



Central Pennsylvania Conservancy presents the

2020 IRONMASTER'S CHALLENGE

at Pine Grove Furnace State Park and Michaux State Forest, Gardners, PA
online registration at www.ironmasterschallenge.com

Sunday, April 26, 2020~50k Ultra & 15k Challenge

STARTING TIME: Individuals timed and recorded for 10 hours from start.

- **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: 1st Overall Male & Female in each event plus: 1st, 2nd, & 3rd 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 1st will receive short sleeve tech shirt in the size ordered.

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

The entry fee covers a light breakfast, snacks and drinks at each Check Point; a lunch buffet at the finishline picnic, free beer, ice tea or lemonade, 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 [Central PA Conservancy](http://www.centralpaconservancy.org), a nonprofit land trust that acquires, preserves, and protects land and natural resources in South Central PA.

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.

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.

Please make check payable to "CENTRAL PA CONSERVANCY". Send check & this form to:

Central PA Conservancy, Attn: Ironmaster's Race, 401 E. Louther St., Suite 308, Carlisle, PA 17013.

Sign form please!

_____ I would prefer to charge my donation to my credit card.
(Please fill out credit card information)

CREDIT CARD INFORMATION

Please charge my membership/contribution to my: ___ MasterCard ___ Visa ___ Discover Card ___ American Express

Account #: _____ Expiration Date: _____ Security Code (back of card) _____

Print the name of account holder as it appears on card: _____

Signature of account holder: _____

Last name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Sex: M F Age on Race Day: _____ Date of birth ___/___/___
(must be 16 or older to do 50k)

Shirt Size: XS S M L XL XXL Email: _____@_____

Phone: (____) _____ __ A.M? __ P.M.? __ BOTH?

Event Entered: (circle one): 50K Ultra 15K Challenge

WAIVER: Trail Run/Hike Waiver I know that running or hiking a trail event is a potentially hazardous activity. I should not enter and run/hike unless I am medically able and properly trained. I also know that there will be traffic, hazards, debris and poor footing on the course and assume the risk for running or hiking on it. I also assume any or all other risks associated with running/hiking or attending the race including but not limited to falls, contact with other participants, the affects of the weather, getting lost, wildlife & insect attacks and all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, the Commonwealth of Pennsylvania, Tumbling Run Game Preserve, all municipalities in which the event is held, the race director, course officials, all other organizations directly or indirectly associated with the race, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race/hike, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports or the organizers to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. BY SUBMITTING THIS ENTRY ONLINE, I ATTEST THAT I AM AT LEAST 18 YEARS OLD, AND THAT I HAVE READ AND UNDERSTAND THIS WAIVER.

SIGNATURE _____ DATE ___/___/___
(signature of parent or guardian if under 18)

Total Paid \$ _____