

Pleasant Creek Trail Run

6TH ANNUAL EVENT - NOVEMBER 14TH, 2020
PLEASANT CREEK STATE PARK - PALO, IA
15K, 30K AND 45K DISTANCES

PCTR Participants -

The 6th annual Pleasant Creek Trail Run race week has finally arrived! 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:

- First and foremost, safety and health to all participants, volunteers and spectators. All participants will be required to sign a [Covid-19 waiver](#) prior to receiving a race bib.
- Please read through the [2020 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 **5-7:30pm** on Friday night. Great venue for a pre-race refreshment - \$1 off pours to participants!
- There is NO race day registration – come out to packet pickup or signup on-line prior to 5pm.
- The trails are in great shape and clear from the derecho storm. The forecast looks cool so prepare accordingly (the event is rain or shine). 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 – 45K runners begin first at 8:00am, 30K at 8:15am and 15K at 8:30am (runners will be spaced following Covid protocol – all times will be based on chip).
- Arrive early – and do NOT park on the grass (you will be ticketed and possibly towed)! - volunteers will be present to assist.
- 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, (m) 319-415-7944
- Mark Powers – mjdpowers@imonmail.com, (m) 319-350-6281
- Bob Andresen – 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 Printing – shirts and 1/4 zips
- Nerdwood By Aaron - wood medal engraving
- Fareway – food
- Hy-Vee – finish line water
- Culligan – aid station water
- Palo Savings Bank – fastest loop sponsor
- We Run
- Iowa Running Company
- Raffle Items
 - Active Endeavors
 - Cedar River Garden Center
 - Regina Malaska – scarves/stocking caps
 - Saucony – various goodies
 - SOKO – headphones
- **All of our volunteers!**