

The 2009 15K Pilot Knob Trail Race
Saturday, May 2, 2009, @ 10:00 a.m.

ABOUT THE RACE: The PKTR is a beautiful run through one of Iowa's most beautiful state parks. You will enjoy the wildlife, the extensive trail system and natural setting of Pilot Knob State Park. We work very hard to mark the course well, but also to leave as much of it unmarked as possible to leave you feeling like you are out for a stroll in the forest. We are small enough that you won't be bobbing and weaving between people, but large enough that you can still see the person in front of you. If you like the Living History Farms Race, come up to North Iowa's version of it. You will be glad you did!

LOCATION: Pilot Knob State Park is four miles east of Forest City in north central Iowa. If you are taking Interstate 35 take exit 203 and go west approximately 11 miles to reach the north entrance to Pilot Knob State Park. The start and finish will be in the second parking lot within the park. Just follow the signs.

PACKET PICKUP: Packets will be available at the start/finish area starting at 8:30 AM. Please call or email us at least a week before the race to let us know that you are planning on attending if you are going to register on race day so we can ensure to have enough food and t-shirts. Due to having to make t-shirt orders early, race day entrants are not guaranteed a t-shirt.

COURSE: The course is 15K in length and will be on rolling hills in a forested area. The trails are on very scenic, fun, wide, dirt and grass trails. Most people consider the park an Iowa hidden treasure. Results will be available on the Pilot Knob Trail Race website.

AWARDS: Unique prizes to the men's and women's overall winner! 2 awards each in the following divisions: 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over. This may change if we receive a larger amount of entries than normal by the deadline.

OTHER: SHORT SLEEVE T-shirts will be available to all participants who have registered by April 18 but will not be guaranteed for race day entrants. Do not send in your entry form after April 25 or we cannot guarantee registration. There will be race day registration for an additional three (3) dollars. If you are planning on registering on race day we would appreciate an email letting us know of your interest at pilotknobtrailrace@hotmail.com or call Kevin at 641.424.5161.

Thanks in advance!

