

Race Timing Unlimited presents

# Dahlgren Heritage Rail Trail



**12<sup>th</sup> Annual**  
**August 1, 2020 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](http://www.racetimingunlimited.org). No refunds of entry fees. Race cancellation and refund policies are posted on this website.

**Registration:** Cost until May 31, 2020, \$75, June 1 to June 30, 2020, \$85, July 1 to July 29, 2020, \$95, and \$100 thereafter.

**Premiums:** Fee includes a short sleeve tech T-shirt, finisher award and post race food. 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 July 30 at 6:30pm at River Rock Outfitters in Fredericksburg, Friday July 31 at 5pm at the Rt 605 trailhead and on Aug 1, 2020 (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:** Runners will receive 1 liter of bottled water at miles 8.1, 15.5 and 22.9. Drop Bags allowed at mile 8.1/22.9 and 15.5. NO Crews allowed.

**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 July 31 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](http://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.

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

**Limited to 150 Runners**

**Time Limit is 9 hours.**

**Intermediate cutoffs at miles 15.5 (4 hrs), 18.5 (5.25 hrs), 22.9 (6.5 hrs) and 27.0 (7.75 hrs)**

**Register Online at:**  
[www.racetimingunlimited.org](http://www.racetimingunlimited.org)

## 2020 Dahlgren Heritage Rail Trail 50 km

<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>				
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<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>				
<input type="text"/>				

### Fees

- |                          |                                                      |
|--------------------------|------------------------------------------------------|
| <input type="checkbox"/> | \$75.00 – Until May 31, 2020                         |
| <input type="checkbox"/> | \$85.00 – June 1 to June 30, 2020                    |
| <input type="checkbox"/> | \$95.00 – July 1 to July 29, 2020                    |
| <input type="checkbox"/> | \$100.00 – After July 29, 2020                       |
| <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](http://www.racetimingunlimited.org)  
540-310-4803  
Email: vic@farc.org