



# FROSTY 5K

WAUKESHA, WISCONSIN

1.75M WALK • 5K RUN/RUCK

SATURDAY, JANUARY 24, 2026

## Race Day Instructions



*Thank you for participating in a Silver Circle 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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## LOCATION

Waukesha Schuetze Rec Center, Frame Park

1120 Baxter St.

Waukesha, WI 53186

Directions: [Google Maps](#)

**Please note that dogs are not allowed in Frame Park per City of Waukesha ordinance. We also ask that people refrain from wearing any type of Yak Tracks inside the Schuetze Rec Center building.**

## PARKING

Parking is available throughout Frame Park and on city streets.

## SCHEDULE

Race Day – Saturday, January 24, 2026

Waukesha Schuetze Rec Center, Frame Park

8:00am Race Day Packet Pickup

8:45am Kiddo's 1K Race Begins

9:00am 5K Run / Ruck and 1.75-mile Walk Begin

10:00am Course Closes

## 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 registration email receipt)



## RACE SHIRTS

Unfortunately, we cannot hold race shirts for those who can't make it to the race – we simply don't have room for boxes and boxes of extra shirts. If you can no longer make the race and still want your shirt, please email us BEFORE the race so we can put it aside. Otherwise, we cannot guarantee we'll have a shirt for you after the race. More info [here](#).

## COURSE INFO

The 5K course is super flat and fast and accessible to runners or walkers of all ages and abilities. The 5K course is two laps around the Fox River using paved trails within the park. Walkers should stay right so that faster runners can pass them. Runners will pass by (not through) the Finish Line after their first lap -- on their second lap, runners will pass through the Finish Line. In order to accommodate a shared Start/Finish Line, the 5K course is slightly long (about 5.5 km, or 3.4 miles).

Walkers will complete one lap around the park.

### Course Map

Walkers – for your safety, we ask that you start once the runners have cleared the Start Line. This will help avoid any collisions. Please stay to the right as you walk, which will allow for faster runners and walkers to pass.

We will use a mass start to begin the race, but the Start Line will remain open for approximately 5 minutes after the start. Your time will not start until you cross the Start Line.

### Course Markings

The course will be marked with cones, arrows, and turn signs. After runners complete their 1<sup>st</sup> lap, they will turn right before the Finish Line and run around the rotary building. After the second lap, runners will proceed straight into the Finish Line to end the race. Look for a large 3 ft sign and a loud course marshal directing traffic at this point in the race.

### Course Safety

The course is plowed and salted, but Wisconsin weather is unpredictable. Please be on the lookout for ice patches along the course. There are also several curbs that need to be navigated. Please be careful stepping onto and off of curbs.

### Restrooms

Restrooms are available within the Schuetze Rec Center.

### Aid Stations

There is one aid station on the course at mile 1.2, and it will have water. There will also be water available in the Schuetze Rec Center by the Hot Chocolate Bar.

While we strive to have volunteers at all of our aid stations, we cannot guarantee aid stations will be staffed. ***Runners should assume that aid stations will be self-serve.***

### Garbage

There will be garbage cans on course. Please help us keep Frame Park beautiful and place all trash in a garbage can.

## KIDDO'S 1K RACE

We will start the Kiddo's 1K race at 8:45am. The race is free, but ALL kids must be registered and wearing a Kiddo's 1K race bib. If your child is not yet registered for the Kiddo's 1K race, please be sure to get them registered BEFORE race day morning. You can pick up your Kiddo's 1K race bib at the same time you pick up your race bib.

## RESULTS & AWARDS

Results will be live and available on the [race website](#) shortly after you cross the Finish Line. Age group award woodles for first – third place. Age groups are 0-14, then 5-year increments. We will have an awards ceremony for the 5K runners at about 9:40am inside the Schuetze Rec Center.

### What is a Woodle?

A woodle is a one-of-a-kind medal crafted from reclaimed lumber. Born in 2020 as a sustainable alternative to traditional zinc medals—especially during COVID-related supply chain disruptions—woodle medals are an eco-friendly and innovative solution.

These medals not only use reclaimed wood but are also reused for future races if not awarded at an event. To date, [Ridgeway Woodworks](#) Woodle awards have kept approximately **6,000 pounds of wood** out of landfills, all while adding a unique touch of excitement and joy to athletes and their families across the United States. Sustainability and celebration, all in one!

### Miss Your Award?

Woodles can be picked up at the Silver Circle Global Headquarters the Wednesday following the race. They are located in front of the north entrance door in a black bin. If you would like it mailed, you can order it to be shipped [here](#).

Silver Circle Global Headquarters Address:  
1327 Wall Street, Suite B  
Oconomowoc, WI 53066



## AVERAGE JOE & JANE AWARDS

The Average Joe & Jane Awards are back for the Chilly Willy Series 5K Runs and are presented to the male and female runner who finish in the exact middle of all runners. Winners will receive a t-shirt and custom woodle!

## FINISH LINE HOT CHOCOLATE

Meet your friends after the race for a quick warm up at our hot chocolate bar. Complete with a huge selection of the tastiest treats, you'll find all you need to make a great cup of hot chocolate after a cold run. The hot chocolate bar will be located inside the Schuetze Rec Center.



## TIMING

This is a Chip Start race, timed by Silver Circle. 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.](#)

Frosty 5K – Race Day Instructions

## SPONSORS

The Frosty 5K is presented by the sponsors listed below. Please help us say thank you to our sponsors by checking out their websites:



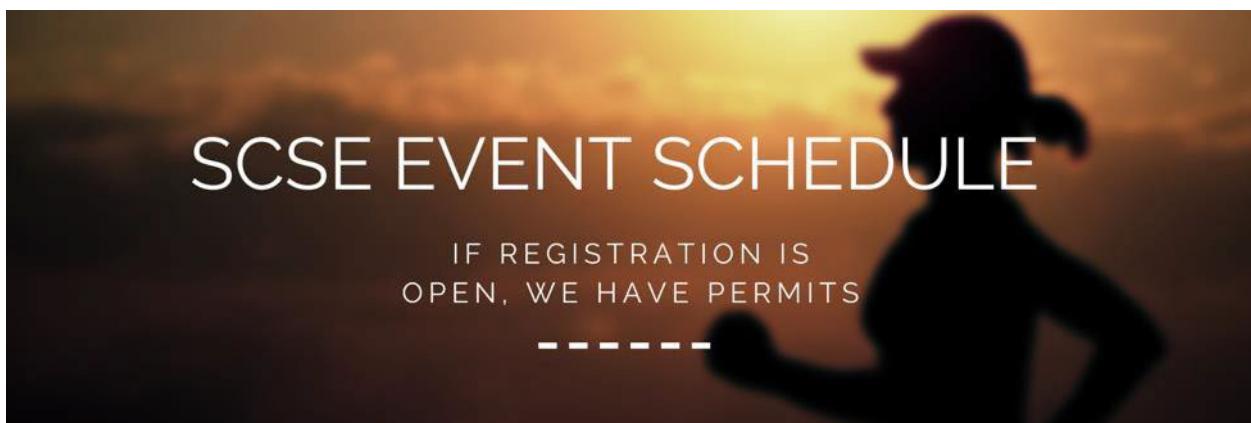
## UPCOMING CW RACES

Check out all our upcoming Chilly Willy Winter Run Series races by clicking on the logos below:



## 2026 RACE SCHEDULE!

We have a super busy 2026 with a lot of fun new races in some awesome new locations. Check out our entire 2026 race schedule by clicking on the image below:



## 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 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.

## 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](#).

## QUESTIONS?

Let us know at [info@silvercirclesportsevents.com](mailto:info@silvercirclesportsevents.com).



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.