

**The George's Creek
Promotion Council
presents the**

21st Annual

Iron Furnace 5K Run

&

1.5 Mile Fun Run/Walk



Saturday, June 27, 2009

8:00 a.m.

Lonaconing, MD

Course Information

The Iron Furnace Run will begin at George's Creek Elementary School, which is situated 1 mile north of Lonaconing on MD Rt. 36. The point-to-point course will be run along George's Creek, 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 a half-mile slope at the 2-mile marker.

Prize Money

The first male and female finishers in the Open 5K will receive \$200, second place \$100, and third place \$50. The first male and female finishers in the Masters will receive \$100. Masters runners are eligible for awards in the Open category as well.

Awards

All pre-registered runners will receive a beautifully designed t-shirt. Awards will be presented to the first three finishers in each age division in the run, the first three male and female finishers in the Fun Run/Walk, the first three male and female finishers in the 60 & Over category, and to the first male and female in the Open 5K and the Masters categories. The first male and female finishers from the Town of Lonaconing will also receive awards.

Age Groups (Mens & Womens - Runners Only)

9 & Under	20-24	40-44
10-12	25-29	45-49
13-15	30-34	50-59
16-19	35-39	60 & Over

Male record holder: Randy Lowe, 14:50, 1997

Female record holder: Kristin Dudley, 17:05, 2003

After the Race

After award plaques are presented, a random drawing from numerous valuable door prizes will be held in the Furnace Park. You must be present to win. Refreshments will be provided after the awards ceremony and drawings.



www.qcstriders.org

Entry Form (please print clearly)

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

Age: _____ Sex: Male / Female

PR: _____ Shirt Size: S M L XL
(circle one) (Adult Sizes)

5K Run 1.5 Mile Fun Run/Walk

Waiver of Liability

I hereby release from liability the George's Creek Promotion Council, Queen City Striders, RRCA, the Town of Lonaconing, all sponsors, race officials, and anyone connected in anyway with the 2009 Furnace 5K Run for any injury or ailment resulting from my participation in the above stated race. I further state that I am aware that this race is a strenuous activity, and I have prepared properly for my participation in it.

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

Entry fee is \$15.00 if postmarked by June 22, 2009

Pre-registered entry fee is \$20.00 after June 22, 2009

Early registration for families. 2 runners \$28, 3 runners \$40, 4 runners \$50, 5 or more \$60.

Make check or money order payable to:

George's Creek Promotion Council

c/o Tom Dawson
17 Island Street
Lonaconing, MD 21539

