

# Pleasant Creek Trail Run

**9<sup>TH</sup> ANNUAL EVENT - SEPTEMBER 9<sup>TH</sup>, 2023**  
**PLEASANT CREEK STATE PARK - PALO, IA**  
**15K, 30K AND 45K DISTANCES**

PCTR Participants -

The 9<sup>th</sup> annual Pleasant Creek Trail Run is almost 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 read through the [2023 Participant Packet](#) (which includes directions to the park – if a Facebook user like our [event page](#) for any final updates).
- The trails are in great shape as usual. The participant packet contains the course description (counterclockwise route this year) – there are no course changes this year.
- Bring your own hydration device – no cups are provided on the course.
- Event is rain or shine – prepare for a potential hot day.
- Packet pickup is available at [Soko Outfitters](#) on 41 16<sup>th</sup> Ave SW, Cedar Rapids from **5:00pm-8:00pm** on Friday night. Avoid the congestion on race morning, enjoy a beer while you check out the store merchandise and consider dining at Lucky's down the street.
- 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 again 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! 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](mailto:dfishwild@hotmail.com), (m) 319-415-7944
- Mark Powers – [retiredwarriormp@gmail.com](mailto:retiredwarriormp@gmail.com), (m) 319-350-6281
- Bob Andresen – [bpandresen@gmail.com](mailto:bpandresen@gmail.com), (m) 319-329-5456
- Steve Hagarty – [shagarty79@gmail.com](mailto:shagarty79@gmail.com)

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## Thank You!

- 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
- **All of our volunteers!**