



# Dahlgren Centennial DiRT Challenge

## DUATHLON



Friends of the Dahlgren Railroad Heritage Trail



**Sunday  
Sept. 17  
7:30 a.m.**

**Start / Finish at  
Caledon  
State Park**

**11617 Caledon Rd  
King George, VA  
22485**

Proceeds from the  
race go to the  
Dahlgren Heritage  
Museum

**Race Details:** A run/bike/run through the forests of Caledon State Park and neighboring Dahlgren Railroad Heritage Trail (DRHT). The race starts at the Caledon picnic shelter with a 10K run through the park that ends back at the shelter. Transition to your bike and ride through the park to the DRHT following the course out and back. Transition again and run a 5K through the park. The race can be run solo or as teams of 2 or 3. All racers must provide proof of USTA insurance or purchase it with their registration. Timing provided by Race Timing Unlimited.

**Registration:** Solo: \$35, Team registration: \$35 plus \$10 per extra person. USAT insurance for the race \$15. Pre-registration by mail or on-line ([racetimingunlimited.org](http://racetimingunlimited.org)).

**Awards:** Will be given to male and female top 3 overall finishers and top male & female in each age division - (14-19, 20-29, 30-39, 40-49, 50-59, 60 & Up); All finishers will receive a award.

**T shirts (optional):** technical shirts for entrants (\$15). Adult sizes only. Some shirts may be available on the day of the race.

**Packet Pick-up & Late Registration :** Caledon State Park Visitor Center from 5:00 to 7:00 p.m. on Saturday, September 16th and at the Caledon State Park Picnic Shelter on Sunday September 17th from 6:00-7:00a.m

**More Info:** Email: [howlincoyote10k@hotmail.com](mailto:howlincoyote10k@hotmail.com) or call (540) 295-5300

Last Name

First Name

Address

Date of Birth mm/dd/yr

M/F

City

State

Zip code

Race entry \$35/\$10/\$10

USAT insurance \$15

T-shirt \$15

Incompl/Unsigned  
Amount enclosed

Please make checks or money orders payable  
to The Friends of Caledon.

Email

Phone

**Unsigned entry forms will not be accepted!** 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 Caledon State Park and any and all sponsors or supporters, for all claims, and damages, actions whatsoever in any manner as a result of my participation in this event and that my medical condition to do so has been verified by a licensed medical doctor.

**Signature (parent if under 18)**

**Date**

Please return the completed entry form and payment to: Race Director - Caledon State Park, 11617 Caledon Road, King George, VA 22485 or register online at [racetimingunlimited.org](http://racetimingunlimited.org)