

Pleasant Creek Trail Run

4TH ANNUAL EVENT - SEPTEMBER 15TH, 2018

PLEASANT CREEK STATE PARK - PALO, IA

15K, 30K AND 45K DISTANCES – “DO THE LOOP”

PCTR Participants -

Just over a week away until the 4th 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 [2018 Participant Packet](#) (which includes directions to the park) and if a Facebook user like our [event page](#) for any final updates.
- Note the location change of the start/finish and minor course updates within the packet. Also, Palo Marsh Rd is closed from the north – you will need to access from Blairs Ferry Rd instead.
- 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 (\$1 off pours and you can bring in your own food also)!
- There is NO race day registration – come out to packet pickup or signup on-line until 8pm.
- The trails handled the recent rain well but will likely still have some standing water/mud to navigate (final mow and maintenance is this week) - note, the event is rain or shine so prepare accordingly. Please remember that there is lots of varied terrain to contend - the reason we love running these trails!
- If you would like to change your event distance, please do so **prior** to race day if possible (you must complete all loops for the event you register in to be considered a finisher).
- Start times have changed again this year – 45K runners begin first at 8:00am with all others at 8:30am!
- We will be grilling post-race - 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.
- Special thanks to everyone who makes this event possible including; Fareway, Hy-Vee, Iowa Brewing Company, Red Ball, Palo Savings Bank, Culligan and all of our volunteers including the DNR, KOECW and Hiawatha Ambulance.

Happy Trails,

PCTR Directors

Race Director Contact Information

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

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