

Pleasant Creek Trail Run

3RD ANNUAL EVENT - SEPTEMBER 16TH, 2017

PLEASANT CREEK STATE PARK - PALO, IA

15K, 30K AND 45K DISTANCES – THE “TRAILS ARE CALLING”

PCTR Participants -

Just over a week away until the 3rd annual Pleasant Creek Trail Run! Thank you for joining us and being a part of the trail community.

Please take the time to review the items below and let us know if you have any final questions that are not answered within:

- Please read through the [2017 Participant Packet](#) (which includes directions to the park) and if a Facebook user like our [event page](#) for any final updates.
- Packet pickup is available at the Iowa Brewing Company at 708 3rd St. SE, Cedar Rapids from **5-8pm** on Friday night. Great venue for a pre-race refreshment – food truck and music will be on site that evening!
- The trails are in great shape but we will need to see what type of weather race weekend brings - note, the event is rain or shine so prepare accordingly. Please remember that there is lots of varied terrain to contend with - the reason we love running these trails!
- If you would like to change your event distance, please do so **prior** to race day (you must complete all loops for the event you register in to be considered a finisher).
- Start times have changed this year – 45K runners begin first at 8:30am!
- We will be grilling post-race (special thanks to our sponsors Fareway and Iowa Brewing Company) - we'd love to see everyone hang out and if participating in the 15K/30K cheer on those running 3 loops! You are also welcome to bring any post-race treats to share.

Happy Trails,

PCTR Directors

Race Director Contact Information

The Pleasant Creek Trail Run is supported by trail runners for trail runners:

- Doug Fishwild – dfishwild@hotmail.com, (m) 319-415-7944
- Mark Powers – mjdpowers@imonmail.com, (m) 319-350-6281
- Bob Andresen – bpandresen@gmail.com, (m) 319-329-5456