

**6th Annual Pleasant Creek Trail Run
45K/30K/15K
2020 Participant Packet**

**42°07'45.9"N
91°49'05.7"W**

SCHEDULE OF EVENTS

What	When	Where/Comments
Friday, September 11		
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 12		
Packet Pickup (no race day registration!)	6:30 – 7:30am	Pleasant Creek Park –Start/Finish Area
Race Start – 45K	7:30am	Pre-race announcements 15 minutes prior
Race Start – 30K and 15K	8:00am	Pre-race announcements 15 minutes prior
Awards – 15K	~10:00am	Start/Finish
Awards – 30K	~12:00pm	Start/Finish
Awards – 45K	~1:30pm	Start/Finish
45K cutoff to begin last lap	12:30pm	At discretion of race director to continue if after stated time
Cutoff for All Events	3:00pm	

REGISTRATION

Registration is on-line only at [Ultra Signup](#) except during packet pickup/race day registration. Capacity is limited to 300 runners for all events.

Timeline	Fee		
	15K	30K	45K
Early registration through March 31 st	\$25	\$35	\$45
April 1 st – June 30 th	\$30	\$40	\$50
July 1 st – August 30 th	\$35	\$45	\$55
September 1 st – Sept. 11 th	\$40	\$50	\$60
T-Shirt Add-On (shirt availability is not guaranteed after Sept. 4 th)	\$10		
1/4 Zip Add-On*	\$TBD		
Hat Add-On*	\$TBD		

*samples will be posted on Facebook when available

Notes:

- A limited quantity and sizes of shirts may be available for purchase on race day on a first come, first serve basis.
- Shirts are “tri-blend” (i.e. soft) 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 and hoodies 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 – 7:30 AM for 45K and 8:00 AM for 30/15K. Please plan accordingly – allow time for parking and timing chip pickup!

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 in the park playground before you reach the camping sites (north of the beach area). 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 is some parking available in the start/finish area, a small lot prior to reaching this area and large lot south of the start/finish by the beach area (just a short walk).

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 (violators are subject to fines).** Roads are open to the public and please be respectful of park patrons, campers, etc.

Restrooms:

Restrooms are available in the park and at the start/finish area – additional port-o-johns are located along the course at the Strawn Rd. aid station (#2) and 62nd St aid station (#3).

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 10am.

All finishers will receive a custom-made finishers medal.

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

- 29 and under
- 30-45
- 46+

New in 2019! Special awards will be provided to the fastest time in each distance for the following age divisions (male and female):

- Under 18 (“young gun”)
- Over 64 (“veteran”)

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

- 45K: \$100
- 30K: \$50
- 15K: \$25

Also, \$50 cash prize to the fastest loop (male/female) and \$100 cash prize for a new event record at any distance (male/female).

Results provided by *On the Run Race Timing* and will be posted on the PCTR website as well as UltraSignup: <https://ultrasignup.com/register.aspx?did=73298>

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/596294247468887/>
- Pleasant Creek Trail Runners page: <https://www.facebook.com/events/3080615892012232/>

AID STATIONS

Mileage	Aid Station	Comments
0	Start	
1.66	Park Entrance	McClintock Rd.
4.16	Strawn Rd.	Equestrian parking loop
7.46	62 nd St.	
9.32-15K	Beach – Start/Finish	Finish 15K – Loop 30/45K
11	Park Entrance	McClintock Rd.
13.5	Strawn Rd.	Equestrian parking loop
16.8	62 nd St.	
18.64-30K	Beach – Start/Finish	Finish 30K – Loop 45K
20.3	Park Entrance	McClintock Rd.
22.8	Strawn Rd.	Equestrian parking loop
26.1	62 nd St.	
27.96-45K	Beach – Start/Finish	Finish 45K – cutoff 3pm

The 2nd aid station will be fully stocked with water, electrolyte drink and other snacks available. The 1st and 3rd aid stations will have essentials such as water and electrolyte drink. New in 2020! No cups provided on course - bring your own water bottle or hydration device (pouring pictures will be available for refills).

DETAILED COURSE DESCRIPTION

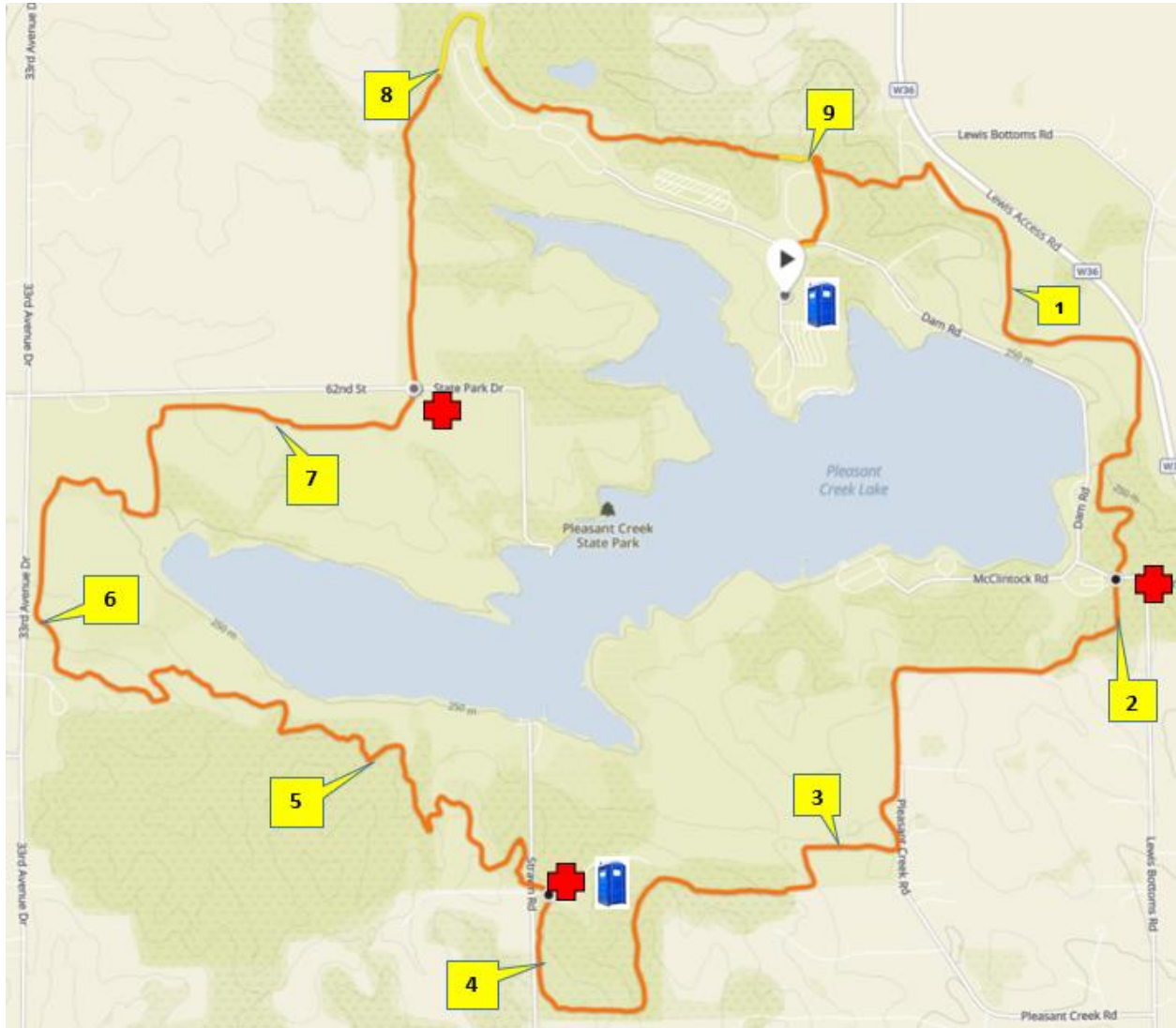
Distances: 15K, 30K and 45K (*clockwise* – all loops)

Single loop = 15K (9.32 miles)


Double loop = 30K (18.64 miles)


Triple loop = 45K (27.96 miles)

Total Elevation Gain/Loss (per loop): ~800 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. In addition, there are permanent PCTR trail signs throughout the entire loop (carsonite recreation posts with the PCTR logo).

The following description applies to each loop (clockwise direction):

The run starts in the center of the park playground (north of the beach) and follows a short section of pavement on the east side of the playground for 0.12 miles to the backside of the parking area at the playground where the trail will be accessed. The trail is initially through the woods and includes a quick descent (run past all intersections to the interpretative trail). You will exit the wooded section and at the Pleasant Creek Cemetery will take a quick right turn to another descent. The bottom of the hill comes out at the equestrian parking lot (paved) where you will turn right – continue straight ahead to catch the trail on the other side of the lot.

The next trail section is flat – with the dam road above to your right you will cross the water outlet to the lake and continue through prairie fields. After taking a slight right, Lewis Bottom Rd. will be visible on our left, you will begin an ascent of approximately 1/4mile. The trail levels off at the top before coming out on McClintock Rd. where you will find the first aid station (approximately 1.7 miles). Continue across the park entrance road to access the trail on the opposite side.

Shortly after accessing the trail again is a section that is prone to standing water. You will continue through a wooded section that includes a quick downhill followed by an incline coming out to an exposed section of the course that is relatively flat initially. At about the 2.5mile mark, take a look at the view of the lake before taking a sharp left followed by a decline. The trail will wind through some tree line adjacent to Pleasant Creek Rd and includes another area that is prone to standing water. Take a right turn through a sandy section of the trail and continue through the open prairie before taking a sharp left turn (following the signage) through prairie grass. Take a sharp right turn and climb the sand hill – this can be a tough section especially on multiple loops.

The top of the hill will continue through tree line with lots of surrounding vegetation. Enjoy the slight downhill shortly thereafter which is followed by another decent incline – once at the top of this section prepare for a steep hill down and keep your momentum up the just as steep hill on the opposite side.

At the top of the hill you will come out at the equestrian parking loop – take a right and follow the gravel road all the way to the shed and the second aid station at approximately the 4.2 mile mark. After the turn-around, head back on the same gravel road and stay to your right where you will connect back up to the original trail.

Pleasant Creek Trail Run
Saturday - September 12th, 2020

After connecting back again to the main trail will cross Strawn Rd (gravel) and snake your way through another section with surrounding vegetation. The lake will come into view again before you take a left turn and begin a short descent back into tree line. You will exit tree line only briefly enough to catch view of the lake again before continuing through tree line and a rolling trail section. After exiting the tree line again you will take a sharp left turn (with the lake in sight) and cross a short water crossing (rarely dry here). Follow the course markings from this point as the trail will weave upwards through prairie grass to the highest point of the course – turn around to enjoy the view of the lake (don't be tempted by the bench to loiter too long though). You are rewarded with a descent and will enter tree line again which includes another location typical of standing water. Continue down the gentle decline along farm fields before crossing a bridge and taking a sharp right turn back into a winding tree line section.

You will then round a corn field – depending on weather this can be a bit marshy here with unstable footing from equestrian crossings. After crossing another bridge, you will begin a descent ascent adjacent to farm fields followed by some rollers before hitting one last small hill before the next aid station (approximately mile 7.5).

After the crossing the gravel road (62nd St.) you will follow the trail again next to farm fields before hitting some more rollers. After crossing another bridge, you take a right turn and head up a gentle slope as you approach the back of the campgrounds. Continue on the trail adjacent to the campgrounds before taking a descent into the final section. Follow the large wide dirt path through a wooded area for the next 0.4 miles – there is a steep ascent before reaching 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 30K/45K).

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

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 Entrance (McClintock Rd): Proceed towards the park entrance and park in the lot just before the entrance (at the top of the hill near the gazebo and aid station).

PLEASE be careful when leaving/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 is just after the ½ mile mark and is another great spectator location but is not practical to go to if watching the start of the event – if preferred, it is just a couple of miles north outside of the park on the left (you will see the equestrian farm and Pleasant Ridge Cemetery).

- 2) Strawn Rd - the next stop is about 5.5 miles away (and is also the 2nd aid station). Turn right onto Lewis Bottoms Rd (south) and at the T-intersection turn right onto Power Plant Rd which becomes Hollenbeck Rd. After about 2.5 miles turn right onto Bear Creek Rd which will become Strawn Rd. Continue north until you reach the turn to the equestrian parking lot.

*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.

- 3) 62nd St.: The next stop is about 5 miles away and is also the 3rd aid station. Head back south on Strawn Rd. turning right (west) on E. Shellsburg Rd. Turn right (north) on 33rd Ave. for about 2 miles until you reach 62nd St. Turn right and proceed a mile to the trail crossing and aid station.

Note: there is another vantage point off 33rd Ave to see runners and provides the best view of the lake About 1.5 miles after turning on 33rd Ave. you will see an entrance road on our right (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.

- 4) Return to Start/Finish: the trip back to the park is about a 20 minute drive (9 miles). Head back on 62nd St. and turn right (north) on 33rd Ave. for about 2.5 miles. The road becomes 59th Street Trail and then Lewis Access Road. Turn right (south) on Lewis Bottoms Rd/Palo Marsh Rd to proceed to the park entrance.

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.