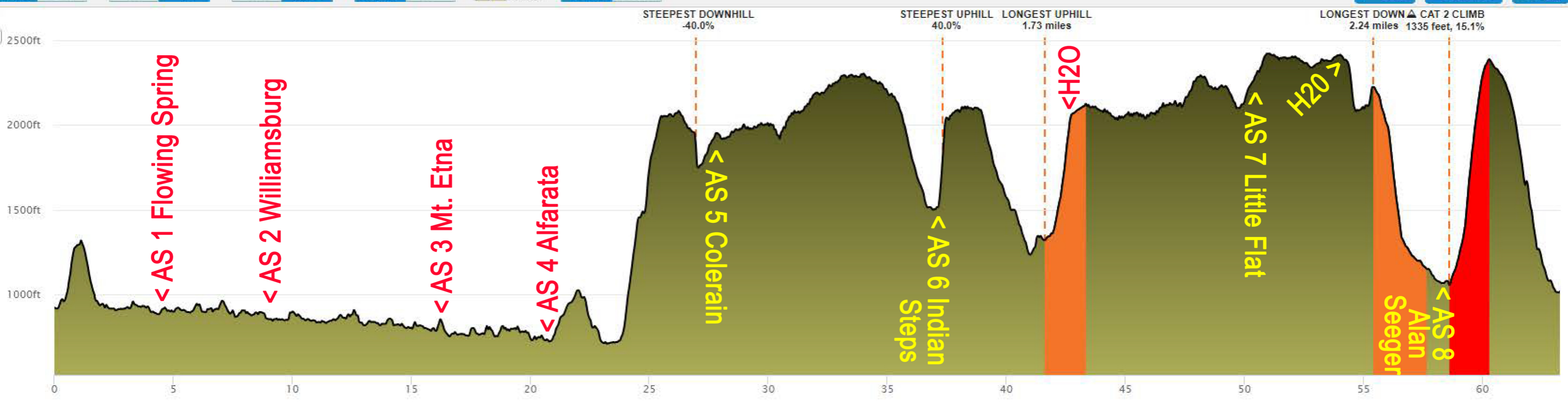


Ironstone 100K Ultra - RSFv2

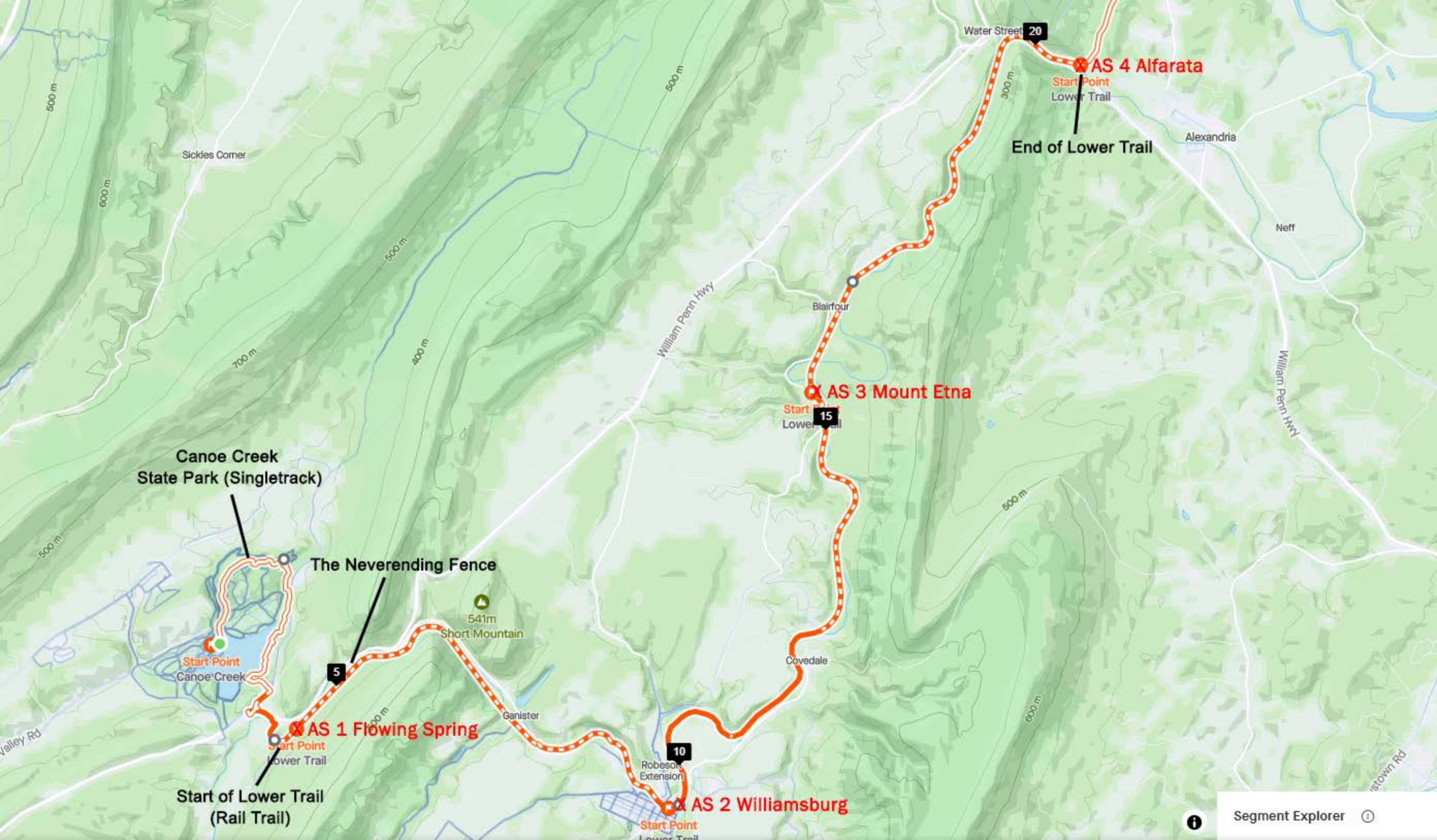




Ironstone 100K AS Plan

Edition: April 2, 2023

Aid Station	Segment Distance	Crew Distance	Total Dist	Support							Cutoffs					#	First Runner in Last Year	Open	Close	
				Radio	H2O	Food	Medical	Marshal	Drop Bag	Crew	Time of Day	Total Elapsed Time [H:mm]	Time from last Cutoff [H:mm]	Max Cut Pace from last AS [mm:ss]	Max Overall Cut Pace [mm:ss]					
Start			0.0									2:00 PM								
AS1 Flowing Spring	4.7	9.75	4.7	x	x	x	x	x				3:30 PM	1:30	1:30	19:08	19:08	1		2:30 PM	3:30 PM
AS2 Williamsburg	5.1		9.75	x	x	x	x	x	x	x		5:00 PM	3:00	1:30	17:38	18:27	2	3:11 PM	2:45 PM	5:00 PM
AS3 Mt. Etna	5.9	11.1	15.6	x	x	x	x	x				6:45 PM	4:45	1:45	17:47	18:16	3	3:53 PM	3:30 PM	6:45 PM
AS4 Alfarata	5.2		20.8	x	x	x	x	x	x	x		8:15 PM	6:15	1:15	17:18	18:01	4	4:29 PM	4:00 PM	8:15 PM
AS5 Colerain	6.9	15.8	27.7	x	x	x	x	x				10:45 PM	8:45	2:30	21:44	18:57	5	6:24 PM	5:30 PM	10:45 PM
AS6 Indian Steps	8.9		36.6	x	x	x	x	x	x	x		--	12:30	3:45	25:16	20:29	6	8:58 PM	8:00 PM	2:30 AM
ASX Lowry Trail Crossing	--		40.4						x				--	--	--	--	--	--	--	--
ASX Jo Hayes **Water**	6.2		42.8		x								--	--	--	--	--	--	--	--
AS7 Little Flat	8.2	22.0	51.0	x	x	x	x	x	x	x		8:15 AM	17:15	5:45	26:02	20:17	7	1:41 AM	12:00 AM	8:15 AM
ASX Big Flat **Water***	3.3		54.3		x								--	--	--	--	--	--	--	--
AS8 Alan Seeger	4.3		58.6	x	x	x	x	x	x	x		11:00 AM	21:00	2:45	19:38	20:28	8	4:21 AM	3:00 AM	11:00 AM
Finish	4.9	4.9	63.5	x	x	x	x	x	x	x		1:00 PM	23:00	2:00	24:29	21:43	F	6:09 AM	4:00 AM	1:00 PM



Canoe Creek State Park (Singletrack)

The Neverending Fence

AS 1 Flowing Spring

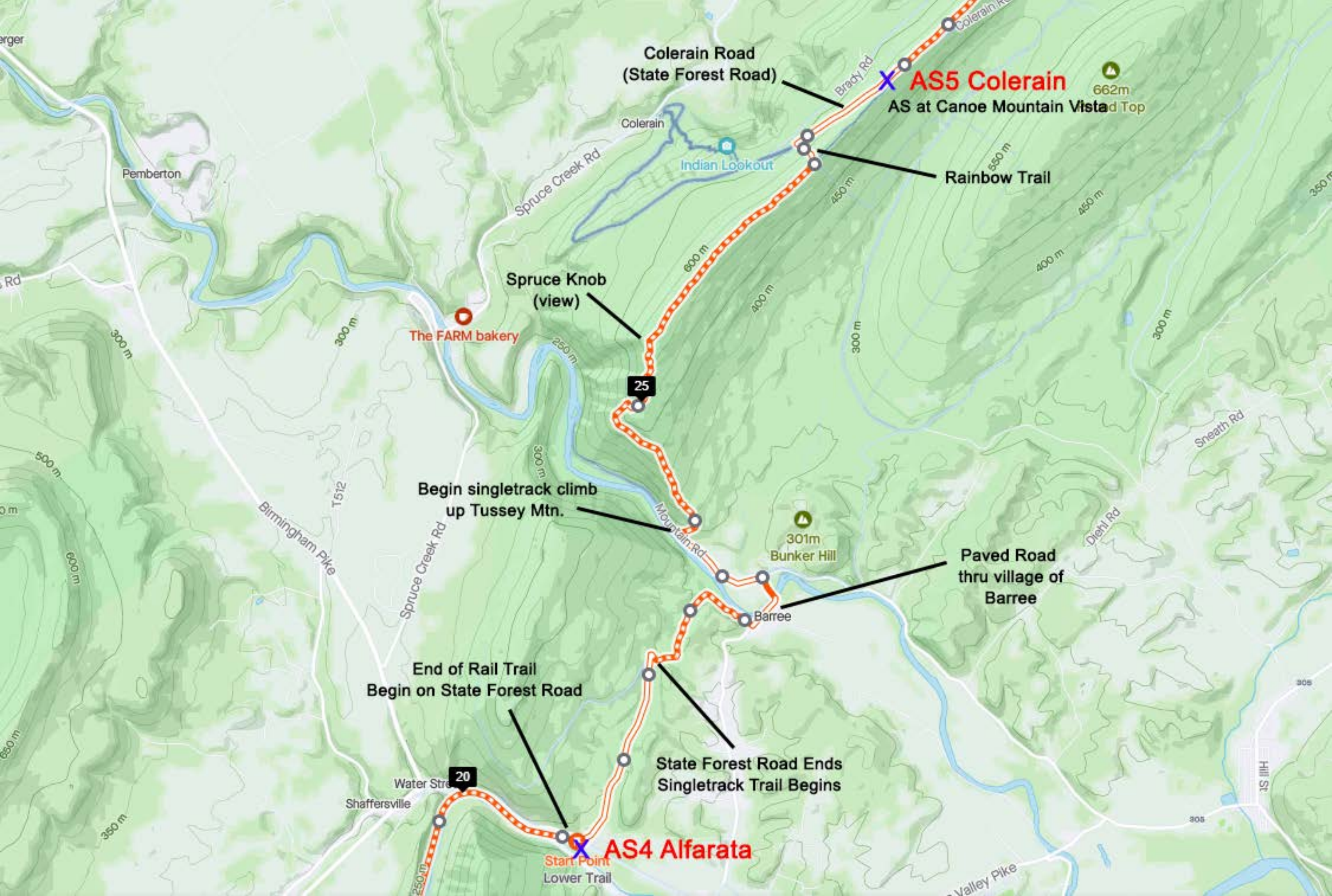
AS 3 Mount Etna

AS 4 Alfarata

AS 2 Williamsburg

End of Lower Trail

Start of Lower Trail (Rail Trail)



Colerain Road
(State Forest Road)

AS5 Colerain

AS at Canoe Mountain Vista Top

Rainbow Trail

Spruce Knob
(view)

The FARM bakery

25

Begin singletrack climb
up Tussey Mtn.

301m
Bunker Hill

Paved Road
thru village of
Barree

Barree

End of Rail Trail
Begin on State Forest Road

State Forest Road Ends
Singletrack Trail Begins

AS4 Alfarata

Start Point
Lower Trail

20

Water Street
Shaffersville

Birmingham Pike

T512

Spruce Creek Rd

Mountain Rd

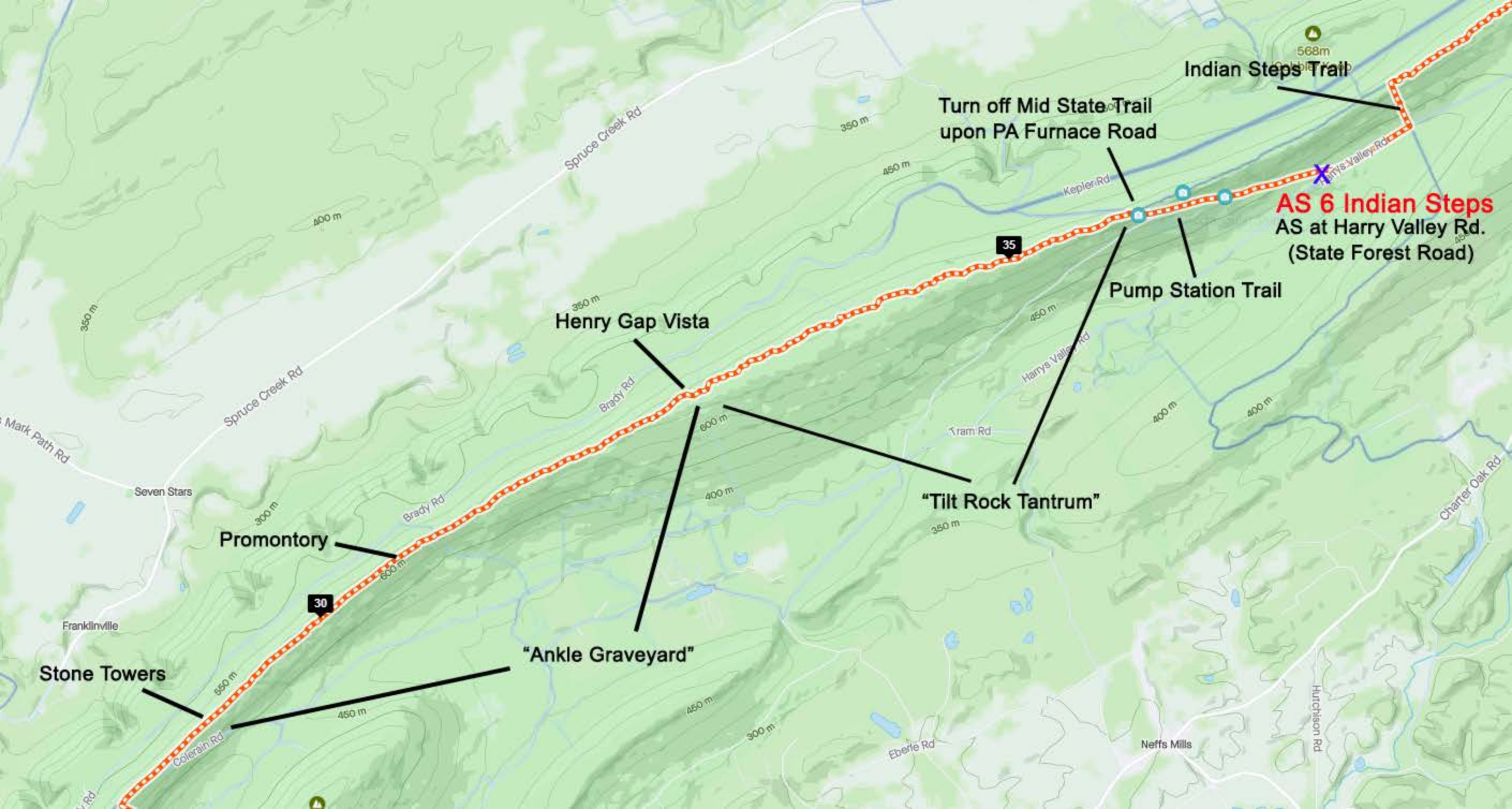
Brady Rd

Sneath Rd

Diehl Rd

Hill St

Valley Pike



Indian Steps Trail

Turn off Mid State Trail upon PA Furnace Road

AS 6 Indian Steps
AS at Harry Valley Rd.
(State Forest Road)

Pump Station Trail

Henry Gap Vista

"Tilt Rock Tantrum"

Promontory

"Ankle Graveyard"

Stone Towers

568m

35

30

Spruce Creek Rd

Spruce Creek Rd

Brady Rd

Harrys Valley Rd

Colerain Rd

Kepler Rd

Tram Rd

Charter Oak Rd

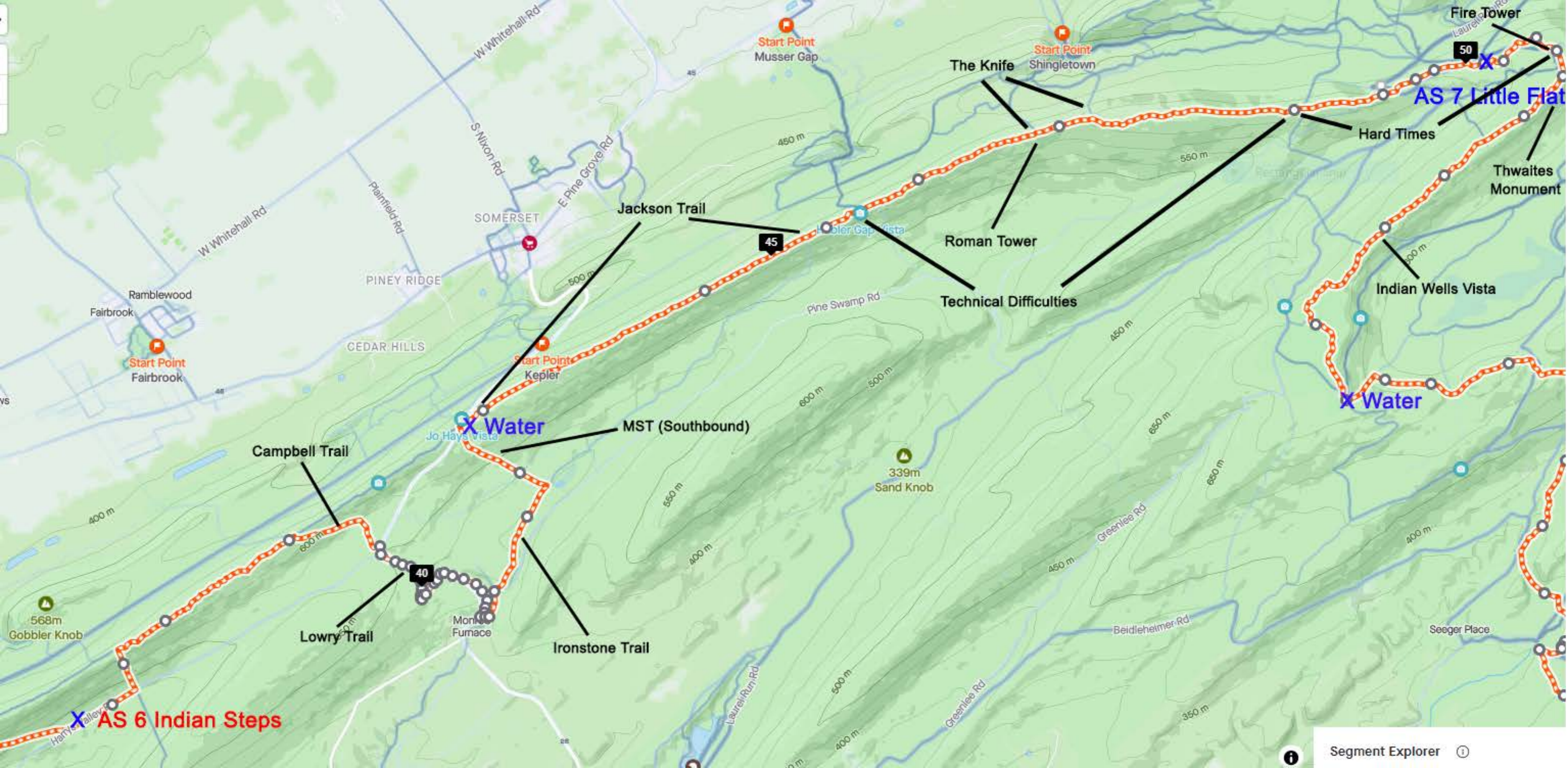
Hutchison Rd

Neffs Mills

Eberle Rd

Seven Stars

Franklinville



AS 6 Indian Steps

AS 7 Little Flat

X Water

Jackson Trail

The Knife

Hard Times

Thwaites Monument

Roman Tower

Technical Difficulties

Indian Wells Vista

MST (Southbound)

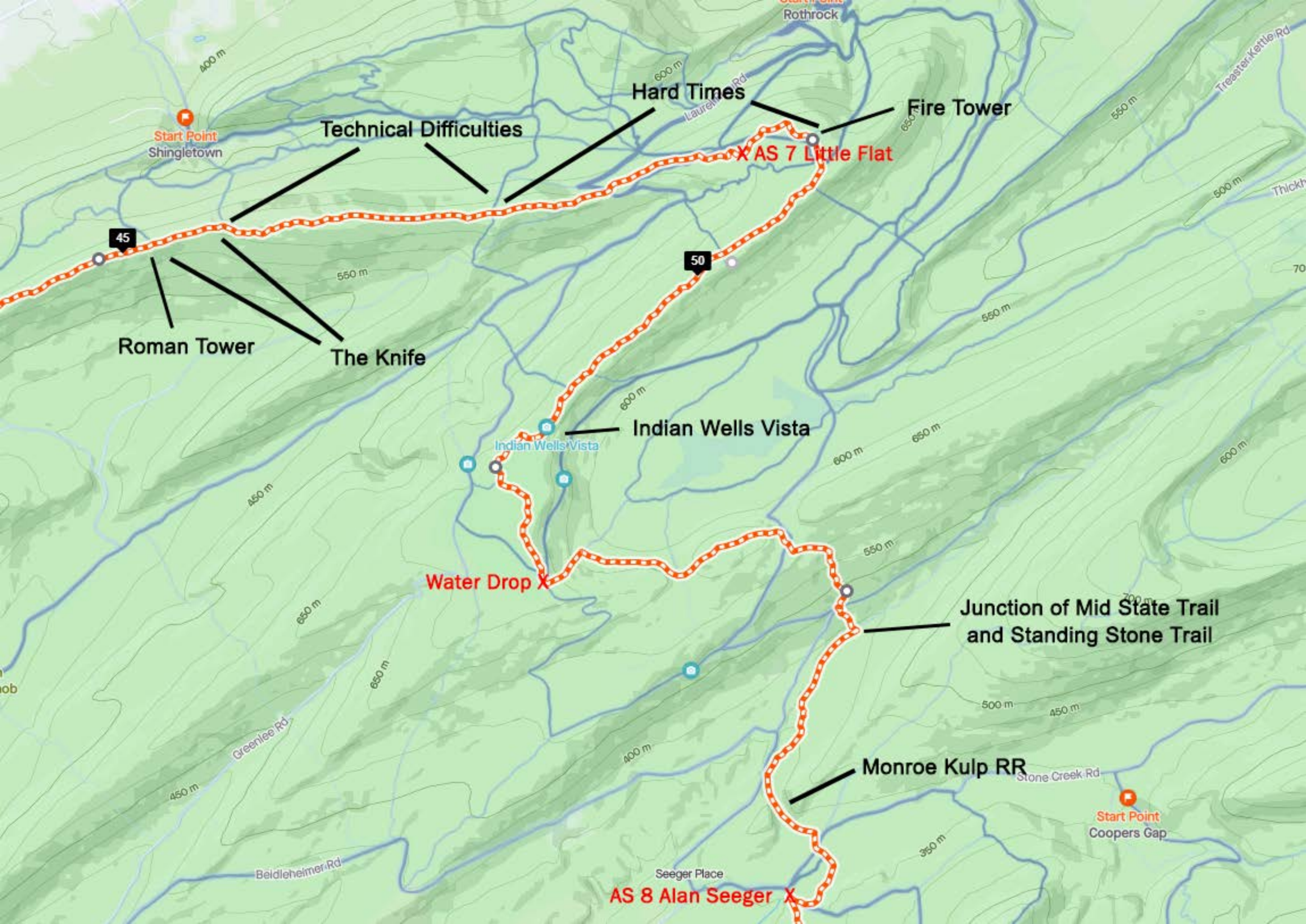
Campbell Trail

Lowry Trail

Ironstone Trail

339m Sand Knob

568m Gobbler Knob



Start Point
Shingletown

Technical Difficulties

Hard Times

Fire Tower

AS 7 Little Flat

Roman Tower

The Knife

Indian Wells Vista

Water Drop X

Junction of Mid State Trail
and Standing Stone Trail

Monroe Kulp RR

Start Point
Coopers Gap

AS 8 Alan Seeger X

45

50

400 m

600 m

650 m

550 m

550 m

550 m

450 m

600 m

600 m

650 m

850 m

550 m

850 m

400 m

500 m

450 m

450 m

Seeger Place

350 m

Beidleheimer Rd

Stone Creek Rd

Laurel Rd

Treaster Kettle Rd

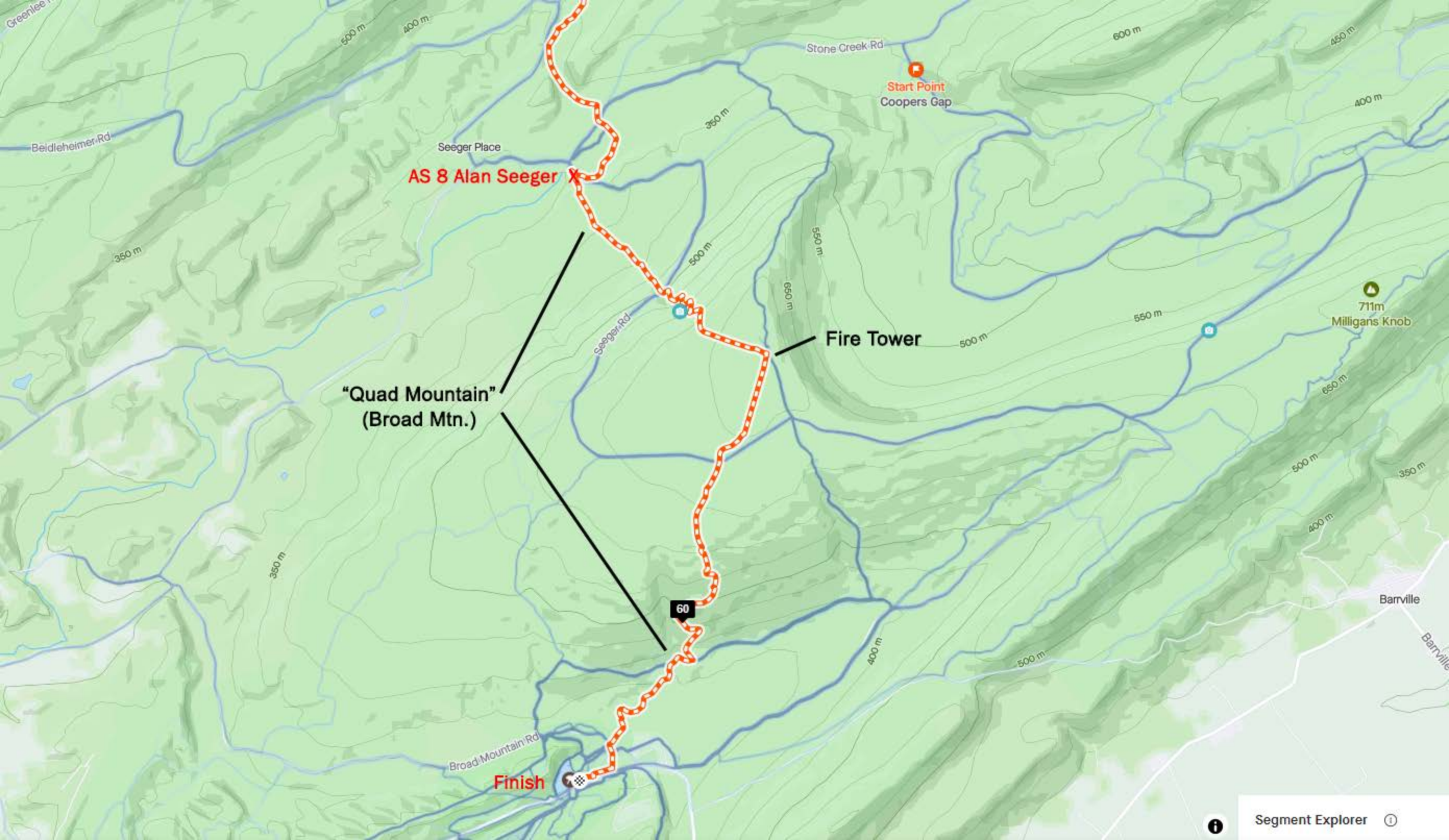
Greenlee Rd

Thick

70

600 m

700 m



AS 8 Alan Seeger X

Start Point
Coopers Gap

"Quad Mountain"
(Broad Mtn.)

Fire Tower

711m
Milligans Knob

60

Finish