



Thank you for participating in our run. We know there are a lot of events in your neck of the woods and we appreciate you attending our run in our neck of the woods.

We are in need of a lot of volunteers still. All volunteers get a free future race or can transfer the free race to you. [Register HERE.](#)

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If you register after Midnight June 29<sup>th</sup>, please PRINT your receipt and bring it with you.

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IT IS BACK! We are super excited to have partnered with Support our Troops. Bring an item from their [WISH LIST](#) and we will give you a raffle ticket. We will be raffling a bunch of free races.

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**Address**

[Fox River Park](#)

W264 S4500 River Road

Waukesha, WI 53189

**Running Ambassador - NEW**



Make sure you stop by our Running Ambassador booth. Jeff will have support posters for the kiddos and in memory bibs.

### **Parking & Park Fee**

There is a \$4.00 Waukesha County Park fee. Please have \$4.00 ready when you get to the park.

Carpool, carpool, carpool. Parking is going to be very tight so please carpool, carpool, carpool. Parking is available at the family picnic area, in the field adjacent to the family picnic area and along the main drive in the park. Please do NOT park outside of the park or you will be ticketed and towed to Siberia.

Did we mention you should carpool?

### **Packet Pick Up**

Race day gets very busy and parking is tight so we strongly recommend picking up your packet Friday June 30th

Friday June 30

InStep Delafield

Noon – 5:00 pm

615 Genesee Street

Delafield, WI 53018

Packets can be picked race day start at 7 am.

### **Schedule**

7:00 registration and packet pickup open

7:45ish FREE kids 1K

8:00 big kids start

9:15 awards

9:45 course closes



### **Course Info**

#### **Starting line**

The starting line is located right next to check in. This is an open field, cross country style start. Your time starts when the gun sounds. If you are a speedster, you should be toeing the line.

#### **Course Condition**

The course is in great condition. Please note that you will cross two roads on this race. They will be marked and coned but please use caution.

This course is rolling and very curvy. The paths are wide in most places but there is a section where it is narrow. The course also travels next to two paved paths. It's a trail race so you can decide if you want to run on the grass next to the paved path or run on the path. Spikes are permitted but NOT on the paved paths.

[Course Maps](#)

**Aid Stations**

There are two aid stations on the 5K/10K course.

**Finish Line**

Make sure you stop by our fresh fruit bar. You won't find warm water and stale bagels here.

**Restrooms**

Restrooms are available at the registration building and portos  
There are additional bathrooms at all the other picnic areas and those lines will be much shorter.

Friendly suggestion for the RD

Stop and do your business before getting to the event. It will make your run much less stressful since everyone needs to do their business 10 minutes before the start of the race.

Kwik Trip

1809 W. St. Paul

PDQ

Hwy 59 & West Ave

2106 S. West Ave

McDonalds

Sunset & West Ave

1425 S. West Ave

Speedway

Hwy 59 & Sunset

1600 E. Sunset



## **Awards**

Overall Male & Female will receive plaques. Top 3 male & female finishers in 5 year age groups will receive a custom medal. Awards can be mailed by ordering them to be shipped [HERE](#).

### [Average Joe & Jane Awards](#)

At all Silver Circle Sports Event 5K, we will award the Average Joe & Jane award. That person that finished exactly in the middle of the gender 5K division. Each winner will receive a super sexy Average Joe / Average Jane shirt, flowers and an free entry into the Average Joe 5K.



## **Timing**

The race is chip timed by Silver Circle Sports Events and the chip is on your bib. This is a gun start so your time starts when the gun sounds.

[How to wear you bib.](#)

## **Race Day Registration**

We will have race day registration available for stragglers.

## **Questions?**

Please feel free to contact our race director at [racedirector@silvercirclesportsevents.com](mailto:racedirector@silvercirclesportsevents.com)

## **Series Scoring & Teams**

Points are assigned by place position for each age group. Points will be based on a point system (1st place 10 points, 2nd place 9 points, 3rd place 8 points through 10th place). You must participate in 4 of the 7 races to be eligible for the series awards. You can switch between distances (at no cost) but you must run in at least 4 races of the same distance.

NOTE – because this event is part of the Wisconsin Trail Assail Series, we use your age at the end of the year.

**Next Silver Circle Sports Events races:**

Full event schedule

<a href="#">Traveling Beer Garden 5K</a>	7/6	5K	Milwaukee
<a href="#">Friday Night 5K</a>	7/7	5K	Oconomowoc
<a href="#">Wisconsin Trail Assail - National Watermelon Day Run</a>	8/5	5K, 10K & 1/2 marathon	Hartford
<a href="#">Lake Country Triathlon</a>	8/12	Sprint & Olympic	Oconomowoc