

WISCONSIN TRAIL ASSAIL RUNNING SERIES  
NATIONAL WATERMELON DAY RUN WALK

THIS RACE IS  
ONE IN A  
MELON

## National Watermelon Day Instructions

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

### **Address**

Pike Lake State Park  
3544 Kettle Moraine Rd  
Hartford, WI 53027

### **About the Park**

For those of us who live in Wisconsin, we are lucky to have parks like this. Pike Lake State Park is beautiful with rolling hills and varying terrain. The DNR has done a great job in the park while leaving much of it in its natural beauty.

After the run, consider heading back up Powder Hill and climbing the tower – NO you don't climb the tower on the run. Oh wait a minute, you do have to run up the tower on the 10K & twice on the ½ marathon.

### **Parking**

Parking is available at the beach located on Kettle Moraine Road. Registration and packet pick up are located there. Parking is limited, please car pool.

## **Packet Pick Up**

Friday August 4

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

7:45ish Kids race

8:00 5K , 10K, & 1/2 marathon start

8:15 start

## **Park Entry Fee**

There is a 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. Have cash ready and please arrive early or consider carpooling. Info about [park fees](#)

## **CHOquita**

Make sure you stop by and meet CHOquita. She will be at the finish line rocking the finish line runner aid station. You won't find warm water and stale bagels here. Looking for something special or have a recommendation for food at the finish line? Let us know



## **Course Info**

### **Starting line**

The starting line is located right by the finish line. The start line is in an open field and there will be two large blue start flags.

**Please note that this is a mass start in an open area for 200 meters and then crosses a narrow bridge. If you are super duper fast, make sure you are toeing the line. Parent please have the kiddos start behind the start line so they do not become speed bumps.**

### **Course Condition**

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

Pike Lake 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. 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, 10K & 1/2 marathon split.

### **Course distances / maps**

Maps are posted on the [website](#).

#### **5K**

One lap around the 5K course with the option of climbing the tower. Why wouldn't you? The distance is 3.32 miles without climbing the tower and 3.79 miles if you do. Really you should climb the tower because it is a great view and you are not going to PR on this course.

#### **10K**

One lap around the 10K course and you must climb the tower. There is an out and back portion near mile 5. The distance is 6.31 miles

#### **Half Marathon**

Two laps around the 10K course and you must climb the tower twice. There is an out and back portion near mile 5/10 and the turn will be AFTER the 10K turn. The distance is approximately 12.98 miles.

#### **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 decide to do a shorter run, or cut the course no worries. Just let us know so we can update you in the database.

#### **Restrooms**

Restrooms are available near the registration area. There are additional bathrooms on the north side of the beach area and we have porta potties.

#### **Water Stops**

Water and Nuun will be available at 2 water stops on the 10K course & 4 times on the ½ course.

#### **Awards**

Overall Male & Female will receive plaques. Top 3 male & female finishers in 5 year age groups will receive a custom medal.

#### [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 a 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>	8/3	5K	Milwaukee
<a href="#">Wisconsin Trail Assail - National Watermelon Day Run</a>	8/5	5K, 10K & 1/2 marathon	Hartford
<a href="#">Waterford Full Moon 4 Miler</a>	8/5	4 Mile	Waterford
<a href="#">Lake Country Triathlon</a>	8/12	Sprint & olympic	Oconomowoc
<a href="#">Blast to the Past 5K</a>	8/19	5K	East Troy
<a href="#">Milwaukee River Challenge</a>	9/14	5K	Milwaukee
<a href="#">Rochester 5K</a>	9/16	5K	Rochester
<a href="#">Wisconsin Trail Assail - Procrastination Run</a>	9/17	5K, 10K	Waukesha
<a href="#">Wurst Beer Biathlon</a>	9/23	5K	Waukesha



Did you know [Silver Circle Sports Events, LLC](http://www.silvercirclesportsevents.com) provides third party timing and event management? Whether it is timing a 5K or full event management, we can assist. Contact us at [info@silvercirclesportsevents.com](mailto:info@silvercirclesportsevents.com) for more info.