



Race Day Instructions

Thank you for participating in the Frosty 5K & Pancake 1K. 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.



Volunteers Needed

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

Frame Park
1240 Frame Park
Waukesha, WI 53186

Packet Pickup

Friday January 26th
4-7 pm

[Endurance House Delafield](#)

If you stop in to get your packet don't forget your raffle ticket to win a free pair of shoes to be given away race morning! Must be present to pick up your ticket and shoes. Limit one ticket per person per packet (ie. no mass pickups).

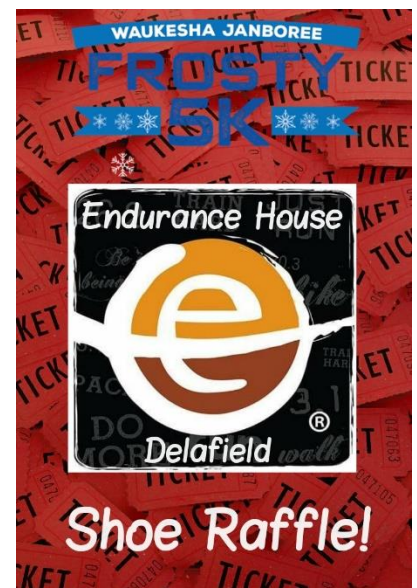
Saturday
At the race site 8-9

Packet Pickup FAQ

Can I pick up another person's packet? Yep

Do I need an ID? Nope

Can I register at packet pickup? Yep



Schedule

8:00 Packet pickup
8:30 Pancake 1K
8:45ish Kids 1K start
9:00 5K start

Pancake Breakfast

7:30 - 10:30 am
Schuetze Recreation Center
1120 Baxter Street
Adults \$6.00, kids under 2-12 \$4.00, 1 & under free.

Awards

Overall male / female and age group awards will be presented for the 5K in 5 year increments.

Average Joe & Jane Awards

At all Silver Circle Sports Events 5K, we will award the Average Joe & Jane award. The award goes to the male and female that finish exactly in the middle of their division will received receive a super sexy Average Joe / Average Jane shirt, flowers and an free entry into the Average Joe 5K on February 18th.



Your Age

Because the Frosty 5K is part of the Chilly Willy Winter Series, we use your age as of 12/31/18.

Course Info

Start Line for 5K

The starting line will be near the playground on the north side of the park. It is a short walk from the registration area. Look for the blue start flags.

The start line is narrow. If you are a slower runner, please stage yourself accordingly. We have several elite athlete teams that are competing for awards so please give them a little room.

Parents please have the kiddos start after the fast runners. We don't want to see the little ones become speed bumps.

This is a chip started event so your time does not begin until you cross the start line.

Finish Line

The finish line is located at the Rotary building (packet pickup area) south of the start line by about .2 miles. Look for the 20' wide Silver Circle Sports Events truss.

Course Marking

The entire course will be marked with arrow signs and mile markers. You will stay within the park at all times and not cross any roads. The course is TWO loops around the park. On the first

loop, you will run to the right of the registration building. You will only cross under the finish truss on the final loop. [Finish line map](#)

Course Info Pancake 1K

The start line is located at the finish line. This is different than the 5K start line. The course is an out and back and is 0.4 miles. Runners will be given a spatula at packet pickup on Saturday and a pancake at the start line. You MUST be registered for the 5K to participate and we will use your race bib for timing.

Aprons and head scarfs are encouraged.

CAUTION RUNNERS!!!!

Both the pancake 1K & the kids event start and end near the registration building (finish line). You are encouraged to cheer them on but please keep this area clear from 8:30-9:00.

RD comments on the 5K course

Slower runners and walkers please stay to the right side of the path. Faster runners will be passing on the left and they have very sharp elbows so please do not walk more than 2 side by side. If you hear “on your left” a runner is preparing to pass you.

On the west side of the river, there are two parallel paths. It does not matter which one you run on since they end at the same point.

Timing

The race is chip timed Silver Circle Sports Events with a chip start. Please make sure you bib is on the front of your body and visible to our staff. [Instructions on bib placement](#).

Aid Stations

There will be one aid station on the course.

Finish Line Hot Chocolate



The free hot chocolate station is back. It will be located inside the registration area.

Restrooms

Restrooms are available at registration and near the start line.

Parking

Parking is available throughout the park. It will be busy so plan accordingly.

Other events at the park

The Frosty 5K is part of the Waukesha JanBoree so there will be other events happening in the park. Please plan to arrive early for parking and watch for people on the paths. The course is open to the public and there will be others in the park.

Got questions?

Let us know at info@silvercirclesportsevents.com

Upcoming events:

| | | | |
|--|------|---------------------------------|------------|
| <u>Tim Gahagan Memorial Frostbite Scramble</u> | 2/10 | Golf on frozen Silver Lake | Oconomowoc |
| <u>Average Joe 5K</u> | 2/18 | 5K | |
| <u>Flannel 5K</u> | 2/24 | 5K, 10K | Delafield |
| <u>Shake Your Shamrocks</u> | 3/18 | 5K, 10K | Oconomowoc |
| <u>First Call</u> (new date) | 3/31 | 5K, 10K & 1/2 marathon | Waukesha |
| <u>Wisconsin Trail Assail - Chase the Taxman</u> | 4/14 | 5K, 10K & 1/2 marathon | Delafield |
| <u>Shakespeare 5K</u> | 4/21 | 5K | Milwaukee |
| <u>Adrenaline Series</u> | 4/28 | 5K, 1/4 marathon & 1/2 marathon | West Bend |
| <u>Beartrax and Brownie Shuffle</u> | 4/29 | 5K, 10K, 20K | Delafield |
| <u>Wisconsin Trail Assail - Mother's Day</u> | 5/12 | 5K, 10K & 1/2 marathon | Nashotah |
| <u>Run Like A Mother Milwaukee</u> | 5/13 | 5K + 1 mile kids run | Wauwatosa |



Are you involved with an event and overwhelmed with the details or ever want to start an event? We can help. More info [HERE](#).

Management, equipment rental, timing & marketing.