

# Pleasant Creek Trail Run

**7<sup>TH</sup> ANNUAL EVENT - SEPTEMBER 11<sup>TH</sup>, 2021**  
**PLEASANT CREEK STATE PARK - PALO, IA**  
**15K, 30K AND 45K DISTANCES**

PCTR Participants -

The 7<sup>th</sup> annual Pleasant Creek Trail Run race week is here! 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. While there are no specific Covid-19 protocols this year, please take the day off if you are feeling any related symptoms or have been exposed prior to the event.
- Please read through the [2021 Participant Packet](#) (which includes directions to the park, however, it appears that the construction near the park is now complete and no detours are anticipated) 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 **5-8:00pm** on Friday night (look for us on patio). Great venue for a pre-race refreshment, with \$1 off your first pour, and avoid the congestion on race morning!
- There is NO race day registration – come out to packet pickup or signup on-line prior to noon on Friday.
- The trails are in great shape and the forecast looks promising (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).
- Arrive early – and do NOT park on the grass (you will be ticketed)!
- There will be a drop-bag location at the start/finish aid station – you are also welcome to setup spectator tents, etc.
- 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 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
- SOKO and Quality Lawn Care – 45K participant swag sponsor and raffle prizes
- Nerdwood By Aaron - wood medal engraving
- Fareway – food
- Hy-Vee – finish line water
- Culligan – aid station water
- Palo Savings Bank
- We Run
- Iowa Running Company
- Runners Flat
- Scheels
- Regina Malaska – blankets and stocking hats
- **All of our volunteers!**