



9th Annual Pleasant Creek Trail Run
September 9th, 2023
by the Eastern Iowa Trail Alliance

2023 Participant Packet
45K/30K/15K
Counterclockwise Direction

42°07'45.9"N
91°49'05.7"W

SCHEDULE OF EVENTS

What	When	Where/Comments
Friday, September 9		
On-line Registration Closes	12:00pm (noon)	Ultra Signup
Early Packet Pickup	5:00 – 8:00pm	Soko Outfitters (41 16 th Ave SW – Cedar Rapids)
Saturday, September 10		
Packet Pickup (no race day registration!)	6:30 – 7:30am	Pleasant Creek Park –Start/Finish Area
Race Start – 45K & 30K	7:30am	Pre-race announcements 15 minutes prior
Race Start – 15K	8:00am	
Awards – 15K	~10:00am	Start/Finish
Awards – 30K*	~12:00pm	Start/Finish
Awards – 45K*	~1:30pm	Start/Finish
45K cutoff to begin last lap	1:30pm	At discretion of race director to continue if after stated time
Cutoff for All Events	4:30pm	

**awards will be available for event/age-group winners once results are tabulated and verified*

REGISTRATION

Registration opens April 1st and is on-line only at [Ultra Signup](#). Capacity is limited to 300 runners for all events.

Timeline	Fee		
	15K	30K	45K
Early registration through April 30 th	\$35	\$40	\$45
May 1 st – July 31 st	\$40	\$45	\$50
Aug 1 st – September 8 th	\$45	\$50	\$55
T-Shirt Add-On <i>(shirt availability is not guaranteed after Sept. 1st)</i>	\$15		
Crewneck Sweatshirt Add-On	\$25		
Running Trucker Hat	\$20		

**samples displayed on registration page*

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 are locally provided and printed

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 & 30K, 8:00 AM for the 15K. Please plan accordingly – allow time for parking and race bib pickup!

Park information is available from the **Iowa DNR** site: <https://www.iowadnr.gov/Places-to-Go/State-Parks/Iowa-State-Parks/Pleasant-Creek-State-Recreation-Area>

- Park Map: <https://www.iowadnr.gov/portals/idnr/uploads/parks/parkmaps/pleasantcreekmap.pdf>
- Trails Map: https://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 a large lot south of the start/finish by the beach area (just a short walk) – ***the grass field will also be mowed and available for parking, this is recommended to avoid congestion (see picture below)!***

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 62nd St aid station (#1) and Strawn Rd. aid station (#2).

Parking



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 overall (1) male and female finisher in each distance will receive awards (not 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+

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

- 45K: \$150
- 30K: \$75
- 15K: \$50

Also, \$100 cash prize for a new event record at any distance (male/female) – course direction records are not eligible.

Results provided by *On the Run Race Timing* and will be posted on the PCTR website as well as UltraSignup: [Pleasant Creek Trail Run - September 9, 2023 \(ultrasignup.com\)](https://ultrasignup.com/Pleasant-Creek-Trail-Run-September-9-2023)

Please share any pictures on Facebook – we will post any that we obtain as well.

Follow the activity on Facebook:

- Pleasant Creek Trail Runners event page: <https://www.facebook.com/events/508404887790376>
- Pleasant Creek Trail Runner's: <https://www.facebook.com/groups/813713798705663>

AID STATIONS

~Mileage	Aid Station	Comments
0	Start/Finish	
1.8	62 nd St.	
5.0	Strawn Rd.	Equestrian parking loop
7.3	Park Entrance	McClintock Rd.
9.3M-15K	Start/Finish	Finish 15K – Loop 30/45K
10.1	62 nd St.	
13.3	Strawn Rd.	Equestrian parking loop
16.6	Park Entrance	McClintock Rd.
18.6M-30K	Start/Finish	Finish 30K – Loop 45K
20.4	62 nd St.	
23.6	Strawn Rd.	Equestrian parking loop
25.9	Park Entrance	McClintock Rd.
~28M-45K	Start/Finish	Finish 45K

Note: **no cups provided on course** - bring your own water bottle or hydration device (pouring pictures will be available for refills).

The 2nd aid station will be fully stocked with water, electrolyte drink (Tailwind) and other goodies. The 1st and 3rd aid stations will only have water. For the 30K/45K distances, the turn around aid station will also be fully stocked. *(depending on temperature, ice will also be available at all stations)*

Drop bags are allowed at the start/finish aid station.

DETAILED COURSE DESCRIPTION

Distances: 15K, 30K and 45K (counterclockwise – 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): ~780 ft.



Legend:



Aid Station



Port o John

Elevation Profile*



*elevation and distance as measured by Garmin Forerunner 935

The course consists primarily of dirt & grass trails with a few small water crossings possible. The course has rolling hills but is all considered very runnable.

The course is relatively intuitive to follow as we use the main horse trail loop – all turns are clearly marked. In addition, there are permanent PCTR trail signs throughout the entire loop (look for carsonite recreation posts with the PCTR logo).

The following description applies to each loop (counterclockwise 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.

There is a quick descent while following a large wide dirt path through a wooded area for the next 0.4 miles. You then ascend to approach the campgrounds. Stay right and continue to follow the trail through open terrain while gradually ascending. Just past the 1 mile mark you head down a gentle slope. From here you hit some rollers next to farm fields before leveling off on the way to 62nd St.

After crossing the gravel road you hit your first aid station at approximately mile 1.8. From here you follow a slight decline before hitting another section of rollers next to farm fields. After a descent you then cross a bridge and continue on flat terrain for a short section before taking a sharp right to proceed through the prairie fields – hopefully the wildflowers will be in full bloom - the course is easy to follow through this section as you ascend a short sandy hill before taking a horse shoe route through the field.

You follow the trail back into treeline (right turn) until you hit another bridge crossing (left turn). A short flat section is ahead as you run adjacent to farm fields where you then begin a gentle incline before entering tree line. After the pass through treeline you begin a steep incline to the highest point of the course - be sure to enjoy the view of the lake from the top (don't be tempted by the bench to loiter too long though). Follow the course markings from here as the trail weaves downwards through prairie grass. At the bottom, take a sharp right (will be clearly marked) and follow the trail through the tree line. This section presents some of the most vegetation and shade. Continue to stay right on the trail and after 0.6 miles you will begin to ascend and snake your way through the vegetation until you eventually cross Strawn Rd (gravel).

After you cross the road you will come out at the equestrian parking loop, the aid station is located right at the entrance (approximately mile 5). Continue straight ahead and enjoy the steep hill down and keep your momentum up the hill up on the opposite side. From here you begin another gentle decline before leveling off for a bit only to hit shortly thereafter another gentle incline. Towards the top of the hill you begin to hit the sandy section which can quickly tire your legs. This section is through denser treeline with lots of vegetation. On the other side is a

Pleasant Creek Trail Run
Saturday - September 9th, 2023

decent decline that is very sandy. At the bottom of the sand hill take a sharp left through prairie grass and then shortly thereafter another sharp right turn. This section is pretty wide open.

The trail winds through some tree line adjacent to Pleasant Creek Rd. Once through you begin another gentle incline – at the top of the hill take another look at the view of the lake before taking a sharp right and proceeding on some rollers next to farmland. The trail will then decline and go through a wooded section – there are some quick, sharp hills on the run out and to the next aid station at the main entrance to the park.

Cross the entrance road to hit the next aid station (approximately 7.3 miles) and then run through the woods briefly before a decent decline. At the bottom of the hill you come out to prairie fields with Lewis Bottoms Rd along your right. The trail continues with the dam road above to your left. You will cross the water outlet to the lake before taking a right turn to continue running through level prairie fields. Just before the paved equestrian parking lot look for the sharp turn to the left – this will take you on a single trek section for about 0.2 miles. Upon exiting the trees, take another sharp left turn to run adjacent to the Pleasant Creek Cemetery where you will continue left to catch the horse trail again.

Shortly after you enter tree line you take a sharp left turn, which will be clearly marked, to run approx. 0.4 miles on the **interpretive trail** section. This is mostly rolling single trek with a few short, steep inclines – you will come back out onto the main trail where you then take another sharp left turn that will also be clearly marked.

Just a short, level section of trail remains until you find 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 45/30K).

Remember – all laps are run **counterclockwise** 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) 62nd St - ~1.8 miles: this location is about a 20 minute drive from the start/finish so you will likely need to leave before the start to access and park along the road. Proceed to the park exit and turn left on Lewis Bottoms Rd/Palo Marsh Rd. At about 5 miles turn left on Lewis Access Rd (becomes gravel) which turns into 59th Street Trail. Continue on 33rd Ave. south until you reach 62nd St. at about 9 miles. Turn left and proceed a mile to the trail crossing and aid station.
- 2) 33rd Ave – ~3.4 miles: this is a great vantage point to see your runners and a great view of the lake. Just another ¼ mile down the road you will see an entrance road on your left (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.
- 3) Strawn Rd - ~5 miles: The next stop is about 3.5 miles away and is also the 2nd aid station. Continue south on 33rd Ave. about 1.5 miles and turn left (east) on 64th St which becomes E. Shellsburg Rd. After about a 1 mile turn left (north) on Strawn Rd. until you see the trail crossing.
*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.
- 4) Park Entrance (McClintock Rd) - ~7.5 miles: The next stop is about 5.5 miles away (and is also the 3rd aid station). Head back on Strawn Rd (south) and continue on Bear Creek Rd. After about 2.5 miles turn left (north) on Hollenbeck Rd. After a sharp right turn make a left turn onto Lewis Bottoms Rd (north) and proceed to the park entrance road. Park in the gazebo parking lot just beyond the entrance.
- 5) Start/Finish: Head back to the start/finish –
*Note: the equestrian parking lot at about the 9 mile point is another great spectator location but is not practical to go to and make it back within the park on time – 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).

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 at the start area before the race starts to receive your timing chip (***chip must be strapped around ankle***). 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 (or updated through UltraSignup). 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 on course.
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.

Thank You Sponsors

Following are sponsors, support, etc. that we would like to give a shout-out to!

- DNR – without their support this event would be not be possible!
- Cedar Valley Amateur Radio Club – radio support, keeping everyone safe and informed
- Hiawatha Ambulance – we hope we don't need their support but when you do it is essential
- SOKO Outfitters – packet pickup host, 45K participant swag sponsor and raffle prizes
- Big Grove Brewery - post-race beer
- Iowa Beverage – post-race beverages
- Lucky's Bar
- We Run
- Iowa Running Company
- Altra Running – check out their latest shoes on-site race day
- Culligan – aid station water
- Hy-Vee – finish line water
- Vondra Law Office
- Dyer Inc.
- Palo Savings Bank
- Raining Rose
- Lewis Access Outfitters
- Cedar River Garden
- Whiskey River
- Nerdwood by Aaron – finisher medals
- Regina Malaska – knitting goodies