

The Iron Run

13.1 Half Marathon & 5k Charcoal Trail Run



WHEN: June 9th 2012

WHERE: Pine Grove Furnace State Park/Fuller Lake
1100 Pine Grove Road - Gardners, PA 17324

TIME: 8:00 AM START FOR THE HALF MARATHON
8:45 AM Start for 5k Charcoal Run

***Camping is available at the group tenting area, reserve a site in the camp ground Call 888-PA-PARKS (727-2757) or visit www.pa.reserveworld.com

Entry Fee:

Half Marathon - \$35 by 5/22/2012 and \$40 after or on race day.

5K Charcoal Run - \$20 by 06/11/2012 and on race day.

Online registration at: www.runreg.com

Amenities:

- T-SHIRTS to participants who register on or before 5/22/2012

- Raffle prizes

Half Marathon and 5k Race Awards:

Awards Ceremony will start at 12:00pm

Overall Male and Female

Top 3 Age Group Male and Female

0-19 YEARS; 20-29; 30-39; 40-49; 50-59; 60+

Logistics:

Please be on time.

Registration opens at 6:30 am.

Runners are asked to be at start line for the half marathon

by 7:50 am. Please allow 15 minutes to walk/run from registration

to the starting line. All 5k participants are asked to be at the start line by 8:40 am

Restrooms are available at registration. **No animals/wheels on the course due to safety and room. Headphones are discouraged.**

Race hosted by Friends of Pine Grove Furnace to benefit Pine Grove Furnace State Park



www.pinegrovefriends.org/home

Course Description: Half Marathon

A half marathon trail run consisting of both flat and hilly sections; including gradual elevation changes. There are several small stream crossings and sections of the this course are considered rocky with roots, logs and possibly some damp areas.

Course Description: 5k Run

Charcoal Challenge is a 5K run which showcases some of the nicest trails and roads within Pine Grove Furnace State Park. Sections consist of elevation changes and will include rocks, roots and log crossings.

LUNCH

The Ironmaster Mansion will be providing lunch as a fundraiser for the Mansion. It will cost \$7.00 per person. BBQ, hotdogs, hamburger, potato salad, watermelon, chips, brownies and ice tea/water.

Yes _____ # of lunches _____
No _____

NAME: LAST _____ FIRST _____

WHICH RACE: Half Marathon OR 5K

ADDRESS: _____ T-Shirt Size - S M L XL

CITY: _____ STATE: _____ AGE: _____

PHONE: _____ EMAIL _____

***CHECKS PAYABLE TO "PPFF" and mail with registration form to the Post Office address.

PGFSP IRON RUN
ATTN: Sheena Perry
P.O. Box 424
Boiling Springs, Pa 17007

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, the effects of the weather, including heat and/or humidity, traffic and the 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 5k" 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 _____

Please join us after the race at the Appalachian Trail Museum, located in Pine Grove Furnace State Park near the race starting line. A "Hall of Fame Festival" will be held Saturday afternoon on June 9th. Representatives of the honorees will be at the festival as well as other programs. Hope to see you there!