

---

# SILVER CIRCLE SPORTS EVENTS

---

[www.silvercirclesportsevents.com](http://www.silvercirclesportsevents.com)

[HOME](#) [EVENTS](#) [RACE MANAGEMENT & TIMING](#) [EQUIPMENT](#) [RESULTS](#) [CONTACT](#)

Thank you for participating in the Frosty 5K. We know there are a lot of events in your neck of the woods and we appreciate you attending the Last Call in our neck of the woods.

---

## 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.

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

## Packet Pickup

Friday January 25

Endurance House Delafield

Time 4-7 pm

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).

It is also buy one get 30% off of any shoe / apparel combination.

## Race day

8:00-9:00 am at the race site.

## Packet Pickup FAQ

Can I pick up another person's packet? Yep

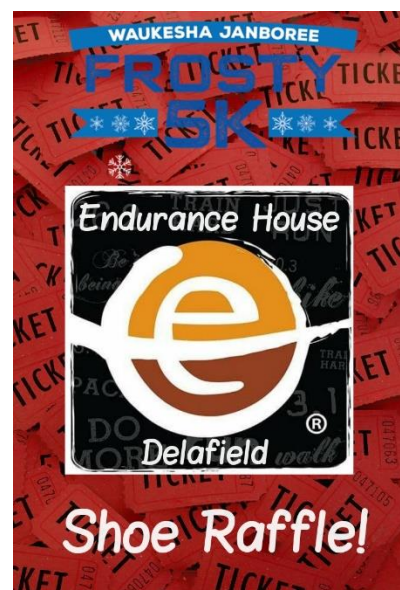
Do I need an ID? Nope

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.

### **Location**

Schuetze Rec Center

1120 Baxter St, Waukesha, WI 53186

### **Referrals**

For every three registrations, we will refund \$10.00 of your registration fee all the way up to 100%. Two ways to do it.

#### **Facebook**

At registration checkout, you will be given the option to share your registration on Facebook. If 3 people register from that post, shazam we will refund \$10.

#### **Email**

On your registration receipt, there will be a registration link. Share that link and we will refund \$10 for every 3 registrations. You can find the registration link by logging into your Run Sign Up account and email the receipt to yourself. The software will keep track of friends registering from your link and Facebook post.

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

### **Awards**

#### **Overall Male & Female**

A plaque & flowers will be presented the first-place male & female.

#### **Age Groups**

Custom medals for first – third place.

0-14, then 5 year increments up to 90

#### **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 receive a super sexy Average Joe / Average Jane shirt, flowers and an free entry a SCSE race.



## Timing

The race is chip timed 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 you bib is on the front of your body and visible to our staff.

Instructions on bib placement.

## Course Info

### Your Age

Because the Frosty 5K is part of the Chilly Willy Winter Run Series, we use your age as of 3/31/19.

### Course Info - **NEW**

Course change - we are mixing it up this year and switching directions. The race will start at the Schuetze Building and be in a clockwise direction. The finish line is at the Rotary building. This will alleviate some of the congestion at the start and you will be able to stay indoors until right before the start. The course will be slightly longer than 5K.



### Start Line for 5K

- The starting line will be at the Schuetze Building along the path (on the west side of the building) 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 north of the start line. 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 left of the Rotary 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.

### **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.

The finish line will have our free hot chocolate bar!



### **Restrooms**

There are restrooms inside the Schuetze and the Rotary building. The rotary building will be locked but you can access the restrooms from the outside of the building.

### **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.

### **Social Media**

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



### **Weather**

The event will be held unless severe weather occurs. In the event of severe weather, the race director may delay or cancel the event. Please watch social media for any weather notices.

### **Medals**

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 vestibule that is open 24/7

If you would like it mailed, you can order it to be shipped here

<https://silvercirclesportsevents.com/scse-store>

### **Got questions?**

Let us know at [info@silvercirclesportsevents.com](mailto: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 their running goals. We have a range of runners on the team, from beginners to elites and everything in between. If you're interested in being part of team, [contact us](#).





## Upcoming events:

### FEBRUARY 9<sup>TH</sup> TIMOTHY GAHAGAN FROSTBITE SCRAMBLE

#### GOLF IN FEBRUARY? YEP!

Join us as we "golf" on frozen Silver Lake in Oconomowoc. All proceeds support the Summit Police Department and Western Lakes Fire Department.

Here is how it works.

The Timothy Gahagan Memorial Frostbite Scramble is similar to a 9 hole golf scramble but it's on frozen Silver Lake in Oconomowoc, WI. "Golfers" use a tennis ball and any device to strike the ball from the ground. Teams are comprised of 2-5 golfers with a shotgun start.



#### EVENT SCHEDULE

2019 EVENT SCHEDULE	DATE	DISTANCE	LOCATION
<a href="#">Tim Gahagan Memorial Frostbite Scramble</a>	2/9	Golf on frozen Silver Lake	Oconomowoc
<a href="#">Frostbite 5K</a>	2/16	5K	Nashotah
<a href="#">Flannel 5K</a>	2/23	5K, 10K	Delafield
<a href="#">Shake Your Shamrocks</a>	3/16	5K, 10K	Oconomowoc
<a href="#">First Call</a>	3/31	5K, 10K & 1/2 marathon	Waukesha

## 2019 Wisconsin Trail Assail Series Registration Now Open



[Register Now](#)

[Register Now](#)

[Register Now](#)

[Register Now](#)

[Register Now](#)

[Register Now](#)



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.