



The George's Creek Promotion Council presents the
29th Annual Iron Furnace 5k Run & 1.5 Mile Fun Run/Walk
 managed by the Queen City Striders

Saturday, June 24, 2017

8:00 a.m. (Race Day Registration will be from 7:00 to 7:45 a.m.)

Lonaconing, MD

Course Information: The Iron Furnace race will begin at George's Creek Elementary School situated 1 mile north of Lonaconing on MD Route 36. The point to point course will be along the George's Creek River, through the streets of Lonaconing, and finish at the historic Iron Furnace on the north end of town. The course is mostly flat with a short hill at mile 1 and half mile slope at the 2 mile mark.

Prize Money: The first male and female finishers in the Open 5k will receive \$75.00 each. The first male and female in the Masters will receive \$25. Masters runners are eligible for awards in the open category as well. In addition male/female Open and Masters Winners will receive free entry into the 2017 race.

Age Group Winners (Men's & Women's- Runners Only): 12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, and 60 and over. **Course Record Holders:** Male-Randy Lowe, 14:50 (1997) Female-Kristin Dudley, 17:05 (2003)

After the Race: Refreshments will be provided at the historic Iron Furnace Park located across State Rt. 36 from the finish line. Race awards and door prizes will be presented at this time. You must be present to win a door prize. For race day planning the finish line is located just over a mile south of the starting point. Ample parking is available at the start and transportation will be provided back to the start area on race day.

Electronic Registration at <https://runsignup.com/Race/MD/Lonaconing/IronFurnace5K>

Entry fee is \$20.00 if postmarked by June 17, 2017. Late registration entry fee is \$25.00 after June 21st. Early registration for families: 2 runners is \$32.00, 3 runners is \$45.00, 4 runners is \$56.00, 5 runners \$65.00, 6 runners \$78. Make checks payable to: George's Creek Promotion Council and mail to c/o Zach Bittinger, 16201 Warnick Rd, Frostburg, MD 21532.

Entry Form (please print and complete entirely)

First Name: _____ Last Name: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Phone: _____ Email: _____

Age on June 27, 2016: _____ Gender: Male Female Shirt Size(Adult Sizes): S M L XL

SELECT WHICH Race: 5K Run OR 1.5 Mile Fun Run/Walk

Waiver of Liability: I hereby release liability from the George's Creek Promotion Council, Queen City Striders, RRCA, the Town of Lonaconing, all sponsors, race officials, and anyone connected in any way to the 2017 Iron Furnace 5k for any injury or ailment resulting from my participation in the above state race. I further state that I am aware that this race is strenuous activity, and I have prepared properly to participate.

Signature of participant or parent if runner is 18 years of age

