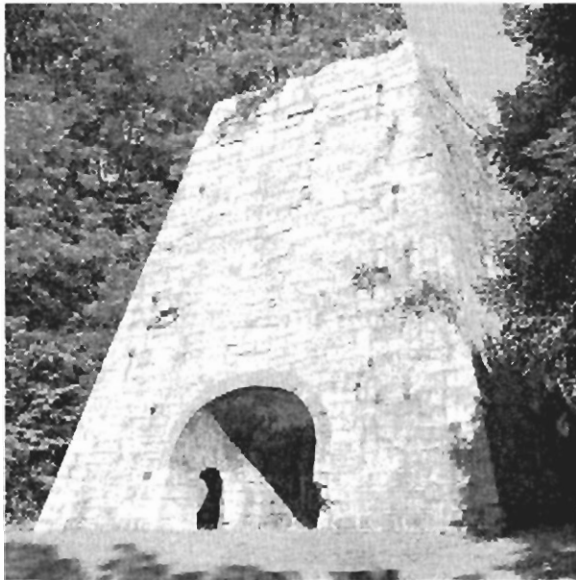


The George's Creek Promotion Council presents the

20th Annual Iron Furnace 5K Run & 1.5 Mile fun Run/Walk

Saturday, June 28, 2008
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 and to the first male and female in the Open 5K and the Master's 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
(Adult Sizes)

(Circle One)

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 2008 Iron 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 23, 2008

Entry fee is \$20.00 after June 23, 2008

Make check or money order payable to:

George's Creek Promotion Council

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



Directions

Take interstate 68 to Frostburg, MD
take Exit 34 south. Follow MD 36 for
7 miles to George's Creek Elementary
School.

Optional Directions

Follow MD Rt. 135 to Westernport,
MD take MD Rt. 36 north to Lonacon-
ing. George's Creek Elementary
School is 1 mile north of town.

Parking

Some parking will be available at
George's Creek Elementary School.
Bus transportation will be provided for
runners and spectators back to their
vehicles after the race. Runners should
plan to arrive one hour prior to race
time.