

*Race Timing Unlimited
Presents*

Dahlgren Heritage Rail Trail



August 8, 2009

August 8, 2009 6:30am

**Start/Finish @ Caledon Natural Area
King George, Virginia**

**Runs the Entire Length of the
Dahlgren Heritage Rail Trail
99% Dirt**

Managed by Ultra Runners for Ultra Runners

Run Rain or Shine



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

Registration: Cost until July 11, 2009 \$75 and \$85 thereafter. \$100 after August 6, 2009

Premiums: Fee includes a short sleeve tech T-shirt, finisher's hat and post race bbq.

Race Day Parking: Caledon daily entrance fee will be waived for any vehicle entering the park before 6:30am. Vehicles entering after 6:30am will be required to pay the \$3 entrance fee.

Cash Awards: Top three male and female finishers will receive cash awards of \$200, \$100 and \$50.

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 Friday Aug 7 (4 to 7pm) at a location to be determined in Dahlgren and at Shelter A in Caledon on Aug 8, 2009 (starting at 5:30am). 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 Shleter A in Caledon Natural Area. Please arrive early to allow yourself enough time to complete the registration process.

Course: Measured using Garmin GPS. Starts at Caledon Visitor's Center, onto a short trail in the eastern part of the park, onto Rt 218 east to the Rail Trail. Runs to the eastern ends, then to the western end, then back to the connection at Rt 218 and retrace steps to finish.

Aid: Will be provided at miles 2.75, 6.25, 11.25, 15.25, 19.25, 23.25, 27.25. Drop Bag for one aid station at mile 15.25 and 23.25. Limited Crew Access.

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

Directions from Fredericksburg, Rt 3 East to .Rt 206 in King George. Left on Rt 206 to Owens. Left on Rt 218, Caledon is about 1 mile on right.

Directions from Dahlgren Rt 206 West to Owens. Right on Rt 218. Caledon is about 1 mile on right.

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

Limited to 150 Runners

Time Limit is 8 hours

Register Online at:
www.racetimingunlimited.org

2009 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				

Fees

- \$75.00 -Until July 11, 2009
- \$85.00 -July 12 to August 6, 2009
- \$100.00 - After August 6, 2009

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, Caledon Natural Area 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
20 Cathedral Ln
Stafford, VA 22554

For more information: www.racetimingunlimited.org
540-657-1455
Email: vic@farc.org