

Dear Trail Runners:

The Friends of Pine Grove Furnace State Park and the Appalachian Trail Museum Society are co-promoting the 10th annual Iron Run Half Marathon Trail Run and 5k Charcoal Challenge Run/Walk on Saturday, June 13, 2020. All proceeds support activities in our State Park.

Friends projects include support for environmental education, invasive plant removal, and trail restoration. In recent years, the Friends group repaired the furnace stack, installed playgrounds in the park, and built a 55-foot bridge across Mountain Creek; a second major hiking bridge project across the creek is now underway.

The A.T. Museum is in a former gristmill in our State Park and serves the Appalachian Trail community by telling the stories of the founding, construction, preservation, maintenance, protection, and enjoyment of the Trail. Starting this year, the A.T. Museum Society is also taking over management of the historic Ironmaster's Mansion; proceeds from this race will help support the Mansion.

By participating in our fund-raiser races, you are helping with our many projects to support and improve this busy State Park in the beautiful South Mountains. We look forward to seeing you on June 13.

-- Andre Weltman, Chairman & Race Director
Friends of Pine Grove Furnace State Park

www.pinegrovefriends.org
www.atmuseum.org

THANK YOU to our title sponsor,
Purple Lizard Maps
www.purplelizard.com



This event is a fundraiser for the Friends of Pine Grove Furnace State Park and the Appalachian Trail Museum Society. All proceeds support activities in the State Park. The Friends of Pine Grove Furnace State Park is organized as a chapter of Pennsylvania Parks and Forests Foundation (PPFF). PPFF is a 501(c)(3) organization registered with the PA Dept. of State. The A.T. Museum Society which also manages the Ironmaster's Mansion is a 501(c)(3) organization registered with the PA Dept. of State. Registration information may be obtained by calling toll-free within PA 1-800-732-0999. Registration does not imply endorsement.

**10th Annual
Iron Run Half-Marathon &
Charcoal Challenge 5k**

**Saturday, June 13, 2020, at
Pine Grove Furnace State Park, PA**

7:30 AM start for the half-marathon race
8:30 AM start for the 5k run/walk

Hosted by Friends of Pine Grove Furnace
and the Appalachian Trail Museum



*This event is a fundraiser. All proceeds support
activities in Pine Grove Furnace State Park.*

Register and pay online:

Half-Marathon: www.RunReg.com/9335

5k Run/Walk: www.RunReg.com/9336

**Iron Run Half-Marathon &
Charcoal Challenge 5k Run/Walk
Saturday, June 13, 2020**

The **Iron Run Half-Marathon** is a trail run through Pine Grove Furnace State Park and Michaux State Forest with steep sections, stream crossings, rocks, roots, logs, mud. **Runners must be at start by 7:20 AM. Start: 7:30 AM. Awards: around 11 AM.**

The **Charcoal Challenge 5k run/walk** uses some of the nicest trails and roads in the park with elevation changes, rocks, roots and log crossings. **Runners & walkers must be at the start by 8:20 AM. Start: 8:30 AM.**

Registration: opens 6:30 AM at the pavilion near Furnace Stack (stone pyramid in center of park near A.T. Museum). Start is at registration area; finish is at nearby Mansion. Restrooms available. Breakfast, snacks & hydration are included in the registration fee. The half-marathon has 4 checkpoints. You must reach CP3 (8.7 miles) by 10 AM, and CP4 (11 miles) by 10:45 AM – please see course map.

Parking: look for “Major Event” signs. Racers should park at Fuller Lake Day Use Area parking lot. Allow 5-10 minutes to walk/run from parking area to registration.

T-shirts: available ONLY for registrations received by 5 PM Monday May 18.

No animals or wheels on race course for safety & trail considerations. Headphones are discouraged.

Please register and pay online:

www.runreg.com/9335 for Half-Marathon
www.runreg.com/9336 for 5k Run/Walk

Online registration is strongly preferred.
However, to register by mail please complete the form below and sign the attached waiver.

RACE (circle)	Half Marathon or 5K		
NAME			
PHONE			
EMAIL			
STREET			
CITY			
STATE		ZIP CODE	
SEX(M/F)		AGE	
SHIRT SIZE *	Small	Medium	Large X-Large (circle one)

* Shirts are male or female sizes. Registration must be received by May 18 to guarantee a shirt.

**Half-Marathon: \$45 by May 18
or \$55 after that, including on race day.**
**5K Run/Walk: \$30 by May 18
or \$40 after that, including on race day.**

Sign waiver and return with registration:

I know that participating in a road/trail race is a potentially hazardous activity. I should not enter and participate 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 event. I assume all risks associated with participating 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,” “A.T. Museum” 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: _____

**Make checks payable to
“PA Parks and Forest Foundation” (PPFF)
and please write “FOPGF” on memo line.**
(PPFF is Friends’ parent organization.)

Mail waiver, registration and payment to:

**Friends of Pine Grove Furnace
Attn: Iron Run
1100 Pine Grove Road
Gardners, PA 17324**