

# 10th Annual



The Central PA Conservancy & Susquehanna Appalachian Trail Club present the

## IRONMASTER'S CHALLENGE

Michaux State Forest and Pine Grove Furnace State Park, Gardners, PA  
online registration at [www.ironmasterschallenge.com](http://www.ironmasterschallenge.com)

**Sunday, April 28, 2019**

### **50K Ultra & 15K Challenge**

**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
- **15K Challenge: 8 AM registration** begins at Furnace Stack Pavilion, **9 AM start**, must finish by 2:30 PM

**COURSE:** The 50K and 15K trail courses are on rustic trails ranging from jeep roads to single track through beautiful public lands with amazing vistas along the way. The 15K is on less challenging trails - participants may walk or run at their desired pace. Must be 16 or older to do the 50K. Professional timing for both events by Pretzel City Sports.

**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):** Snacks such as granola bars, pretzels, peanut butter and jelly sandwiches, energy gels or similar products, oranges, and bananas. Beverages are water and an energy beverage. Each CP is staffed with volunteers and 2 radio communicators. Emergency Medical Support is on standby.

**WATER STATIONS** include water, an energy drink, first-aid, and will be staffed.

**ENTRY FEES:** All entries received online by March 1<sup>st</sup> will receive short sleeve tech shirt in the size ordered.

- **50K Ultra: \$75 if registered online by March 1<sup>st</sup>**, afterward: \$85
- **15K Challenge: \$45 if registered online by March 1<sup>st</sup>**, afterward: \$55

The entry fee covers a light breakfast, snacks and drinks at each Check Point; a full buffet of hot and cold dishes at a finishline picnic, free beer, ice tea or lemonade, a goodie bag, a tech t-shirt, and a finisher's premium for the 50K Ultra **only**. The income from the event supports the programs and operations of the Central PA Conservancy.

**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. FOR ONLINE DIRECTIONS, USE 1120 PINE GROVE RD, GARDNERS, PA, 17324.** Directions & maps of the park can also be found on event website, [www.ironmasterschallenge.com](http://www.ironmasterschallenge.com).

**VOLUNTEERS:** Sign-ups available via event website. Come out for a fun day in the woods and support a good cause!  
**Please no smoking and no pets on the trail, at the checkpoints, and at the Ironmaster's Mansion.**