

Pleasant Creek Trail Run

8TH ANNUAL EVENT - SEPTEMBER 10TH, 2022
PLEASANT CREEK STATE PARK - PALO, IA
15K, 30K AND 45K DISTANCES

PCTR Participants -

The 8th 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. Please take the day off if you are feeling ill or have recently been exposed to Covid prior to the event.
- Please read through the [2022 Participant Packet](#) (which includes directions to the park – please note that road construction will limit access options to the Strawn Rd aid station) and if a Facebook user like our [event page](#) for any final updates.
- The trails are in great shape and the forecast looks promising (the event is rain or shine). The participant packet contains the course description (clockwise route this year) which includes a new trail segment (you will not be running through the asphalt horse parking lot).
- Packet pickup is available at the [Iowa Brewing Company](#) at 708 3rd St. SE, Cedar Rapids from **5:00pm-8:00pm** on Friday night (either indoors or on the patio). Great venue for a pre-race refreshment, with 50% off your first pour, and avoid the congestion on race morning!
- There is NO race day registration – signup on-line prior to noon on Friday.
- 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).
- We will be using ankle timing straps this year which **must be picked up race morning**.
- Race-day packet/chip pickup is from 6:30-7:30am.
- Start times are 7:30am for 45K/30K and 8:00am for 15K.
- Arrive early – and do NOT park on the grass (you will be ticketed)! There is a large grass field adjacent to start/finish for parking (see participant packet for instructions).
- 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)

Be Pleasant!

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
- Steve Hagarty – shagarty79@gmail.com

Pleasant Creek Trail Run

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 you do it is essential
- Iowa Brewing Company - packet pickup host and post-race beer
- Big Grove Brewery - post-race beer
- SOKO Outfitters - 45K participant swag sponsor and raffle prizes
- Fareway - food
- Palo Mini-Mark - ice
- We Run
- Iowa Running Company
- Altra Running – check out their latest shoes on-site race day
- Hy-Vee – finish line water
- Culligan – aid station water
- Palo Savings Bank
- Regina Malaska – blankets and stocking hats
- **All of our volunteers!** Including Boy Scouts of America, No Regrets Running and LoKeys.