

Iron Run Half Marathon and Charcoal Challenge 5k Run/Walk

WHEN: Saturday, June 13th 2015

WHERE: Pine Grove Furnace State Park at the stone furnace stack
1100 Pine Grove Road, Gardners, PA 17324

TIME: 7:30 AM start for the half marathon, 8:00 AM start for the 5k

Entry Fees

Half Marathon: \$35 by 5-21-2015 or \$45 after, including race day.

5K Run/Walk: \$25 by 5-21-2015 or \$35 after, including race day.

ONLINE REGISTRATION & PAYMENT PREFERRED

www.runreg.com/5505 for Half Marathon

www.runreg.com/5507 for 5k

(If you must register by mail, please see bottom of this form.)

Logistics

Registration opens at 6:30 AM at furnace stack. Start is the same place.

Half runners must be at start by 7:20 AM for pre-race instructions.

5k runners & walkers must be at start by 7:50 AM for instructions.

Allow 5 minutes to walk/run from the main parking area.

Parking: Look for "Major Event" signs or follow Park Ranger directions.

Restrooms: available at the registration/start area at stone furnace stack.

Headphones discouraged. No animals/wheels on course due to safety and room considerations.

Course Descriptions

The **half marathon** is a true trail run through the State Park and Michaux State Forest with flat and hilly sections and small stream crossings. There are rocks, roots, logs, and damp muddy areas. The **5k** showcases some of the nicest trails and roads within the State Park with elevation changes, rocks, roots and log crossings. 5k walkers are welcome!

Amenities

T-shirts in high-tech fabric (men/women sizes) guaranteed ONLY for registrations received by 5-21-2015. Sizes must be received by May 21 at 5 PM so we have time to order customized shirts. A limited number of shirts may be available at same-day registration ("1st come, 1st served"). Breakfast, snacks & water/Gatorade will be available at the registration area. The half marathon has four checkpoints.

Awards

Awards ceremony will start around 11 AM for half marathon and 9 AM for 5k.

If you cannot register online, print & send registration by mail with a check payable to "PPFF"

NAME: LAST _____ FIRST _____

CIRCLE RACE: Half -or- 5K

ADDRESS _____

Shirt size: S M L XL

CITY _____ STATE _____ ZIP _____ AGE _____

Gender: M F

PHONE _____ EMAIL _____

I know that running a road/trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, effects of weather, including heat and/or humidity, traffic and conditions of the road and/or trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release "Iron Run Half Marathon and Charcoal Challenge 5k," "Friends of Pine Grove Furnace State Park" and all sponsors, race directors/officials, volunteers, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I have read the liability waiver and understand the inherent risks with this activity. I certify that I am 18 years of age or older, or that I am the Parent/Guardian of the entrant and am granting permission for him/her to participate.

SIGNATURE _____

DATE _____

Hosted by Friends of Pine Grove Furnace to benefit Pine Grove Furnace State Park



www.pinegrovefriends.org

This event is a fundraiser. We are a 501(c)3 charitable organization. All proceeds support educational and recreational activities at Pine Grove Furnace State Park.

Mail registration forms to:

**Friends of PGF Iron Run
Attn: Sheena Perry
P.O. Box 424
Boiling Springs, PA 17007**