NEW FOR 2019: Checkpoint dropout times. You must get to CP3 (8.7 miles) by 10 AM, and CP4 (11 miles) by 10:45 AM. (Half-marathon starts 7:30 AM.) See next page for checkpoint locations and distance intervals.
Please note that the Iron Run “half-marathon” total distance = 13.4 miles

**Interval mileage between checkpoints (CP)**

Start to CP1 (Michaux Road) = 3.6

CP1 to CP2 (Woodrow Road) = 3.7

*Note: this CP moved a short distance down the road vs. previous years*

CP2 to CP3 (Route 233 “Mud Banks” near Woodrow Rd) = 1.4

CP3 to CP4 (campground overflow parking, Bendersville Rd) = 2.3

CP4 to Finish = 2.5

*Intervals do not add to 13.4 miles due to rounding.*

The half-marathon course after CP4 is the same as the 5k course. Markings are identical.

**USE CAUTION AT ROAD CROSSINGS:** Follow directions given by CP volunteer.