: Top three male and female finishers will receive cash awards of \$200, \$100 and \$50. \$100 course record bonus for first male finishing faster than 3:10:26 and first female finishing faster than 3:39:26.

Age Group Awards: Top male and female in the following age groups will receive an award, 40-49, 50-59, 60-69 and 70 and over.

Packet Pick Up & Late Registration: Race numbers and T-shirts may be picked up on Thursday August 1 at 6:30pm at River Rock Outfitters in Fredericksburg, Friday August 2 at 5pm at the Rt 605 trailhead and on Aug 3, 2019 (starting at 5:30am) at the Rt 605 trailhead. Packets not picked up will not be mailed and shirts may be resold.

Race day registration will be held from 5:30 to 6:15am at Rt 605 trailhead. Please arrive early to allow yourself enough time to complete the registration process.

Course: Measured using Garmin GPS. Starts at mile post 0 at the Rt 605 trailhead and runs to just past mile post 15.5, turns around and retraces route to the finish. Course is mostly on an

abandoned rail bed with a bypass trail to go around an impassable location.

Aid: Will be provided at miles 4.0, 8.1, 12.5, 15.5, 18.5, 22.9 and 27.0. Drop Bag for two aid stations at mile 8.1, 15.5 and 22.9. Limited Crew Access.

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

Primitive Camping: Will be available at Rt 605 trailhead on August 2 only. No fires, no electricity and no running water. Porta pots available. Anything outside of your car will need to be moved by 5am to allow for parking.

Hotels: Closest accommodations are about 15 miles away in either Fredericksburg or Dahlgren. See www.racetimingunlimited.org for some hotel information.

Directions to Rt 605 Trailhead from Fredericksburg, Take Rt 3 east from Fredericksburg for about 9 miles. Turn left on Bloomsbury Rd (Rt 605). Trailhead is 1.5 miles on the right. Parking at the Rt 605 trailhead is limited. Please carpool and arrive early or you may need to walk up to ½ mile to the start. Lot opens at 5am. Unmonitored bag drop at start.

Race Benefits: Part of race proceeds are donated to Dahlgren Railroad Heritage Trail Association.

Limited to 200 Runners

Time Limit is 8 hours.

Intermediate cutoffs at miles 15.5 (4 hrs), 18.5 (5 hrs), 22.9 (6 hrs) and 27.0 (7 hrs)

Register Online at:
www.racetimingunlimited.org

2019 Dahlgren Heritage Rail Trail 50 km

<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				
<input type="text"/>				

Fees

<input type="checkbox"/>	\$75.00 – Until May 31, 2019
<input type="checkbox"/>	\$85.00 – June 1 to June 30, 2019
<input type="checkbox"/>	\$95.00 – July 1 to July 30, 2019
<input type="checkbox"/>	\$100.00 – After July 30, 2019
<input type="checkbox"/>	← check if you want a medal as your finisher's award

T-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 Heritage Rail Trail Association 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 _____ 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