

# Pleasant Creek Trail Run

**5<sup>TH</sup> ANNUAL EVENT - SEPTEMBER 14<sup>TH</sup>, 2019**  
**PLEASANT CREEK STATE PARK - PALO, IA**  
**15K, 30K AND 45K DISTANCES – “DO THE LOOP”**

PCTR Participants -

Less than one week until the 5<sup>th</sup> annual Pleasant Creek Trail Run! Thank you for joining us and being a part of the trail running 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 [2019 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 3<sup>rd</sup> St. SE, Cedar Rapids from **5-8pm** on Friday night. Great venue for a pre-race refreshment - \$1 off pours to participants!
  - Live music begins at 7pm and food trucks will be on-site (you can bring in your own food also)
  - Automatically entered into drawing for [Merrell](#) shoe give-away
- There is NO race day registration – come out to packet pickup or signup on-line until 8pm
- The trails are in great shape and the forecast looks good! But just in case, 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 again this year – 45K runners begin first at 7:30am with all others at 8:00am!
- Arrive early – and do NOT park on the grass (you will be ticketed and possibly towed)! - volunteers will be present to assist.
- 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 (see next page)

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

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## Thank You!

- DNR – without their support this event would be not be possible!
- KOECW – radio support, keeping everyone safe and informed
- Hiawatha Ambulance – we hope we don't need their support but when do it is essential
- Iowa Brewing Company – packet pickup host and post-race BEER
- Red Ball – shirts and hoodies
- Nerdwood By Aaron - wood medal engraving
- Apple Creek Gallery, Scott James Wiley - photo for bibs
- Fareway – post-race grilling
- Hy-Vee – finish line water
- Culligan – aid station water and cups
- Hy-Vee Drug Town (Marion) - ice
- The Grill Works in Marion , Iowa – pellet grill for cooking & seasonings
- Merrell – swag, raffle items and shoe demo
- Palo Savings Bank – fastest loop sponsor
- Raffle Items
  - We Run
  - Iowa Running Company
  - SOKO
  - Orange Mudd
  - Palo Outdoors
- **All of our volunteers!**