

RUNNER & TRAIL INFORMATION



Welcome to the 3H 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 & Sheriff's Department and the King George Amateur Radio Operators, King George HS XC, and Colonial Forge HS XC for their support.

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 trail!

Once again, we're starting on the EASTERN end of the DRHT, and there are multiple hotels available near the start/finish line that are within walking distance. The Start/Finish line will be located in the parking lot of the UMW Dahlgren Campus.

Trailhead Address & Parking

The Start/Finish is in the parking lot of UMW Dahlgren: 4224 University Drive, King George, VA 22485

Parking is available at the University and at the King George Shopping Center: 16375 Merchants Lane, King George, VA 22485. Please park in the area of the parking lot furthest from the store fronts near TJ Maxx to allow ample parking for their usual customers. If you're staying at MyPlace or the Holiday Inn Express, both are within that shopping center, so you can walk to the start/finish.

Important Dates

August 7, 2026

PACKET PICK UP
FLEET FEET FXBG

1993 CARL D. SILVER PKWY
FREDERICKSBURG, VA 22401
12PM-2:30PM

PACKET PICK UP
ANYTIME FITNESS

16453 MERCHANTS LN.
KING GEORGE, VA 22485
4:30PM-6:30PM

August 8, 2026

PACKET PICK UP
UMW DAHLGREN
4224 UNIVERSITY DRIVE
KING GEORGE, VA
6:30AM-7:15AM

TRAIL BRIEF
7:15AM

RACE START
7:30AM

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 is painted white. 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 that will be marked with flags on a rope or surveyors flags. The bypass includes a section of bog boards.

The trail is wide and is in great shape. However, “look up, fall down”. We recommend using trail shoes with gaiters for this race (gaiters are simply suggested).

Road Crossings & Aid Stations

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 help at all major crossings.

There will be water near miles 3.3, 6.5, 9.8 and 12.2. There will also be Gatorade at miles 3.3, 6.5, and 9.8. Please do your best to get your cups and trash into the trash cans provided. Food at the Panorama Aid Station is mainly there for the 50K participants, but if you are desperate for a burst of energy at mile 9.8, please grab a snack!

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. If you drop, you must turn in your number at the next aid station. We are tracking numbers at the Panorama Aid Station (in both directions), at the turn around, and at the finish. Wear your bib on your front so volunteers can see your number. Any lost runner that does not follow these procedures will be charged for the cost of search and rescue.

This is the third race in the King George Trail Series.

If you completed the 2026 series, pick up your finisher medal and gift at the results tent after you finish!





Misc. Information:

1) Headphones are discouraged.

2) Porta Pots are available at Start/Finish, and the Panorama Aid Station (Mile 3.3 & 9.8). Please go 30 feet off trail and cover anything you leave behind if you need to go. :)

3) There is a 6 hour time limit.



Bag Drop & Race Day Info

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. DO NOT place your bags in the 50K drop bag bins. Those will be taken out on the course and will not return until late in the day.

7:15am – Trail Brief Near the Starting Line

7:25am - All Runners Report to the Starting Line

7:30am – Race Start

9:30am(ish) - Awards Ceremony - Overall Winners + Any Age Group Winners that have come in.

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

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 times. Runners not receiving an overall award are eligible for age group awards.

Awards can also be picked up at the results tent after the awards ceremony at 9:30am. We will make additional awards announcements as finishers come in.

Upcoming Races

Thank you for choosing the 3H Half Marathon. We know you could have chosen any other race this weekend and you're running with us. We hope you have a great time!

We are hosting 4 more races in 2026 and including a NEW 10K - think lumberjack/lumberjill vibes! We also time a lot of excellent races in the region, so check out the full race calendar on our website.

October 11 - **Plaid to the Bone 10K** - Fredericksburg, VA

Oct. 24 - **Halloween 5K and Monster Mile** - Stafford, VA

Dec. 6 - **Fredericksburg Blue and Gray Half Marathon** - Fredericksburg, VA

Dec. 12 - **Frosty 5K and Reindeer Run** - Stafford, VA

Full Race Calendar: www.arsenal-events.com/races

The 3H Trail Half Marathon 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.



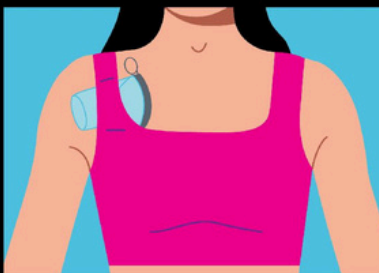
PACK

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.

