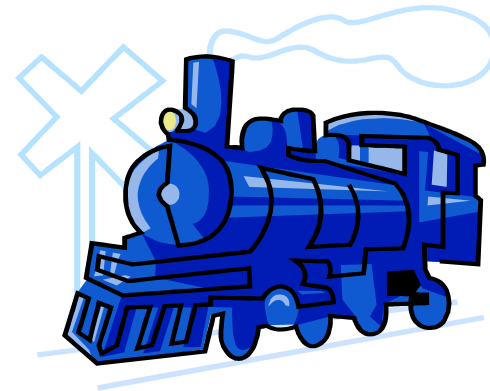


Race Timing Unlimited
Presents

The 11th Annual Dahlgren Trail Half Marathon



Feb 22, 2020 8am

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

First Race in the 2020 Coldwell Banker Elite Grand Prix



Run Rain, Snow or Shine

In case of a snow emergency, race may be postponed until February 29, 2020

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, 2019, \$60, between Jan 1, 2020 and Jan 31, 2020, \$70 and \$80 thereafter. Register on-line for discounted entry fees.

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, 2020. Runners not receiving a shirt will be discounted.

All awards and places are based on net times with all runners in a wave given the same start time.

Cash Awards: Top five male and female finishers will receive cash awards of \$100, \$75, \$50, \$30 and \$30.

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 21 (noon to 5pm) and at Rt 605 Trailhead on Feb 22 (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.

Wave Starts: Because of trail restrictions near the start, start waves of about 20 to 40 runners each will be used. Exact makeup of each wave will be determined by Feb 15, 2020. Waves will start 1 to 3 minutes apart

Early Start (7am): The early start is only available to past Coldwell Banker Elite Grand Prix participants, who are planning to run slower than 3 hours and 30 minutes. Must register prior to Feb 20, 2020. Not eligible for age group awards. Requests may be denied. No course support until 8am.

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 Friday's Packet Pickup from I-95, exit 130A - going east – take left onto William Street. In town, River Rock Outfitters is at 215 William St, two blocks from the river 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, 2020 by email to vic@farc.org.

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

Register Online and save at:
www.racetimingunlimited.org

2020 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, 2019 | \$60 |
| <input type="checkbox"/> | Postmarked between Jan 1, 2020 and Jan 31, 2020 | \$70 |
| <input type="checkbox"/> | Postmarked after Jan 31, 2020 | \$80 |
| <input type="checkbox"/> | Less \$5.00 for No shirt | |
| <input type="checkbox"/> | I want to be considered for the early start (7am) | |

Expected Finish Time →

Shirt – Circle Size XS 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