

**Pleasant Creek Trail Run
45K/30K/15K
2017 Participant Packet**

“Respect the Trail”

SCHEDULE OF EVENTS

What	When	Where/Comments
Friday, September 16		
Packet Pickup & Late Registration	5:00 – 8:00pm	Iowa Brewing Company – 708 3 rd St SE, Cedar Rapids IA
On-line Registration Closes	8:00pm	Ultra Signup
Saturday, September 17		
Packet Pickup & Late Registration	7:00 – 8:30am	Pleasant Creek Park – Beach Area (Start/Finish)
Race Start – 45K	8:30am	Pre-race announcements 15 minutes prior
Race Start – 30K and 15K	9:00am	Pre-race announcements 15 minutes prior
Awards – 15K	~11:00am	Start/Finish
Awards – 30K	~1:00pm	Start/Finish
Awards – 45K	~2:30pm	Start/Finish
45K cutoff to begin last lap	1:00pm	At discretion of race director to continue if after stated time
Cutoff for All Events	3:30pm	

REGISTRATION

Registration is on-line only at [Ultra Signup](#) except during packet pickup/race day registration. Capacity is limited to 250 runners for all events.

Timeline	Fee		
	15K	30K	45K
Early registration through April 30 th	\$30	\$40	\$50
May 1 st - August 26 th	\$35	\$45	\$55
August 27 st – Sept. 15 th – (shirts are not guaranteed after Sept. 6 th)	\$40	\$50	\$60
Race Day registration (closes promptly at 8:30am and shirt <u>not</u> guaranteed)	\$45	\$55	\$65

Notes:

- No shirt option is a \$5 discount
- A limited quantity and sizes of shirts may be available for purchase on race day on a first come, first serve basis.
- Shirts are 100% Cotton and standard fit sizes (unisex). Order your shirt at time of registration. If you need to exchange for a different shirt size, please inquire about changing size after the race (based on availability).
- Shirts are locally provided and printed by Red Ball Printing.

DIRECTIONS TO THE START, PARKING & LOGISTICS

Pleasant Creek State Recreation Area is located at 4530 McClintock Rd., Palo, IA 52324

Distance from:

- Cedar Rapids – 12 miles
- Iowa City – 39 miles
- Waterloo – 47 miles
- Cedar Falls – 55 miles
- Dubuque – 78 miles
- Davenport – 91 miles
- Ames – 105 miles
- Des Moines – 115 miles

Note: Race will start on time – 8:30 AM for 45K and 9:00 AM for 30/15K. Please plan accordingly (road will be temporarily closed during the start of the 45K)!

Park information is available from the **Iowa DNR** site:

<http://www.iowadnr.gov/Destinations/StateParksRecAreas/iowasStateParks/ParkDetails.aspx?ParkID=610115>

- Park Map: <http://www.iowadnr.gov/portals/idnr/uploads/parks/parkmaps/pleasantcreekmap.pdf>
- Trails Map: http://www.iowadnr.gov/portals/idnr/uploads/parks/trailmaps/trails_pleasantcreek.pdf

The start/finish of the race is located at the north end of the beach parking lot. When you enter the park, turn right to proceed on the dam road. Follow the signs on top of the hill to the beach area. There will be adequate parking in the beach lot for all participants and spectators but additional overflow parking is available off the entrance road if necessary. The beach parking entrance area will be temporarily closed for the start of the race.

Note: Please observe all traffic laws - speed limits are enforced. Park only in the designated parking areas - do NOT park on the grass or the side of the road. Roads are open to the public and please be respectful of park patrons, campers, etc.

Restrooms:

Restrooms are available in the park – port-o-johns are located at the start/finish area and along the course at the Strawn Rd. aid station at ~4.2m) – the park also has other rest rooms available near the start/finish area.

DETAILED COURSE DESCRIPTION

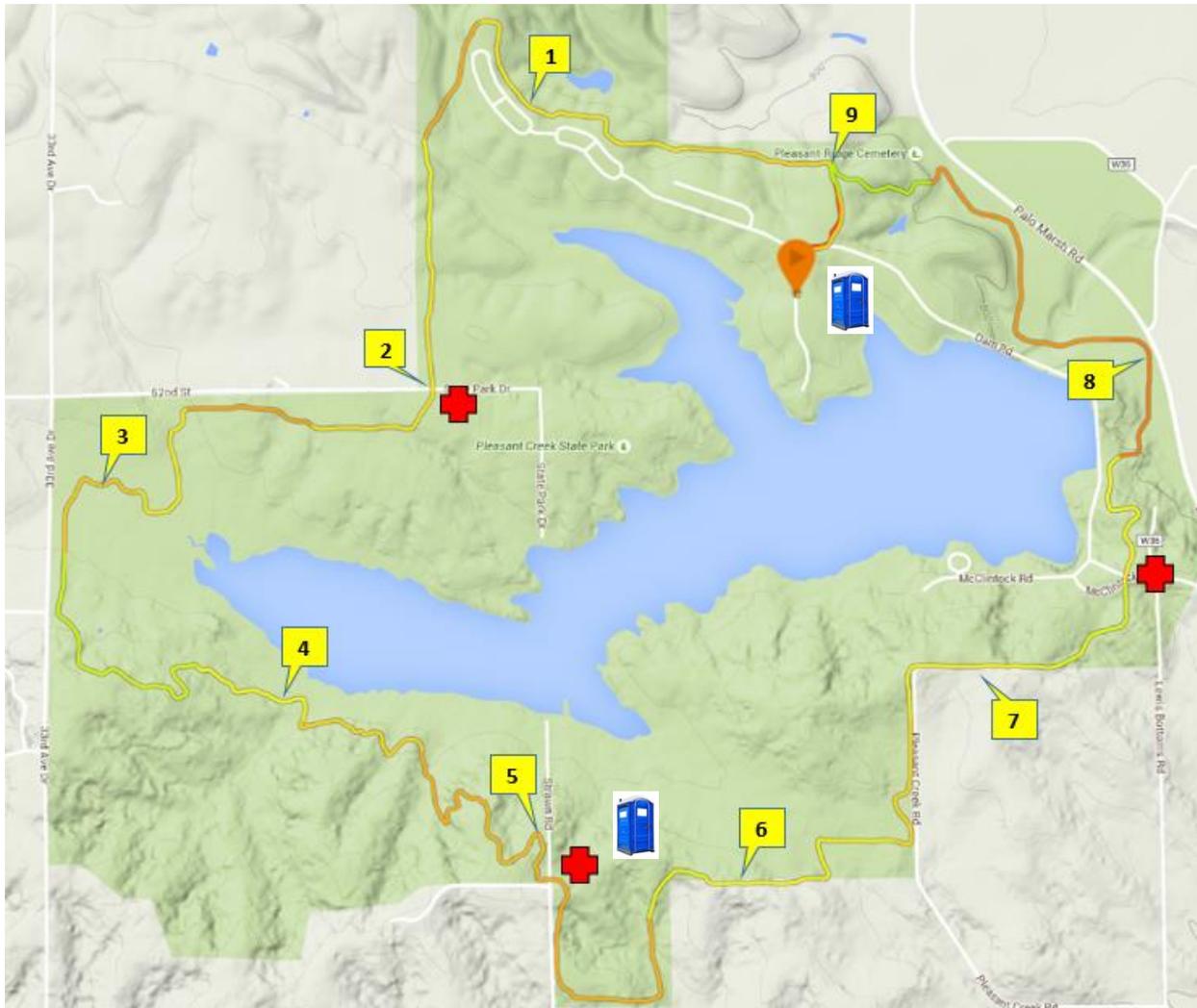
Distances: 15K, 30K and 45K (counterclockwise – all loops)

Single loop = 15K (9.3 miles)

Double loop = 30K (18.6 miles)

Triple loop = 45K (27.9 miles)

Total Elevation Gain/Loss (per loop): ~750 ft.



Legend:

Aid Station 

Port o John 

Elevation Profile*



*elevation and distance as measured by Suunto Ambit2 device

The course consists primarily of dirt & grass trails with a few small water crossings possible. The course has rolling hills but should produce some fast times.

The course is relatively intuitive to follow as we use the main horse trail loop – all turns will be clearly marked. The following description applies to each loop (counter-clockwise direction).

The run starts near the beach access road in the grass field and will then follow the road for 0.3 miles north to the backside of the parking area at the playground where the trail will be accessed. There is a quick descent while following a large wide dirt path through a wooded area for the next 0.4 miles. You will then ascend on single trek approaching the camp grounds. Stay right and continue to follow the trail through open terrain while gradually ascending. At about the 1.25 mile mark you will then head down a gentle slope – keep left on the bottom of the hill. From here you will cross a bridge and then hit some rollers next to farm fields before leveling off on the way to 62nd St.

After crossing the gravel road you will hit your first aid station at approximately mile 2. From here you will follow a slight decline before hitting another section of rollers next to farm fields. After a descent you will then cross another bridge and proceed on level terrain to round a corn field – depending on weather this can be a bit marshy here with unstable footing from equestrian crossings (note, there is a minor route change here in 2017 that may provide for better footing). The trail then runs through the trees briefly before a final bridge crossing.

The trail then begins a gentle incline along farm fields before entering tree line – you may encounter some standing water within the trees. After this crossing you will then begin a steep incline to the highest point of the course - be sure to enjoy the view of the lake from the top (don't be tempted by the bench to loiter too long though). Follow the course markings from here as the trail will then weave downwards through prairie grass. At the bottom is typically a small water crossing (approximately the 4 mile mark). Take a sharp right and follow the trail through the tree line. This section presents some of the most vegetation and shade. Continue to stay right on the trail and after 0.6 miles you will then begin to ascend and snake your way through the vegetation until you eventually cross Strawn Rd (gravel). After you cross the road you will come out at the equestrian parking loop where you will hit the second aid station at approximately the 5.2 mile mark.

After leaving the aid station, enjoy the steep hill down and keep your momentum up the hill up on the opposite side. From here you will begin another gentle decline before leveling off for a bit only to hit shortly thereafter another gentle incline. Towards the top of the hill you will begin to hit the sandy section which can quickly tire your legs. This section is through denser tree-line with lots of vegetation. On the other side is a decent decline that is very sandy. At the bottom of the sand hill take a sharp left through prairie grass (careful – footing can be unstable in this section and grass tends to be longer) and then shortly thereafter another sharp right turn. This section is pretty open.

The trail will wind through some tree line adjacent to Pleasant Creek Rd – another area that is prone to standing water. Once through you will then begin another gentle incline – at the top of the hill take another look at the view of the lake before taking a sharp right and proceeding on some rollers next to farm land. Just after the 7 mile mark the trail will then decline and go through a wooded section – there are some quick, sharp hills on the run out and to the next aid station at the main entrance to the park. Just before the road there is another section that is typical to standing water.

Cross the entrance road to hit the next aid station (approximately 7.4 miles) and then run through the woods briefly before a decent decline. At the bottom of the hill you will come out to prairie fields with Lewis Bottoms Rd along your right. The trail continues with the dam road above to your left. You will cross the water outlet to the lake before taking a right turn to continue running through level prairie fields. Eventually this comes out at the equestrian parking lot (paved) – continue straight ahead until you see the signs to turn left. There is a sharp incline to the Pleasant Creek Cemetery where you will then take a sharp left to catch the trail again.

The trail from here is uphill and through the woods – at the top of the hill (after running past intersections to the interpretative trail) you will find the exit to the trail and finish line – this is the same location as the original entrance to the trail. Make the return trip on the paved road to the finish (or loop for the 45/30K).

Remember – all laps are run counter clockwise for all events and you must return to the start/finish area for each loop!!!

AID STATIONS

Mileage	Aid Station	Comments
0	Start	
2	62 nd St.	
5.2	Strawn Rd.	Equestrian parking loop
7.4	Park Entrance	McClintock Rd.
9.3	Beach – Start/Finish	Finish 15K – Loop 45/30K
11.3	62 nd St.	
14.5	Strawn Rd.	Equestrian parking loop
16.7	Park Entrance	McClintock Rd.
18.6	Beach – Start/Finish	Finish 30K – Loop 45K
20.6	62 nd St.	
23.8	Strawn Rd.	Equestrian parking loop
26.0	Park Entrance	McClintock Rd.
27.9	Beach – Start/Finish	Finish 45K – cutoff 3:30pm

Aid stations will have water, electrolyte drink and other snacks available. While cups will be available at the aid stations we encourage you to bring your own water bottle or hydration device – if using a cup, please dispose at the aid station (disposing along the course is considered littering and results in disqualification).

CREW DRIVING DIRECTIONS

There are several opportunities to see your participant along the course and are relatively easy to access via a vehicle. Please note that crew support can ONLY be provided at designated aid stations.

*Mileage noted after location is for runners on the trail – driving mileage is noted in text.

- 1) Park Campgrounds - ~1.25miles: when exiting the beach parking lot turn left at the T-intersection and follow the campground roads all of the way to the last loop. At the rear/west of the loop you can see your runner descend the hill.
*Note: it will not be possible to make the next vantage point in time if you go to this location
- 2) 62nd St - ~2 miles: this location is about a 20 minute drive from the start/finish so you will likely need to leave before the start to access and park along the road. Proceed to the park exit and turn left on Lewis Bottoms Rd/Palo Marsh Rd. At about 5 miles turn left on Lewis Access Rd (becomes gravel) which turns into 59th Street Trail. Continue on 33rd Ave. south until you reach 62nd St. at about 9 miles. Turn left and proceed a mile to the trail crossing and aid station.
- 3) 62nd St - ~2.6 miles: proceed back on 62nd St. (west) just over a ½ mile and you will see a farm access road to your left – the trail is a short distance down this road (do NOT drive down this entrance).
- 4) 33rd Ave - ~3.25 miles: continue on 62nd St. (west) and turn left (south) on 33rd Ave. After just a ¼ mile you will see a farm entrance road on your left to the trail (do NOT drive down this entrance!).
- 5) 33rd Ave – ~3.5 miles: this is a great vantage point to see your runners and a great view of the lake. Just another ¼ mile down the road you will see an entrance road on your left (loop with limited parking). You will need to walk towards the lake a little bit to see your runner head up and over the hill.
- 6) Strawn Rd - ~5.2 miles: The next stop is about 3.5 miles away and is also the 2nd aid station. Continue south on 33rd Ave. about 1.5 miles and turn left (east) on 64th St which becomes E. Shellsburg Rd. After about a 1 mile turn left (north) on Straw Rd. until you see the trail crossing.
*Note: please park along the road and walk up to the right (east) to the equestrian parking lot. Only volunteers are allowed to park in this area as runners will be crossing through the road.
- 7) Park Entrance (McClintock Rd) - ~7.4 miles: The next stop is about 5.5 miles away (and is also the 3rd aid station). Head back on Strawn Rd (south) and continue on Bear Creek Rd. After about 2.5 miles turn left (north) on Hollenbeck Rd. After a sharp right turn make a left turn onto Lewis Bottoms Rd (north) and proceed to the park entrance road. Park in the gazebo parking lot just beyond the entrance.
*Note: There is another vantage point on Pleasant Creek Rd. which can be accessed off Lewis Bottoms Rd. but is also 5.5. miles from #6 and is just over a mile for the runners so it's unlikely that you would make it – it's recommended to go to the main aid stations.
- 8) Start/Finish: Head back to the start/finish – PLEASE be careful when approaching the beach area as you will share the road with the runners briefly. If possible, park in one of the adjacent lots approaching the beach and take a short walk down to the start/finish.
*Note: the equestrian parking lot at about the 8.6 mile point is another great spectator location but is not particle to go to and make it back within the park on time – if preferred, it just a couple of miles north outside of the park on the left (you will see the equestrian farm and Pleasant Ridge Cemetery).

RACE RULES

1. All decisions of race personnel are final (this includes medical staff).
2. **Transfers, Refunds and Event Cancellation:**
There are no transfers or refunds allowed if you are not able to participate!

The event will take place rain or shine but in the rare chance that we're unable to hold the event at all within that time frame (e.g., severe weather storm), we'll do our best to provide as much of a refund as possible to participants that want one. This is a small grassroots event and please understand that with sunk costs there is only so much we'll be able to do. We hope you understand and will register early to help us put on a great event.
Note: please check Facebook for updates if persistent bad weather conditions exist.
3. All participants must check in by bib number at the start area before the race starts. You will receive your timing chip. This also allows us to establish who is on the course.
4. If you decide to drop from the race, make certain that proper procedures are followed: **the runner or crew must notify race personnel at once at the closest aid station.** This policy is for your own safety and to ensure that we can account for the whereabouts of all participants.
Note: transportation to finish line will be available if necessary but due to remoteness of some locations there may be a delay in responding.
5. Event changes should be communicated to a race director prior to the event. 45/30K runners who do not complete all loops will be considered a DNF for their registered event.
6. **BIBS:** Race bibs will be provided at packet pickup and race day registration. All runners must wear their bib so it is clearly visible in the front – your finishing time is dependent on it!
7. **Etiquette:**
Trails are in a State Park. Please respect the trails, runners or walkers, volunteers and traffic control at all times. As with trail running, you will encounter areas that are 15-20 feet wide, and others that are 3-4 feet wide – advise fellow runners when passing and move to the side when possible to allow faster runners to pass.

Limited paper and plastic materials will be used for the event. Help us remain as green as possible. Practice a carry-in – carry-out philosophy or use the trash containers (including crew and spectators). Any runner deliberately littering will be disqualified.
8. Runners must follow the marked course at all times. If you should inadvertently depart from the course, you must return to the point where you left the course and continue from there (i.e., no bushwhacking and joining up with the course at a different location).
9. No aid is allowed outside of the designated aid stations (crew support is allowed at aid stations only).
10. Abuse of volunteers, both verbal and most certainly physical, will not be tolerated and will result in disqualification. Volunteers are integral to the success of this event. If you are frustrated about something, there is a 99.9% chance that it is not the volunteers' fault. If you have complaints, issues, constructive criticism, tirades, rants, etc., please save it for the race directors.
11. No pets allowed.
12. Have fun!

PHYSICAL AND ENVIRONMENTAL HAZARDS

Each participant must recognize the potential physical and mental stresses that may result from participation in this event. Runners could be exposed to extreme temperatures (both hot and cold – Iowa in September can have extremes either direction), hypothermia, hyperthermia, kidney failure, seizures, low blood sugar, disorientation, dehydration, falling trees, wild animals, etc. All participants sign a waiver upon registering for this event acknowledging that they accept the inherent risks. If any runner has special medical needs, it is their responsibility to account for those needs and have any prescription medications on their person or with their crew.

Please note that while we are cooperating with the DNR and horse club to prevent interactions between horses and humans there is the unlikely scenario that you will see a horse on the trail. Should this occur, for your safety, the horse and its owner, please slow down (if necessary, walk) and do not make any quick movements! If passing from behind, please acknowledge your presence. Horses are animals and may react out of fear. Please provide advance notice to the rider and horse.

In the event of adverse weather (e.g., lightning storm) please take shelter immediately – participants must follow all directions from race personnel and will not be allowed to continue on the course in the event of severe weather – this is for your own safety!

MEDICAL PROCEDURES

Medical services will be provided by Hiawatha fire and ambulance - in the event of a serious medical emergency please contact 911 which will dispatch the personnel at the site. Cedar Valley Amateur Radio Club will be staffed at all aid stations to support any communication needs – please note that in a non-emergency situation the race staff will respond as promptly as possible but there may be delays due to remoteness of some locations.

Note: please ensure you are healthy enough for vigorous exercise – medical staff are intended to support unexpected issues only.

POST RACE ACTIVITIES & AWARDS

It takes many volunteers to have a successful event for you. Volunteers contribute to your day for multiple reasons. Please thank the volunteers as your support goes a long way to making the volunteers feel good about the time they spent supporting you.

Post-race activities will include a cook out with refreshments starting approximately at 11am.

All finishers will receive an award.

The top three (3) male and female finishers in each distance will receive awards (note eligible for age group awards). In addition, the top (1) male and female finishers in the following age groups will receive awards:

- 29 and under
- 30-45
- 46+

Cash prize to the top (1) male/female overall winner in each event!

- 45K: \$200
- 30K: \$100
- 15K: \$50

Results will be posted on-line at UltraSignup: <https://ultrasignup.com/register.aspx?did=43501>

Please share any pictures on Facebook – we will post any that we obtain as well.

Follow the activity on Facebook:

- Event page: <https://www.facebook.com/events/766250990189482/>
- Pleasant Creek Trail Runners page: <https://www.facebook.com/groups/813713798705663/>