

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

**22nd Annual
Iron Furnace 5K Run**

&

1.5 Mile Fun Run/Walk



**Saturday, June 26, 2010
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 \$100, second place \$100, and third place \$50. The first male and female finishers in the Masters will receive \$50. Masters runners are eligible for awards in the Open category as well.

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) 5K Run 1.5 Mile Fun Run/Walk (Adult Sizes)

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 2010 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 20, 2010
Pre-registered entry fee is \$20.00 after June 20, 2010
Early registration for families. 2 runners \$28, 3 runners \$40, 4 runners \$50, 5 runners \$60.**



Make check or money order payable to:

George's Creek Promotion Council

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