

Pleasant Creek Trail Run

10TH ANNUAL EVENT - SEPTEMBER 14TH, 2024
PLEASANT CREEK STATE PARK - PALO, IA
15K, 30K AND 45K DISTANCES

PCTR Participants -

The 10th 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 [2024 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 (**clockwise** route this year) – there are no course changes this year.
- Bring your **own hydration device** – no cups are provided on the course (Tailwind available at all aid stations).
- **Packet pickup** is available at [Soko Outfitters](#) on 41 16th Ave SW, Cedar Rapids from **5:00pm-7:00pm** on Friday night. Avoid the congestion on race morning, enjoy a beer while you check out the store merchandise.
- 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, (m) 319-415-7944
- Mark Powers – retiredwarriormp@gmail.com, (m) 319-350-6281
- Bob Andresen – bpandresen@gmail.com, (m) 319-329-5456
- Mariah Tang

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Thank You!

- **All of our volunteers** - without their support this event would not be possible!
- DNR – the backbone for the park and trail
- Cedar Valley Amateur Radio Club – radio support, keeping everyone safe and informed
- SOKO Outfitters – packet pickup host
- Nerdwood by Aaron – finisher medals
- Vondra Law Office – platinum sponsor
- Palo Savings Bank
- Altra Running – check out their latest shoes on-site race day
- Iowa Running Company – support your local running company!
- Regina Malaska – knitting goodies
- Culligan – aid station water
- Roy's Hometown Grocery - ice
- Kelpros Physical Therapy – post-race stretch
- Big Grove Brewery and Iowa Beverage - post-race beverages
- Hy-Vee – finish line water
- Eduskate – support for small-order prints
- Various giveaways and raffle prize donations including;
 - Cedar River Garden
 - Whiskey River
 - Raining Rose
 - Farrells
 - Lucky's Bar