

RUNNER & TRAIL INFORMATION

DAHLGREN TRAIL HALF MARATHON



Welcome to the Dahlgren Trail Half Marathon!

First and foremost, we need to thank our volunteers from the Friends of the Dahlgren Railroad Heritage Trail, King George Fire and Rescue, the King George Sheriff's Department and the King George Amateur Radio Operators for their support. We could not host this event without their support! A huge shout out goes out to our race sponsors as well!

Trailhead Address & Parking

10431 Bloomsbury Road, King George, VA 22485

Please follow the parking attendants' directions. If you arrive before 7:30am, the gate will not be open. Once the main lot is full, you will be directed to park along Birchwood Creek Rd. or in one of the business' lots. If you park on a road in King George County, ALL tires must be off paved surfaces. If you park with a tire touching a paved road or have car parts overhanging a road, the King George Sheriff may ticket and tow your car without warning.

NOTE: Google Maps and/or Apple Maps has led people astray in the past - please check to see that it is taking you to a location near Birchwood Creek Road.



Trail Description

The race starts at mile post 0 at the Rt. 605 trailhead and proceeds east on the trail to just past mile post 6.5. There are mile posts on the north side of the trail every $\frac{1}{2}$ mile. The top 4 inches of each post is painted white, but some of the paint has faded. There are not a lot of streamers on the trail. They are placed in areas where you might make a wrong turn. 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. From mile post 0 to mile post 1, there are still rails in the trail. There are 2 to 3 single track paths through this area.

Most of the trail is crushed stone. However, there are sections of 1 to 2 inch gravel. This is most prevalent between mile posts 4.5 and 6.5. We recommend using trail shoes with gaiters, and Yaktrax if there's snow, but your regular running shoes will also be suitable!

Road Crossings & Aid Stations

If there is a yellow line in the middle of any road that you cross, cars are potentially traveling at 55 mph. Make sure you look both ways before crossing. There is a crossing guard that will help at crossings. There is one unmonitored paved road crossing (Muscoe Place). Traffic volume is very low on this road.

There will be water at miles 1.5, 4, 6.5, 9 and 11.5. There will be Gatorade at miles 4 and 9. Please do your best to get your trash in to the trash bins on the trail.

Care for Fellow Runners & Runner Tracking

If a fellow runner goes down, it is your obligation to stop and help. Aid stations have cell phones to call 911. When reporting an issue, know which mile marker you are nearest and the bib number of the person in distress.

By entering the starting corral and having us record your bib number, you are indicating that you are on the course. If you drop, you must turn in your number at the next aid station. We are tracking numbers at Miles 4 and 9, at the turn around, and at the finish. Please make sure our volunteers can see your number. Any lost runner that does not follow these procedures will be charged for the cost of search and rescue.



Other Information

- 1) Headphones are discouraged.**
- 2) Porta Pots are available at Start/Finish and one will be available at the Comorn Crossing (near Mile 4 & 9)**
Cover anything you leave behind if you don't make it to a porta pot.
- 3) There is a 3.5 hour time limit.**



Bag Drop & Starting Procedures

There will be a tarp at the start that you can drop clothing or a bag on. Please do not leave anything of value. We will not be monitoring your belongings.

The trail is narrow near the start. We will be starting the race in two waves and wave assignments will be sent out the week of the race. Please use extra caution at the start and be mindful of returning runners on this out and back course.

Awards Information

Overall awards are based on gun time - the first 3 males & first 3 females to cross the finish line. You must be running in Wave 1 to be considered for Overall Awards.

Age group awards are based on chip times. Runners not receiving an overall award are eligible for age group awards.

We will host an awards ceremony around 10:45/11am. If you need to leave prior to 11am, you may pick up your award at the timer's tent.

Post-Race Refreshments & Photos

After the race, have a drink, grab some soup, and toast a donut over the fire while enjoying the morning with your fellow runners! Our photographer will be at the finish line, so grab some photos with your running pals. We'll post the photo link to social media and will send it out via email as well. You can download as many complimentary photos as you'd like.

Friends of the DRHT Trail - Donate!

We would not be able to host this race if the trail and the trail volunteers didn't exist. This privately-owned beautiful trail is 100% maintained by volunteers. They spend hundreds of hours on the trail each year and are true rockstars!

www.dahlgrentrail.org

The Dahlgren Trail Half Marathon is a Cupless Event

We will give you a HydraPak SpeedCup at packet pick up! If you already have one, you're welcome to use your own on race day. If you prefer to run with a water bottle or hydration pack, you're welcome to refill those at our Aid Stations.

Our volunteers will be ready to fill your SpeedCups at the Aid Stations.

HOW TO CARRY YOUR SPEEDCUP

The SpeedCup was designed to be lightweight, easy to hold and collapsible so it can be tucked almost anywhere.



PACK

Collapse or fold the cup and store it in your running belt, vest or pack.



POCKET

Crush your cup and tuck it in the pockets of your shorts or tights.



STASH

Fold and stash in a sports bra, arm sleeve or compression shorts.



HOLD

Use the finger loop to carry the cup in your hand.

