



SHEETZ-TO-SHEETZ TRAIL RUN RACE DAY PROGRAM

APRIL 6, 2024

AID STATIONS

There are four aid stations along the course:

- Mile **3.14 - Pie Stop**: Water, fruit mini-pies
- Mile **6.2 - Campsite**: Water, Tailwind, S'mores, Peeps, marshmallows, Rice Krispies Treats, cereal bars, hot cider, hot chocolate, porta-john
- Mile **10.2 - Panorama**: Water, fruit snacks
- Mile **12.5 - Pretzel Day**: Water, soft pretzel nuggets, porta-john

In addition, water, Tailwind, and leftover aid station snacks are available at the finish line.

AINSLEY'S ANGELS

Often wearing bright pink, Ainsley's Angels volunteers use adult-sized, trail-hardened wheelchairs to push adaptive athletes. We're proud to have 2 teams on the course. For more information on inclusive running or to volunteer, see ainsleysangels.org.

AWARDS

Although the race is not timed, we do award the top male, female and canine finishers with a trophy and sponsor prizes.

BAG DROP

Our mobile bag drop service is available in the form of an impressive Bayside Ford vehicle. Runners may drop bags at the start line from 7:00 - 8:00 and pick up at the finish line from 9:30 - 12:30. Look for the flag.

BEER

This event is more about coffee than alcohol, but runners may enjoy a post-race beer at Highmark Brewery in King George or Fredericksburg. Runners enjoy a 50% discount on race day by showing their bib.

CHARITY PARTNERS

A portion of proceeds benefit Sheetz For the Kidz, Friends of the DRHT, and Ainsley's Angels of America. To date, we've donated nearly \$16,000.

CHECK-IN **NEW!**

Separate from packet pickup, runners must check in at the start line on race day. This is a very quick process where volunteers will scan the barcode on runner bibs and provide a SpeedCup, if needed. Look for volunteers in bright vests with green lights.

COURSE

This is a point-to-point, one-way 14 mile course. The first 1.5 miles are along roads to get to a trailhead. From there, the course follows the DRHT 12.5 miles.

CUPLESS RACING

To drastically reduce waste, we are proud to be a cupless race, meaning no cups or bottles of water will be served on course. Instead, runners are issued a reusable, collapsible SpeedCup during check-in on race day. NO extra SpeedCups are available after the start.

DOGS

Dogs are allowed to run with their humans under strict conditions: they must be on a leash at all times, must be under full control, and must be cleaned up after. Water bowls and dog treats are available at every aid station, and canine finishers receive their own finisher bag. Dogs are not permitted on shuttle buses.

DRHT

The Dahlgren Railroad Heritage Trail follows the former U. S. Navy railroad that supplied the base in Dahlgren. Today, it's a privately owned, 16-mile recreational path. It's free to use with a permit.

FINISH LINE GREETERS

In honor of King George's proud military traditions and the Naval base across from our finish line, we are proud to reserve the job of finish line greeter for active duty military members serving at NSF Dahlgren.

FINISHER BELT

Often seen hoisted overhead by proud finishers, it's a massive trophy inspired by professional wrestlers, available as a prop at the finish line photo booth.

FINISHER SWAG

In lieu of a medal, finishers receive a stainless steel insulated travel mug. Additionally, they'll earn a sweat towel and drawstring bag filled with snacks and vouchers for Sheetz food and drink.

FIRST AID AND RUNNER SUPPORT

First aid volunteers are expected to be stationed at the campsite and finish line. In addition, each aid station and each bike support volunteer will have a small first aid kit.

MERCHANDISE / ONLINE STORE

Decals, patches, magnets and more are available for purchase in the finish line tent from 9:30 to 12:30 and 24/7 in the RunSignup online store.

PACKET PICKUP

In addition to two pre-race options, runners have a race day packet pickup option 6:30 - 8:00 a.m. at O'Reilly Auto Parts adjacent to the start line.

PARKING

Event parking is available at the King George Gateway shopping center (near T.J. Maxx) adjacent to the finish line. Shuttle service is available to the start line. Do NOT park in either Sheetz parking lot.

PHOTOS

Photographers will be capturing the event all along the course. At the finish, runners are strongly encouraged to visit the photo booth for a victory photo. All photos will be available for free online a week after the race.

RAFFLE

Each registered runner automatically has 1 entry in the raffle; additional tickets are just \$1 each in the finisher tent or online store. Starting at 10:30, winners will be drawn for 7 great prizes. You do not have to be present to win. ALL proceeds benefit Sheetz For the Kidz.

REVIEW & SURVEY

Feedback from runners and volunteers is extremely important. The QR code on each bib and to the right here go to our review and survey sites. Please reply!

RACE SHIRTS

Shirts were an optional purchase during registration and needed to be picked up during packet pickup. A limited number will be available for purchase post-race at the finish line tent. Runners may also try to swap clean shirts there but no sizes are guaranteed.

RESTROOMS

At the start line, restrooms are available inside Sheetz and O'Reilly Auto Parts as well as behind the start line with 2 porta-johns. On course, porta-johns are available at the campsite and Pretzel Day aid stations.

TAILWIND

Tailwind is an electrolyte drink available at the start line, campsite aid station, and the finish line.

TIMING

To encourage runners to enjoy a non-competitive fun run, this race is not timed.

TRANSPORTATION

Prior to the race (6:30 - 7:30 a.m.), shuttle buses transport runners 11 miles from the official parking site to the start line. After the race (10:30 a.m. - 12:30 p.m.), courtesy shuttles are available to transport runners 0.5 miles from the finish line area to event parking.

WAVE STARTS

Runners are assigned to 1 of 4 waves (A-D) based upon the estimated finish time they provided when registering. Wave A is the fastest; wave D is the slowest. Although the assigned wave is printed on each runner's bib, waves are not strictly enforced and are used simply to spread out the field and minimize passing. Anyone going for a top finisher prize should go in wave A, regardless of assigned wave.

RACE DAY SCHEDULE

6:30 - 7:30 a.m.: Shuttle buses from event parking to the start line ([Map It](#))

6:30 - 8:00: Race day Packet Pickup (O'Reilly Auto Parts next to start line ([Map It](#)))

NEW! 6:30 - 8:00 - Start line check-in and SpeedCup pickup

7:00 - 8:00: Bag drop (start line)

7:40: Opening prayer (start line)

7:50: Live performance by Chris Reinhardt, "I'm Gonna Be" (start line)

7:58: National anthem (start line)

8:00: Race start (4 waves, 90 seconds each)

9:30 - 12:30: Bag drop (finish line)

10:30 - 12:30: Courtesy shuttle from finish to event parking

13:00 - 12:30: Merch sales (finish line)

10:00 - 12:00: Raffle drawings (finish line)

12:30: Race cut-off; event ends

ADDRESSES

All addresses are **King George, 22485**

- **Event Parking** - 16435 Merchants Lane
- **Start Line Sheetz** - 8206 Kings Highway
- **Packet Pickup** (O'Reilly Auto Parts, start line) - 10032 Arnold's Corner Court
- **Finish Line Sheetz** - 17188 Owens Drive

BY THE NUMBERS

- 8** Hours to sell out after Black Friday registration launch
- 10** States represented (including D.C.)
- 14** Distance of the course in miles (1.5 miles road; 12.5 miles trail)
- 37** Years served at Sheetz by retired manager and race enabler, Charlie A.
- 93** Unique volunteer positions
- 350** Registered runners
- 15,886** Total donations, in \$, to our charity partners

VOLUNTEER SURVEY

Scan the QR code for links to runner reviews and separate runner and volunteer surveys.



MORE INFO

Follow Sheetz-to-Sheetz online:

- [Facebook](#) (@sheetz2sheetz)
- [Instagram](#) (@sheetz2sheetz)
- [FAQs Page](#)
- [Web Site](#) (sheetz2sheetz.com)
- [Race Site](#) (RunSignup)

Race Director: Chris Chalkley, 540-424-4849, chris@sheetz2sheetz.com

Spectator Guide



Location	Spectator Rating	Parking Spots	Parking Address	First Runner (Approximate)	Last Runner (Approximate)
1 Start	★★★★★	50+	KG Middle School, 8246 Dahlgren Rd.	8:00	8:05
2	★★★★★	50+	Westbound Route 3 Businesses	8:01	8:15
Aid Station 1	★★★★★	0	No access	8:20	9:10
Aid Station 2	★★★★★	3	Indiantown Rd Trailhead, 6493 Indiantown Rd.	8:35	9:35
Aid Station 3	★★★★★	0	No access	8:40	9:45
Aid Station 4	★★★★★	2	Intersection, Panorama Dr. and Edwards Dr.	9:10	11:00
Aid Station 5	★★★★★	20	Little Ark Baptist Church, 15681 Owens Dr.	9:25	11:45
6 Finish	★★★★★	50+	Finish line, park at KG Gateway Shopping Center, 16435 Merchants Lane (0.25 mi)	9:30	12:30