

Dear Trail Runners:

Pine Grove Furnace receives close to half a million visitors each year. That's a lot of activity for a park with less than 700 acres! The Park has increasingly turned to the *Friends of Pine Grove Furnace State Park* as a way to help maintain quality educational and recreational programs.

One of our primary goals is to raise money for the Park. In addition to the Iron Run half-marathon & Charcoal Challenge 5k run and walk in June, our fundraisers include the Fall Furnace Fest in October; the sale of firewood at the campground; and sale of park merchandise.

By participating in our 9th annual fundraiser races, you are helping us 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 8!

**-- Andre Weltman, chairman
Friends of Pine Grove Furnace State Park**

**www.pinegrovefriends.org
and visit us on Facebook**

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

Our Mission: *The Friends of Pine Grove Furnace State Park (FOPGF) exists to keep history alive and promote educational and recreational programs at the park and surrounding areas through special events and trail development while protecting the park's natural resources.*



The Friends of Pine Grove Furnace State Park (FOPGF) was formed in August 2010 as a chapter of the Pennsylvania Parks and Forests Foundation (PPFF).

PPFF is a 501(c)(3) non-profit organization. Contributions to PPFF are tax deductible to the fullest extent of the law.

Official registration for PPFF is available from the Pennsylvania Department of State by calling toll free within Pennsylvania 1-800-732-0999. Registration does not imply endorsement.

9th Annual Iron Run Half-Marathon & Charcoal Challenge 5k

**Saturday, June 8, 2019, 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
to benefit Pine Grove Furnace State Park*



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

Register and pay online at:

***www.runreg.com/8589 for Half-Marathon
www.runreg.com/8590 for 5k Run/Walk***

***Race timing provided by
Pretzel City Sports***

Iron Run Half-Marathon & Charcoal Challenge 5k Run/Walk Saturday, June 8, 2019

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 7:20am. Start: 7:30am. Awards: around 11:00am.**

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

Registration: opens 6:30am at the pavilion near Furnace Stack (large stone pyramid in the center of the park, near A.T. Museum). Start/finish lines are next to registration. Restrooms are 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 the course map on our website.

Parking: look for “Major Event” signs. Most 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: guaranteed ONLY for registrations received by 5 pm Monday May 13. (A few shirts may be available for late or same-day registrations on a first-come, first-served basis – we cannot guarantee you a shirt if you do not register by May 13).

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

Please register and pay online:

www.runreg.com/8589 for Half-Marathon
www.runreg.com/8590 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 14 to guarantee a shirt.**

**Half-Marathon: \$35 by May 13
or \$45 after that, including on race day.**

**5K Run/Walk: \$25 by May 13
or \$35 after that, including on race day.**

Sign waiver and return with registration:

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: _____

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

Mail waiver, registration and payment to:

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