

# Frosty 5K



Saturday, January 18<sup>th</sup>, 2020

WISCONSIN'S LEADER IN ENDURANCE EVENTS

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**SILVER CIRCLE  
SPORTS EVENTS**

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

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 a Silver Circle Sports Event!

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## Location

**Schuetze Rec Center**  
1120 Baxter St.  
Waukesha, WI 53186

## Parking

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

## Race Day Schedule

Packet Pickup & Registration	8:00am
Pancake 1K	8:30am
Kiddo's 1K	8:45am
5K Race starts	9:00am

## Pancake Breakfast

7:30 - 10:30 am  
Schuetze Recreation Center  
1120 Baxter St.  
Waukesha, WI 53186  
Adults \$6.00, kids under 2-12 \$4.00, 1 & under free.

## Packet Pickup

Early Packet Pickup – Friday, January 17<sup>th</sup>

**Silver Circle Sports Events**  
2911 N. Dousman Rd, Suite 3  
Oconomowoc, WI 53066  
4:00pm – 6:00pm

Race Day Packet Pickup – Saturday, January 18<sup>th</sup>

**Schuetze Rec Center**  
1120 Baxter St.  
Waukesha, WI 53186  
8:00am – 9:00am

## 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? Yes  
Do you accept cash, checks or credit cards? You betcha!

## Course Info

### RD Comments

The course is two times around the river clockwise and it will be slightly longer than a 5K.

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 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.

### Start Line

The start line is located to the south of the Schuetze building, on the path between the river and the neighboring buildings. Look for the two 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.

### 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 (east) of the Rotary building. On the second lap, you will cross under the finish truss (west of building).

### 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.

The Schuetze building will also have our free hot chocolate bar!



## Course Info - Pancake 1K

The start line for the Pancake 1K is located at the 5K finish line. This is NOT the same start line as the Frosty 5K! 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.

Aprons and chef hats are encouraged!

## Restrooms

There are restrooms inside the Schuetze Rec Center.

## Awards

### Overall Male & Female

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

### Age Groups

Because the Frosty 5K is part of the Chilly Willy Winter Run Series, we use your age as of 3/31/20.

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 5Ks, we present the [Average Joe & Jane award](#). The award goes to the male and female who finish exactly in the middle of their division. Winners receive a super sexy Average Joe/Average Jane shirt, flowers, and a free entry to a future SCSE 5K race of their choice.

### Miss Your Award?

Medals can be picked up at our office the Tuesday following the event.

2911 N Dousman, Suite 3

Oconomowoc, WI 53066

Medals are located in the front vestibule that is open 24/7.

If you would like your medal 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 end 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.

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, the race director may delay or cancel the event. Please watch social media for any weather notices.

## 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](mailto:info@silvercirclesportsevents.com).

## Ready for More Silver Circle Sports Events?

JANUARY 25th - Timothy Gahagan Frostbite Scramble

### GOLF IN JANUARY? 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" get a tennis ball and use any device to strike the ball from the ground. Teams are comprised of 2-5 golfers with a shotgun start.



### Chilly Willy Winter Run Series

[Click the images below to register for individual races in the Chilly Willy Winter Run Series.](#)



## 2020 Wisconsin Trail Assail Series Registration Now Open



[Register Now](#) [Register Now](#) [Register Now](#) [Register Now](#) [Register Now](#) [Register Now](#)

## Team SCSE

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 being part of Team SCSE, [contact us!](#)

