# Jingle Bell Jog Sunday, July 16, 2023



## **Race Day Instructions**

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#### Location

#### Packet Pickup & Race Start

2810 Golf Road The Ingleside Hotel Pewaukee, WI 53072



### Schedule & Packet Pickup

#### Race Day – Sunday, July 16

8:00am Packet Pickup 8:45am Kids Fun Run 9:00am 5K Run & 2 Mile Walk 9:30am Entertainment Begins 9:45am Food/Beverage & 5K Awards – Located at the Band Shell 10:30am Course Closes

#### PLEASE BRING YOUR RECEIPT WITH YOU!

You do not need to print it. We will need to scan the QR code on the receipt, though, so please have your email accessible on your mobile device or save a picture of your receipt with the QR code to your device's image library.



## Packet Pickup FAQs

Can I pick up another person's packet? Yes Do I need an ID? No way Please bring your QR code (it's on your receipt)

## Course Info

Restrooms Restrooms are available near the Start/Finish Line.

#### Course Marking

All distances start and finish at the same locations. The course is an out and back course on crushed gravel and paved surfaces. There is one small section where runners will run over grass. 5K runners and 2 Mile walkers will complete one out-and-back lap. The course will be marked with arrows and turn signs. The walkers will have a "Walkers turn here" sign just before crossing the grass area.

#### Aid Stations

There are two aid stations on course. One at the turnaround point on the Lake Country Trail and the other at the Finish Line. Aid stations will have water and Gatorade.

#### Awards

Medals will be presented to the top three individuals in each age division for all races. The 5K awards ceremony will take place about 9:45am at the bandshell where the food, beverage and entertainment will be located.

## Food/Beverages/Entertainment

Food and beverages will be available for purchase at the band shell beginning at 9:45am. There will also be entertainment at the band shell, and all participants are encouraged to check it out after they cross the Finish Line.

#### Timing

The run is chip timed by Silver Circle Sports Events with a chip start. Your time will begin when you cross the Start Line and conclude when you cross the Finish Line. Please make sure your bib is on the front of your body and visible to our staff.

Instructions on bib placement.

#### **Medical Emergencies**

If you see a medical emergency, call 911. If an athlete needs basic medical care, proceed to the nearest aid station and a staff member will assist.

\* \* \*\* TEAM SCSE TEAM SCSE TEAM SCSE

There is an automated external defibrillator (AED) and first aid kit located on the timing van.

## Weather

The event will be held unless severe weather occurs. In the event of severe weather, we will make an announcement to seek shelter and clear the area. All staff will also evacuate the area and will not return until the weather clears. We ask that you not return until we have made an all-clear announcement. Weather updates will be posted on Facebook.

## Got Questions?

Let us know at info@silvercirclesportsevents.com.