

Freedom 5K/10K

Sunday, July 5th, 2020



Race Day Instructions

A Message From Our Race Director

Hey, Runners! Our staff has been working on a social distancing plan for 3 months. It has taken a very long time to convince municipalities we can hold in-person events in a safe manner. While we don't necessarily like some of the requirements, we must follow them to keep people safe and to continue to obtain permits. I ask that you follow them exactly as outlined. We never know who will be there monitoring our plan, but there will be someone. If we don't follow the plan, then future permits could be pulled, and we will be back to virtual running.

Thank you,
Sean K. Osborne

WISCONSIN'S LEADER IN ENDURANCE EVENTS

**SILVER CIRCLE
SPORTS EVENTS**

silvercirclesportsevents.com

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

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Covid Screening Questions

Be prepared to respond to Covid screening questions at Packet Pickup.

Have you had any or do you currently have any of the following symptoms that you cannot attribute to another health condition?

Answer “Yes” or “No” to each question. Do you have:

- Fever or feeling feverish?
- Chills?
- A new cough?
- Shortness of breath?
- A new sore throat?
- New muscle aches?
- New headache?
- New loss of smell or taste?

If you answered “Yes” to any of the above, you should leave immediately, stay away from other people, and contact your health care provider.

Volunteers Needed – We are super short on volunteers!

If you, your group, the neighbor kid, or your mother-in-law has an interest in volunteering, we would greatly appreciate the assistance! All volunteers can run a future race for free. Sign up [HERE](#).



Location

Roosevelt Park

630 S. Main

Oconomowoc, WI 53066

Parking

The parking lot is CLOSED due to construction. You will want to park along W. Jefferson, S. Main, S. Worthington or S. State St.

Schedule

Race Day – Sunday, July 5th

7:00am Packet pickup

8:00am 5K & 10K start

Packet Pickup FAQs

Can I pick up another person's packet? Yes

Do I need an ID? No way

Can I register at packet pickup? Yep!

Bring your QR code (it's on your receipt)

Course Info

Social Distancing

At all times, please maintain a 10' social distance from fellow runners.

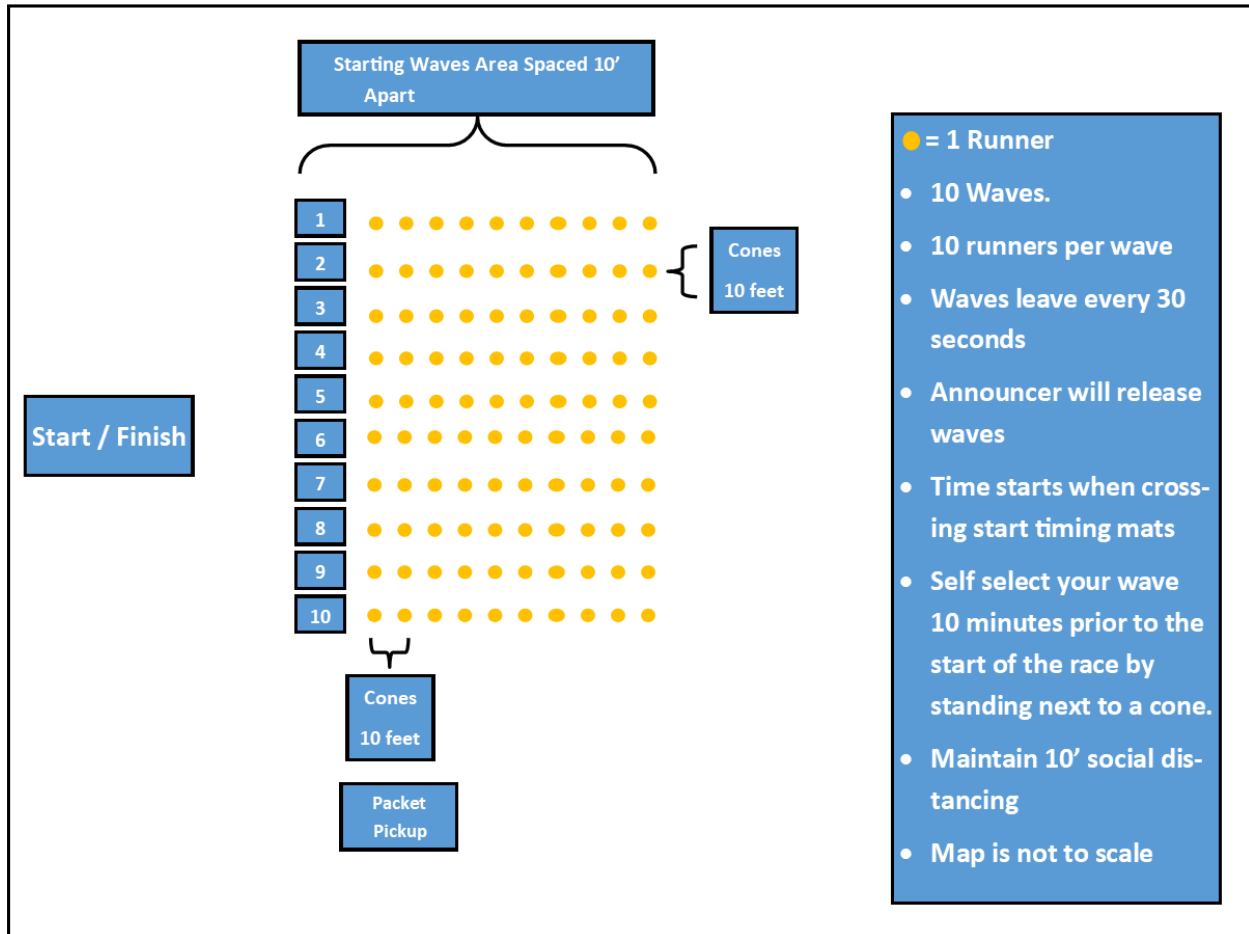
Waves

This is a wave start. Waves are comprised of 10 runners. We will have 10 rows of 10 cones, spaced 10' apart. You can self-select which wave you would like to run in by standing next to a cone facing the start



line. We suggest faster runners in the first few rows and request you do not self-select your wave until 10 minutes before the start of the race. Waves will be released every 30 seconds.

The announcer will release one wave every 30 seconds starting at 7:30am for the 5K and 9:00am for the 10K.



Restrooms

Restrooms are available at the start/finish line.

Course Marking and Closures

The entire course will be marked with signs and arrows. This is an out and back on the paved Lake Country Trail. The 5K will cross one road and the 10K will cross 6. Please watch for traffic as there may not be police officers at intersections.

The 5K will turn before Silver Lake Street. You will know because there is a 3 foot tall sign that says "5K Turn Here".

The 10K will turn south right before Hwy 67. The turn is before Valley Road. You will know because there is a 3 foot tall sign that says "10K Turn Here".

Aid Stations

Because we cannot guarantee a touch-free aid station, there are no aid stations on course or at the finish line. **You should bring your own water.**

On the 10K course, there will be an on-course bag drop area for you to leave your nutrition and hydration items. It is located at the intersection of The Lake Country Trail and Silver Cedar Rd. We recommend that you drive to the bag drop location before checking in at packet pickup, park on the Oconomowoc Parkway, walk across the grass, and drop your bag. Please do not park on Silver Cedar when dropping your gear bag. Please place your bag in the designated bag drop area before the race and space it 10' from other bags. Both sides of the path can be used, but please place them on the grass and not the path. This is a self-placement and self-serve bag drop. We will not be transporting bags on course. Don't worry, there is plenty of time and space for you to self-place your bag. Besides, do you really want some yahoo touching your water bottle?



Switching Distances

You can change distances prior to the event by letting our registration staff know (they have a form for this). If you decide to change distances while running, let our timing staff know when you cross the finish line.

Awards

Sorry, we will not have an awards ceremony. If we can get results uploaded quick enough, you will be able to pick up medals on-site. Please check the [race website for results](#). When you pick up your medal, please show staff your results so we can expedite the process.

Custom medals for first – third place.
0-14, then 5 year increments up to 90.

Miss Your Award?

Medals can be picked up at our office the Tuesday following the event.
2911 N Dousman, Suite 3
Oconomowoc, WI 53066
They are located in front of the northern entrance door in a black bin.
If you would like it mailed, you can order it to be shipped [here](#).

Timing

The race 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. If you develop [symptoms of Covid-19](#), please go to the medical tent and self-isolate.



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

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.

Social Media

Last minute updates, photos, videos, and results all get posted here first:



Referrals, Deferrals, and Exchanges

At registration checkout, you will be given the option to share to Facebook that you've registered for a super fun event with SCSE! For every 3 people you get to register for the same event using your unique link, you'll get \$10 back from your registration.

On your emailed registration receipt, there will be a registration link that you can forward to your friends to let them know they should join you on your next adventure! For every 3 friends you get to register for the event using your unique email link, you'll get \$10 back on your registration!

More info about [referrals, deferrals, and exchanges](#).

Got questions?

Let us know at info@silvercirclesportsevents.com.

#TeamSCSE

Welcome to #TeamSCSE. The running team with no requirements, no fees, and no forms to fill out. We are a group of people who just like to run. Team SCSE is an all-inclusive running team that prides itself on camaraderie and helping each other achieve running goals. We have a range of runners on the team, from beginners to elites and everything in between. If you're interested in joining the team, [contact us](#).



Upcoming Events

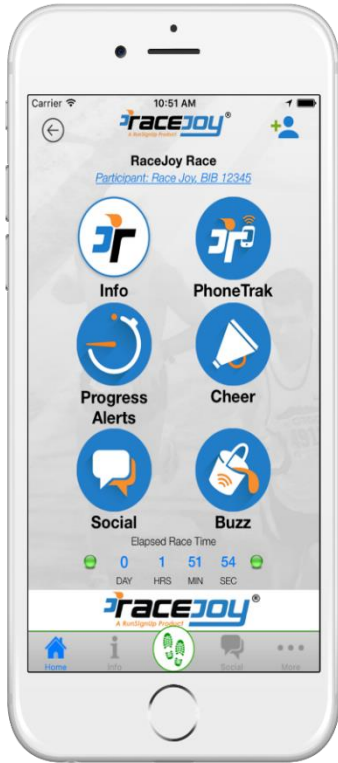
July 11 - [Hill on Earth 4 mile, 8 mile, 16 mile, 24 mile](#)



Are you involved with an event and need help with management, equipment rental, timing, or marketing? If it is event related, we do it!

[Contact us](#) to discuss your event or obtain a quote.

Download RaceJoy to Add to Your Race Experience!



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GPS Based Progress Alerts!

Cheer Sending!

and so much more...



Share your race
experience with
friends and
family!



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