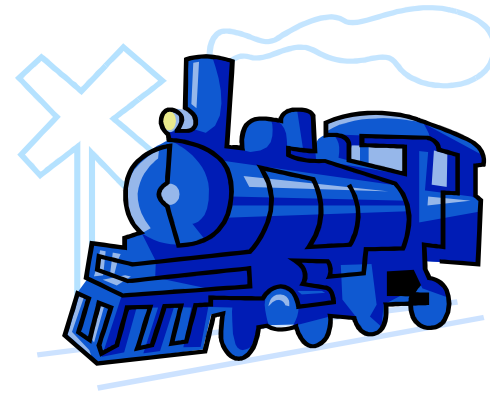


*Race Timing Unlimited
Presents*

The 1st Annual Dahlgren Trail Half Marathon



Feb 28, 2010 8am

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

Good Run, Good Food

Run Rain, Snow or Shine



Race Information and Course Maps: are posted and will be periodically updated at www.racetimingunlimited.org.

Registration: Cost on or before Feb 13, 2010 \$35 and \$45 thereafter. Race limited to first 250 to register.

Premiums: Fee includes a T-shirt and a finisher's medal. Don't want a T-shirt? Subtract \$5 from your entry fee. T-shirts may not be available for runners registering after Feb 13, 2010. Runners not receiving a T-shirt will be discounted.

Cash Awards: Top five male and female finishers will receive cash awards of \$100, \$75, \$50, \$25 and \$25. To compete for these awards, you must start in the elite waives and are not eligible for age group awards.

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.

Packet Pick Up & Late Registration: Race numbers and T-shirts may be picked up at VA Runner on Saturday Feb 27 (10am to 4pm) and at Rt 605 Trailhead on Feb 28 (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.

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.

Chip Timing will be provided by Race Timing Unlimited, using Winning Time Chips. Chips will be distributed at Rt 605 Trailhead starting at 7am on race day. Chips are to be worn on the right ankle. No Chip, No Time. Awards are based on Gun Time.

Waive Starts: Because of trail restrictions near the start, start waives of about 20 runners each will be used based on gender and age as follows: Elite Men, Elite Women, Men under 40, Men 40 to 49, Women under 40, Men 50 to 59, Women 40 to 49, Men over 59 and Women over 49. Waives will start 1 minute apart

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 Packet Pickup from I-95, exit 130 – take Route 3 west. Turn right on Carl Silver Parkway. VA Runner is on right just before Fall Hill Avenue.

Directions to Start/Finish 9 miles east of Fredericksburg on Rt 3. Turn left on Bloomsbury Rd (Rt 605). Trailhead is 1.5 miles on the right. Parking at the trailhead may be limited to those who carpool.

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 15, 2010 by email to vic@farc.org.

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

Register Online at:
www.racetimingunlimited.org

2010 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"/>				
Last Name				
<input type="text"/>				
First Name				
<input type="text"/>				
Address				
<input type="text"/>				
City			State	Zip
<input type="text"/>				
Email Address				

Fees

Postmarked by Feb 13, 2010

<input type="checkbox"/>	\$35.00 – Half Marathon
<input type="checkbox"/>	Less \$5.00 for No T-shirt

Postmarked after Feb 13, 2010

<input type="checkbox"/>	\$45.00- Half Marathon
<input type="checkbox"/>	Less \$5.00 for No T-shirt

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 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 (Parent 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
540-657-1455
Email: vic@farc.org