

Dahlgren Heritage Rail Trail Runner Instructions

Welcome to the Dahlgren Heritage Rail Trail 50 km. We hope to hold this race yearly on the first Saturday in August.

We thank our volunteers from the Dahlgren Railroad Heritage Trail Association, King George Amateur Radio Operators, Northern Virginia Gun Club, King George Fire and Rescue and King George Sheriff Departments.

Trail Description

The race starts at mile post 0 at the east end of the parking lot.

There are mile posts every ½ mile with mile post 0 in the west up to mile post 15.5. You can see mile post 0 at the start/finish line. Most posts are painted white on the top and some have an orange streamer tape wrapped near the top.

For those of you who have run this race in the past, starting in 2015, we stopped using the Gun Club bypass trail. Follow the trail through the open gates at either end.

Just after mile post 14.5, you will be taking a detour around the Little Ark Baptist Church Cemetery. This part of the course has very rough footing with many tripping hazards. Stay between the orange surveyor flags until you connect back to the main trail. The detour is to the north of the main trail. You will be back on the trail before mile 15. The fence on the north side of the trail is **electrified**.

About 1500 feet after crossing Owens Rd, you will reach mile post 15.5 and the Wal-Mart aid station. If you run past the U Haul equipment truck, you have gone too far.

Once you get 60 yards past mile post 15.5, turn around and return to mile post 0, taking the previously mentioned detour.

There are not a lot of streamers on the trail. They are placed in areas where you might make a wrong turn off the trail. If you are on a paved road for more than 50 feet, you are off course.

The trail is wide and is in great shape. However, "look up, fall down". There are still rail ties in the bed in spots. The footing is better in the west end of the trail rather than the east end.

The trail surface varies between crushed stone, crushed gravel, small gravel, larger gravel, grass and pine needles.

Aid stations

You will receive 1 liter of bottled water at miles 8.1, 15.5 and 22.9. There is first aid available at miles 4.0, 8.1, 12.5, 15.5, 18.5, 22.9, 24.6, 27.0 and 29.8.

Crossing Roads

If there is a yellow line in the middle of any road that you cross, cars are traveling at 55 mph. Make sure you look both ways before crossing. There is a crossing guard that can help.

COVID-19 and Safety Yellow Shirts

Please keep a safe distance, Phase III guidance is 10 feet, from other runners and volunteers. I know this is not always possible. Please respect the wishes of people wearing Safety Yellow shirts. They want you to stay at least 10 feet away at all times.

I know social distancing is not always possible. When passing another runner, especially those with a Safety Yellow colored shirt on, please pass with authority and do not linger near them.

Before passing a runner with a Safety Yellow shirt, announce your intention by saying either "On your left" or "On your right". Those wearing a Safety Yellow shirt and headphones may not hear your intention. Do the best you can.

Take Care of Each other

If a fellow runner goes down. It is your obligation to stop and help.

Assistance

Runners can take assistance only at aid stations. Mules (carrying food and water for others), outside pacing and crews are prohibited.

Weather

We will not start with lightning in the area. However, once the race has started, it is up to you to take appropriate measures for your safety. Aid station personnel will be in their cars during lightning storms.

Little Ark Baptist Church

Any crew or family parking at LABC and walking through the cemetery to meet runners at the eastern end of the trail will have their runner pulled from the race immediately.

Porta Pots

There is one at Indian Town aid, one at Owens Rd crossing and two at Rt 605 start/finish. Make sure you go off the trail to do other business. Watch out for poison ivy.

Parking in King George

When parked in King George County, make sure all tires are off paved surfaces and mirrors do not overhang the road. The King George Sheriff will tow without warning any car where tires are on the pavement.

Headphones

If you want to wear headphones on the rail trail it is ok. You should pull them out at aid stations and when crossing paved roads. Cars driving at 55 mph hurt when they impact bare skin. Hopefully, you will be able to hear the bears come up from behind. If you are wearing a Safety Yellow shirt and headphones, others may not be able to respect your space.

Crews & Spectators

Crews and Spectators are not allowed. We don't have places to park cars on the course and this will reduce issues with social distancing (COVID-19).

Any person, who is not a race volunteer, hanging around an aid station will be asked to leave. Please don't make us be confrontational.

Trail Hazards

Spider Webs – front runners will encounter webs across the trail. The deer flies are attracted to the webs.

Poison Ivy or Kudzu – In the clearings between mile post 2.0 and 3.5 there is either Kudzu or Poison Ivy on the trail. Both plants have leaves of three with fuzzy vines.

Bees – If you are allergic, bring your own epipen.

Ticks – They are in the area, low in numbers.

Deer Flies – Mostly between mile posts 6.5 and 10. They bite. If you are allergic to bees, you may be allergic to deer flies, too. They are attracted to CO₂ the color blue and dark clothing.

Standing Water – Depending on rain, between mile posts 14.5 and 15.5, there may be standing water on the trail up to shin deep. During periods of heavy rain, there may be standing water along the entire trail.

Runner Tracking

You must check in at the start on Saturday morning. People who pick up their race number and do not check in will have their names called at the start. We need to keep track of everybody. If you drop, you must turn in your number at the next aid station. We are tracking numbers at Indian Town and Wal-Mart aid stations. Make sure you tell them when you arrive. Any lost runner that does not follow these procedures will be charged for the cost of search and rescue.

Drop Bags

You can drop bags at the tent at Rt 605 trailhead between 5:30 and 6:00 am on Saturday morning. These will be transported to the Indiantown (8.1 & 22.9) and Wal-Mart (15.5) aid stations. Make sure you mark your name and bib number on your bags and drop in the correct location's bin. Bags from Wal-Mart should be back by 11am and from Indiantown by 1:30pm.

You can pick up your own drop bag at Indiantown until 1pm. Directions to Indiantown: Turn left on Rt 605. After 1.3 miles, turn left on Rt 3. After 4.0 miles, turn left on Rt 206. There is a Fas Mart and Food Lion at this intersection. After 2.1 miles, turn left on Indian Town Rd. There is a 1-Ten Mart at this intersection. Aid station is on the right after 2.1 miles.

Time Limit

There is a 9 hour limit. The course is flat. So, if you keep moving at a 17 minute per mile pace, you will finish within the time limit. Intermediate cutoffs are

10:30am	Wal-mart (15.5),
11:45am	Panorama (18.5),
1pm	Indiantown (22.9)
2:15pm	Comorn (27.0).

This is NO Awards Ceremony – Awards will be handed out as runners finish

Post Race

After finishing, you will have a choice of a finishers award, either hat, glass or medal. You must have reserved a medal as part of the registration process.

There will be no water, Gatorade or soda at the finish line. You must go to the tables under the shelter on the left to request a bottled drink. Volunteers will pull a drink from ice buckets and place it on the table for you to retrieve. There is no limit on post race drinks.

Also, at the finish, you will receive a ticket for post race refreshments. At the tables under the shelter on the left, you can redeem your ticket for a food bag of wrapped items. A bag will have:

4 chicken wings and dip cup or 2 Uncrustables
Fruit cup
Cookies
Chips

Please use social distancing, 10 feet, in the post race area.