

Thank you for participating in the Run from the Taxman. We know there are a lot of events in your neck of the woods and we appreciate you attending the Run from the Taxman 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. Yes you can have someone volunteer for you and then use that comp race.

Address

Lapham Peak Park W329 N846 County C Delafield, WI 53018 Trecker Lodge

Parking

Please car pool where available as parking will be tight on Saturday. Do not park on the road. Parking is available at Trecker Lodge. If that lot is full, there is an overflow parking area (if it is now wet). Please park on both sides of the lot parallel to the road. If it is wet, please park at the Hausmann Nature Center lot of the Tower parking lot.

Packet Pick Up

Friday Noon - 5 InStep Delafield 615 Genesee Street, Delafield, WI 53018 (262) 646-3013

Race day packet pick up starts at 7:00 and is available until 7.45 am. It will be busy on race day so please consider picking up your packet and a friend's Friday at InStep.

Packet pickup is located at the Trekker Lodge.

Bibs

We have ordered custom bibs with runner's names on them for everyone registered by Sunday April 9th. Lets hope they show up. If you are racing future WTA races, the deadline for custom bibs is two weeks out.

Schedule

7:00 Packet pick up & race day registration 7:30 ish kiddos start 7:45 Race day registration closes 8:00 Race start 5K, 10K & 1/2 marathon

Park Entry Fee

There is a \$5.00 park entry fee or you can purchase an annual pass at any of the park entrances. Please note that the stacking line at Pike Lake entrance is short. Please arrive early or consider carpooling.

Fresh fruit bar

Make sure you stop by and grab some fresh fruit at the finish line. You won't find warm water and stale bagels here. Depending on weather, the fresh fruit bar may be located inside the building.

Course Info

Starting line

The start line is located adjacent to the parking field. Look for the two blue start flags. This is a short and narrow start line so if you are a speedster, make sure you are in the front of the line. Our trail runs are chip timed but we use a gun start in line with cross country tradition. That means your time starts when we say go.

Course Condition

The course is in great condition. There may be some muddy and slippery areas so please use caution.

Lapham Peak is the most challenging course in the series. It is very hilly and technical. By technical, we mean watch your footing. There are logs across the path, rocky area, sandy areas, dirt, tree roots, washouts and hills. Did we mention the hills? Please watch your footing when running.

Course Marking and Closures

The entire course will be marked with signs and arrows. ALL of the course will be on trails. Watch for the signs where the 5K splits with the 10K & ½ marathon split. Every place there is a split; it will be marked with a sign.

Course distances / maps

Maps are posted on the website.

5K

The 5K course is one lap which starts at the start and ends at the finish line. You will get to climb the tower. The course splits at the base of the tower and the 5K goes to the right. The 10K & ½ runners continue straight.

10K

The 10K course is one lap and up the tower once. Watch for the 5K / 10K & \(\frac{1}{2} \) marathon split.

½ Marathon

The ½ marathon course is the same as the 10K but you will do two laps and climb the tower twice. There is small section after mile 4 where the 10K will turn right and the ½ will go straight. You will connect with the 10K course after a short distance (around ¼ mile). The turn for the second lap is right before the finish line. It is a tough course and you will deserve the ½ marathon finisher's medal you will get!

The Tower

Lapham Peak has a four story tower at the highest peak of the park. The view is amazing! When climbing the tower, STAY TO THE RIGHT. Faster runners please pass on the left. If you need it, there is a hand rail. Lapham Peak is not a PR course so enjoy the view at the top of the tower.

Yes there is a GoPro on top of the tower so be on your "best" behavior.

We will also have a little gift for you. Please do not leave it on the course. There are discounts and free entries in some of them and they all have a little sugar in them.

From the RD about the course

This is a challenging course. Not only is it hilly, but the terrain can be challenging at times. Please be careful. If you signed up for the ½ or 10K and decide to do a shorter run, no worries. Just let us know so you're not embarrassed when we call your time of



1:05 for a ½ marathon. If you decide to skip the tower, no problem. Just let us know so we can remove you from the awards, but don't. It is well worth the run/walk up the tower. The view is amazing!

Restrooms

Restrooms are available near the registration area and there will be porta potties at the start line. We do everything we can to start on time so get your biz done early. There are additional bathrooms at the tower parking lot and at Evergreen Lodge. There are not restrooms on the course. If you need to make a stop while running, use the restrooms at the tower or at Evergreen Lodge which is along the trail by the ski trail circuit.

Water Stops

There are aid stations on the course with water and Nuun. The aid station on the 10k / half course will have GU.

Timing

The race is chip timed by Silver Circle Sports Events and the chip is on your bib. You MUST wear your bib on the front of your shirt and we MUST be able to see it. Don't this be person with your bib on your back.

If you decide to change distances or cut off a portion of the course, please let us know when you cross the finish line. Hey the computer just thinks your super duper fast!



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.

Find three friend and create a team as part of the team challenge. It is free and open to everyone. Points are awarded to all teams and the winning team gets a free entry into the Chilly Willy Winter Run Series, a stupidly tall trophy and bragging rights. See website for details.

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

Questions?

Please feel free to contact our race director at <u>racedirector@silvercirclesportsevents.com</u>.