



Iron Furnace Trail Run Course Descriptions

13.1 Mile Course Description

The 13.1 mile course will be marked with **pink flagging** along with direction arrows at key turns and intersections. 13.1 mile and 4.5 mile runners start at the same time and will run together for about 1 mile before the split-off. ****DON'T ACCIDENTALLY GO ON THE WRONG COURSE AT THIS POINT!**** Follow your flagging color.

The 13.1 mile course is the more challenging of the two courses with frequent steep uphill and downhill sections. Most of the course is run on the rugged Backpack Trail of Zaleski State Forest. This course can be described as difficult and hilly but totally worth the challenge! Runners will be greeted with several spectacular vistas as well as one of the most gorgeous trail sections in SE Ohio featuring rock outcroppings and gorges that might just make you stop running to enjoy the sights. Make sure you save just enough energy for the last 1/2 mile uphill on the Greenbrier Trail before returning to the finish at the lodge. Shortly after entering onto the Backpack Trail and again just before exiting the Backpack Trail, make sure you look across Route 278 to see the Hope Furnace in which the race was named after!

Cut-off information: the course remains open for 4.5 hours (20:36 pace per mile)
There will be a cut-off at the mile 8.3 mile aid station of 3 hours (21:41 pace per mile)
Runners that do not reach the 8.3 mile aid station in 3 hours will be transported back to the finish line.

13.1 Mile Terrain Overview

- 2219 feet of elevation gain
- 9.9 miles of singletrack trail
- 2.2 miles of gravel road
- 1 mile of pavement

13.1 Mile Turn-by-Turn Directions

- The 13.1 mile course starts in the parking lot at Lake Hope State Park Lodge.
- Runners will run down the paved Lodge Road through the campgrounds for approximately 1/2 a mile.
- Veer off the road to the left onto the Greenbrier Trail and decent 1/2 mile.

- Turn right at the split-off and cross a wooden bridge. Shortly, you will come to route 278, in which you will cross. (flagger will be there directing traffic and runners). **4.5 mile runners will be turning left, don't follow them!
- Cross 278 and enter the Backpack Trail in Zaleski State Forest.
- From here, you will begin to see Orange Blazes on trees but be looking for the pink course flagging on the Backpack Trail. You'll see signs saying Point A, Point B, Point C, etc.
- Follow the Backpack Trail for approx. 6.4 miles to Point E. You'll pass through 2 backpacking campsites along this portion of the trail (respect campers and backpackers!)
- At Point E, you will come across a gravel road, King Hollow. There will also be the first aid station here!
- Turn left on King Hollow and travel 2.2 miles on the gravel road.
- Near the end of King Hollow, you will turn right to rejoin the Backpack Trail (there will be clear markings and people instructing you which way to go). Once you are back on the trail, this is the only out and back section of the course.
- You will travel along a beautiful section below rocky hillsides to Point F, which is the turnaround spot. At this location, there will be a bib punch that you need to punch your bib with before turning around (it will be hanging from a tree, clearly visible).
- After turning around, retrace the previous section until you intersect with King Hollow.
- This time cross King Hollow and continue on the trail. Follow the trail until you are back at Point A and route 278.
- At this point, you will end the same way you began. Cross route 278 and run up the Greenbrier Trail until the Lodge Road.
- Turn right onto the road and run until the lodge parking lot. The finish line is at the end of the parking lot, you have finished!

4.5 Mile Course Description

The 4.5 mile course will be marked with white flagging along with direction arrows at key turns and intersections. 13.1 and 4.5 mile runners start at the same time and will run together for about 1 mile before the split-off. ****DON'T ACCIDENTALLY GO ON THE WRONG COURSE AT THIS POINT!**** Follow your flagging color.

Although easier than the 13.1 course, the 4.5 mile course still offers some great sights along the way. After a long downhill on the Greenbrier Trail in the first mile, runners will navigate counter-clockwise on the Peninsula Trail after veering left at the split-off. Soon after the split-off, runners can look to their right across the lake to see the Hope Furnace in which the race was named after. Enjoy running alongside Lake Hope on the semi-flat Peninsula Trail until looping back to the Greenbrier Trail where you'll need just enough energy left to run up the 1/2 mile hill before returning to the finish at the lodge.

Cut-off information: the 4.5 mile course remains open for the duration of the event (4.5) hours, so it is perfect for walkers.

4.5 Mile Terrain Overview

- 924 feet of elevation gain
- 3.5 miles of Singletrack Trail
- 1 mile of pavement

4.5 Mile Turn-by-Turn Directions

- The 4.5 mile course starts in the parking lot at Lake Hope State Park Lodge.
- Runners will run down the paved Lodge Road through the campgrounds for approximately 1/2 a mile.
- Veer off the road to the left onto the Greenbrier Trail and decent 1/2 mile.
- Veer left at the split-off – you are on the Peninsula Trail. ****if you turn right at the split off and come to a paved road shortly after, that means you went the wrong way!****
- The Peninsula Trail is a complete loop and you will be running it counter-clockwise.
- Follow the Peninsula Trail, along the side of Lake Hope, until eventually after about 3 miles you'll intersect the entrance area of the Lodge Road that you drove in on earlier in the morning.
- Cross the Lodge Road and continue along the woods line until the trail continues. Run for another 1/2 mile and you will see an arrow and flagging point toward the left, and this is the Greenbrier Trail in which you ran down earlier.
- Turn left on the Greenbrier Trail and run it the opposite direction than you did earlier to the Lodge Road.
- Turn right onto the Lodge Road and follow back to the parking lot
- The finish line is at the end of the parking lot, you have made it!