



The Central PA Conservancy & the Susquehanna Appalachian Trail Club  
Present the 5<sup>th</sup> Annual

## **2014 IRONMASTER'S CHALLENGE**

Michaux State Forest and Pine Grove Furnace State Park, Gardners, PA

**Sunday, April 27, 2014**

**50K Ultra, and 25K & 15K Challenges**

Online registration starts **DECEMBER 1, 2013** at:

[www.ironmasterschallenge.com](http://www.ironmasterschallenge.com)



**STARTING TIME:** Individuals timed and recorded for 10 hours from start of earliest event.

**50K Ultra:** 6:30 AM registration begins at Furnace Stack Pavilion, 7:30 AM start, finish by 5:30 PM

**25K Challenge:** 7:30 AM registration begins at Furnace Stack Pavilion, 8:30 AM start, finish by 3:30 PM

**15K Challenge:** 8:30 AM registration begins at Furnace Stack Pavilion, 9:30 AM start, must finish by 3:30 PM

**COURSE:** The 50K, 25K, and 15K trail courses are on rustic trails ranging from jeep roads to single track through a beautiful state forest and state park. There are numerous scenic spots and vistas throughout the course. All are good tests for the serious trail runner and hiker. The 25k overlaps most of the 15k with several loops onto the 50k route including Pole Steeple. The 15K is on less challenging trails which participants may walk or run at their desired pace. Participants must be 16 or older to do the 50K. Professional timing for all 3 events. If a runner cannot meet the Check Point cut-off times, he/she will be asked to drop out. Trail maps and Check Point locations are available on the event website.

**AWARDS:** 1<sup>st</sup> Overall Male & Female in each event plus:  
1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Male and Female in following age ranges for each event: 16-29, 30-39, 40-49, 50-59, 60+

**CHECK POINTS (CPs):** Check Point refreshments include granola bars, trail mix, pretzels, peanut butter and jelly sandwiches, energy gels or similar products, oranges, grapes, bananas, water, Gatorade, and basic first aid. Each CP is staffed with volunteers and 2 radio communicators. Emergency Medical Support is on standby in case of injury or other complication. Water Stations include water, Gatorade, first-aid, and 1-2 volunteers.

50K Ultra: 3 CPs and 3 Water Stations (Mileposts will be posted on [www.ironmasterschallenge.com](http://www.ironmasterschallenge.com))

25K Challenge: 1 CP and 2 Water Stations (Mileposts will be posted on [www.ironmasterschallenge.com](http://www.ironmasterschallenge.com))

15K Challenge: 1 CP and 1 Water Station (Mileposts will be posted on [www.ironmasterschallenge.com](http://www.ironmasterschallenge.com))

**ENTRY FEES:** All entries postmarked or received online by March 15<sup>th</sup> to receive short sleeve tech shirt in the size ordered. Afterwards, including day of race, shirts will be distributed while supplies last. **To insure adequate supplies on the course, registration before race day is encouraged.**

50K Ultra: \$60 if postmarked by Sat., March 15<sup>th</sup>, afterwards, including raceday; \$70

25K Challenge: \$45 if postmarked by Sat., March 15<sup>th</sup>, afterwards, including raceday; \$55

15K Challenge: \$40 if postmarked by Sat., March 15<sup>th</sup>, afterwards, including raceday; \$50

The entry fee covers breakfast of bagels, muffins, yogurt, fruit, juice and coffee; snacks and drinks at each Check Point; a full smorgasbord of hot and cold food at a finish-line picnic with some adult beverages, a goodie bag, a tech t-shirt, and a finisher's premium for the 50K Ultra only. **Events held rain or shine. We reserve right to delay starting time and cutoff time in case of mega-bad weather. No refunds. No mailing of shirt or awards.**

**50K ULTRA CUT-OFF TIMES:** Participants have 10 hours to finish the race and there are time requirements for participants arriving at two Check Points:

Check Point 2 (MP 19.4): Must arrive by **1:35 p.m.**, or you will be required to drop out of the event

Check Point 3 (MP 28.2): Must arrive by **5:00 p.m.**, or you will be required to drop out of the event

**FINISH LINE PICNIC AT IRONMASTER'S MANSION and AWARDS CEREMONY:** Begins at **11:45 a.m.** and runs until **5:30 p.m.** An awards ceremony will be held at 12:30 p.m. for 15K and 25K and another at 2:00 p.m. for 50K and others winners who finished after the earlier ceremony.

**DIRECTIONS: FOR ONLINE MAP and DIRECTIONS, USE 1120 PINE GROVE RD, GARDNERS, PA, 17324.** The event location parallels I-81 as it travels southwest of Carlisle, PA Take I-81 to Pennsylvania Exit 37 (Newville). Travel south from the exit on PA-233 for 8 miles. At the "T" intersection stop sign, turn LEFT onto Pine Grove Road, a/k/a Hunter's Run Road (SR 3008). Travel 200 feet and turn RIGHT into the Fuller Lake parking area. Directions & maps of the park can also be found at:

[http://www.dcnr.state.pa.us/stateparks/parks/pinegrovefurnace/pinegrovefurnace\\_mini.pdf](http://www.dcnr.state.pa.us/stateparks/parks/pinegrovefurnace/pinegrovefurnace_mini.pdf)

**VOLUNTEERS:** We welcome friends and family members of race participants to volunteer for the event while cheering on your favorite participant! Call 717-241-4360 or email [ayelk@centralpaconservancy.org](mailto:ayelk@centralpaconservancy.org).

**Please no smoking and no pets on the trail, at the checkpoints, and at the Ironmaster's Mansion.**

**Online Registration only at:**

[www.ironmasterschallenge.com](http://www.ironmasterschallenge.com)

**Or at Pretzel City Sports website:**

[www.pretzelcitysports.com](http://www.pretzelcitysports.com)