

RUNNER & TRAIL INFORMATION



Welcome to the DHRT 50K!

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, the King George Amateur Radio Operators, and the King George, North Stafford and Colonial Forge High School XC Teams for their support. We couldn't host this race without their help on race day!

The Friends of the DRHT and Friends of Caledon work tirelessly to get the trail ready for race day and are an amazing group of volunteers. Please consider donating to the Friends of the Trail to support their cause.

We're starting on the Eastern end of the DRHT again, and there are multiple hotels available near the start/finish line that are within walking distance.

Trailhead Address & Parking

The trailhead is at the end of the road near UMW Dahlgren. The Start/Finish Line is located in the UMW Dahlgren Parking Lot. 4224 University Drive, King George, VA.

Parking is available at UMW Dahlgren. Please arrive by 6:15am if you plan to park here. Overflow parking is available at the King George Gateway Shopping Center: 16375 Merchants Lane. Please park in the TJ Maxx area of the parking lot furthest from the storefronts.

RACE DAY

TRAIL BRIEF
6:00AM

RACE START
6:30AM

TRAIL BRIEF

YOU MUST ATTEND ONE OF THE TRAIL BRIEFS. ONE WILL BE OFFERED IN PERSON AT EACH PACKET PICK UP LOCATION AND ON RACE MORNING NEAR THE START LINE. AN ONLINE BRIEF WILL ALSO BE AVAILABLE. CHECK WEBSITE FOR DETAILS!

Race is held rain or shine!



Trail Description

The race starts and ends in the parking lot of UMW Dahlgren and the course is an out and back course. From the start you will have a short distance to run to the connector trail at the end of University Drive. You will turn Left (West) onto the Dahlgren Railroad Heritage Trail and proceed west on the trail to the turnaround point. There are mile posts on the north side of the trail every ½ mile once you hit milepost 15.5. The top 4 inches of each post are painted white, but the paint is 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.

You will be running on a bypass near Little Ark Baptist Church around Mile 1.2 and Mile 30 that will be marked with flags on a rope. This part of the course has some rough footing with some tripping hazards. Stay between the flags until you connect back to the main trail. The detour is to the north of the main trail. The fence on the north side of the trail is electrified.

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

The trail is wide, relatively flat, and is in great shape. However, has Vic likes to say, “look up, fall down”. We recommend using trail shoes with gaiters (gaiters are not required, simply suggested). You do not have to wear trail shoes - we have plenty of participants who prefer to wear running shoes and they’ve been just fine.

Road Crossings & Aid Stations & Crew

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 will assist at all major crossings.

There will be aid stations available around miles 3.3, 7.9, 12, 15.5, 19, 23.1, and 27.7 with food, drink and first aid supplies for any minor first aid needs. At Mile 24.6 and 30.1 there will only be fluids available. We will have Gatorade and Heed 2.0 at Aid Stations. Please do your best to get your trash in the trash cans provided. We will have gallons of water at the aid stations if you need to refill your packs/water bottles. We’ll also be providing HydraPak SpeedCups at packet pick up: we are cupless again this year!

ASSISTANCE: Runners can take assistance only at aid stations. Mules (carrying food and water for others) and outside pacing are prohibited. Crews are allowed only at the 50K Turnaround Aid Station - approximately Mile .7 East of the Bloomsbury Road Trailhead (10431 Bloomsbury Road). Crews can provide unlimited aid at this point.

Potential Trail Hazards

Spider Webs – front runners will encounter spider webs on the trail. Thanks for clearing those out for the rest of the field. :)

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

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

Ticks – They are in the area, and we've picked up a few when we've been on the trail.

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 the color blue and dark clothing. We will have deer fly paper available to stick to the back of your hat.

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





Other Information:

- 1) Headphones are discouraged.
- 2) Porta Pots are available at the Start/Finish, and near Mile 3.3, 7.9, 12, 14.8, 16.2, 19, and 23.1. Please go 30 feet off trail and cover anything you leave behind if you can't make it to a porta pot.
- 3) There is a 8-hour time limit for the 50K. Intermediate Cutoffs: Turnaround 10:30am, Indiantown (23.1) 12:20pm, Panorama (27.7) 1:45pm

Bag Drop & Race Day Info

There will be a tarp near the start/finish line where you can drop clothing or a bag. The official bag drop area will be available from 5:30-6:25am race morning at the end of University Drive. You can have 1 or 2 drop bags that we will deliver to separate aid stations.

- Indiantown Road - You will be here at miles 7.9 and 23.1
- Turnaround - You will be here at mile 15.5

Mark your name and bib number on your bags and drop in the correct location's bin. Bags from the turnaround should be back by 11:30am and from Indiantown by 1:15pm. You can pick up your own drop bag at Indiantown until 12:20pm.

6:00am - Trail Brief Near the Starting Line (If you come to a brief online or at packet pick up on Friday, you do not need to attend this trail brief.)

6:25am - All Runners Report to the Starting Line, Last Call for Drop Bags

6:30am - Race Start

2:30pm - Race Finish/Cutoff

Join us for food and drinks post-race and feel free to hang out to cheer on the rest of the 50K finishers!

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 and the amateur radio club is available at major road crossings. 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. Be sure to check in with us race morning. If you drop, you must turn in your number at the next aid station. We are tracking numbers at the Panorama & Indiantown Aid Stations (in both directions), at the turn around, and at the finish. Wear your bib on your front so the volunteers can see your number. Any lost runner that does not follow these procedures will be charged for the cost of search and rescue.

Awards Information

Overall awards are based on gun time - the first 3 males and first 3 females to cross the finish line. Age group awards are based on chip time. Runners not receiving an overall award are eligible for age group awards.

We will hold an awards ceremony at 12pm, but awards can be picked up at the results tent after you finish if you do not want to wait. You can check the results monitors to see if you're an award winner.

King George Trail Series Finishers - CONGRATS on completing all of the races in the series! Pick up your finishers gift at the results tent on race day.

Thank You & Upcoming Races

Thank you for choosing the DHRT 50K! We know you could have chosen any other race this weekend and you're running with us. We hope you have an awesome time! We time a lot of great races in the region, and we'd love to see you at another upcoming race.

Check out the race calendar on our website: www.arsenal-events.com/races

The DHRT 50K is a Cupless Event!

You will receive your complimentary SpeedCup at packet pick up.

HOW TO CARRY YOUR SPEEDCUP

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



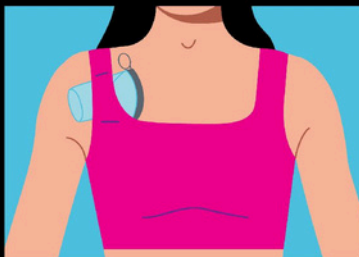
PACK

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.

