



Saturday, June 8, 2024

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

Menomonee Park – Picnic Area #2
W220 N7884 Town Line Rd.
Menomonee Falls, WI 53051

Directions: [Google Maps](#)

COUNTY PARK ADMISSION

Participants will need to purchase admission to the county park for the day of the race unless they already have an annual park sticker. All admission must be purchased online. For more information, please be sure to check out this [website](#).

PARKING

Parking is limited to about 150 stalls at Picnic Area #2 so if you want a spot close to the Start/Finish Line, get there early. Additional parking is available throughout the park. ***DO NOT park on or alongside any park roads – you will be ticketed.***

SCHEDULE

RACE DAY – SATURDAY, JUNE 8, 2024

Menomonee Park, Picnic Area #2
8:00 am Race Day Packet Pickup Opens
8:45 am Kiddo's 1K Race Starts
9:00 am Races Start
12:00 pm 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)



COURSE INFO

The course is a flat and fast out-and-back route that uses the Bugline Trail and some paved trails and streets within the Village of Sussex. All runners will start in Menomonee Park and head out west onto the Bugline Trail. Runners should run until they reach the corresponding turn markers: 2-Mile Walk, 5K, 10K, or 1/2 Marathon. The course crosses several roads. Police officers will be at the busy intersections to stop vehicle traffic. Runners should watch/stop for traffic at other intersections.

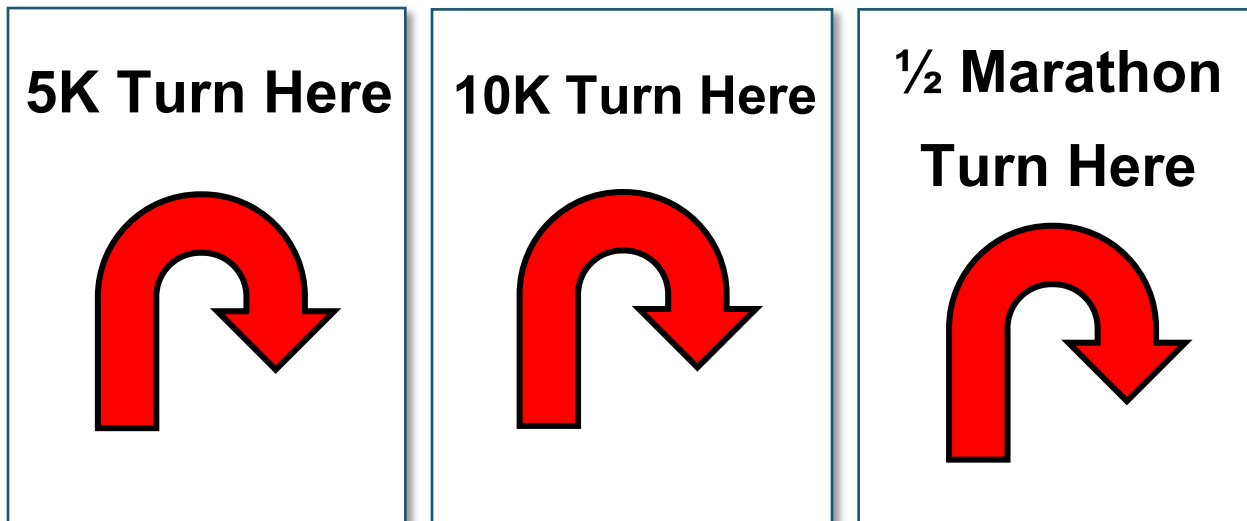
[Course Maps are Available Here](#)

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 10 minutes after the start. Your time will not start until you cross the Start Line.

COURSE MARKING

The course will be marked with cones, arrows, and turn signs. This is an out-and-back course with turnaround points clearly marked with 3ft-high sandwich board signs. When you see the sign that corresponds to the race distance you are running, you should turn around. The signs look like this:



****Don't forget the Walk Turn Sign (not pictured)... it will say: Walkers Turn Here!**

RAIL TRACKS CROSSING

The 10K and 1/2 Marathon runners will pass a rail line twice (once on the way out and again on the way back). We will have timing equipment at this intersection and are prepared to adjust times in the event of a train. Please do NOT try to outrun an oncoming train – you will lose!

RESTROOMS

Restrooms are available at the Start/Finish Line and there is one porta-potty on course at about mile marker 4.3. Half marathon runners will pass the porta-potty on course again at about mile 8.6.

AID STATIONS

There are four aid stations on the course. Aid stations are located at the following distances from the Start/Finish Line: 1.1, 2.7, 4.3, and 6 miles. All runners, regardless of distance, will pass their corresponding aid stations on the way out and once again on the way back after the turnaround points.

Aid stations will have water (Orange Jugs), sports drink (Red Jugs), and energy gels.

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 the course beautiful and place all trash in a garbage can.

KIDDO'S 1K RACE

We will start the Kiddo's 1K race at 8:45 am. 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

Unofficial results will be live and available on the [race website](#) shortly after you cross the Finish Line (about 5 mins). We will distribute overall winner awards (top male and female finishers for each distance) and age group award medals for first – third place for each distance. Age groups are 0-14, then 5-year increments.

THE APPROXIMATE TIME OF THE AWARD CEREMONIES ARE:

5K Awards Ceremony: 10:00 am
10K Awards Ceremony: 10:20 am
½ Awards Ceremony: 11:45 am

Please don't worry if you miss the awards ceremony or if you need to leave early. You are welcome to search for results online and simply come to the awards table to grab your age group award at any time.

MISS YOUR AWARD?

Medals can be picked up at the Silver Circle Global Headquarters the Tuesday 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, STE B
Oconomowoc, WI 53066

AVERAGE JOE & JANE AWARDS

The Average Joe & Jane Awards are presented to the male and female 5K runner who finish in the exact middle of all runners. Winners will receive a T-shirt and custom medal!



FINISH LINE FOOD & BEVERAGES

After you finish the race, be sure to stick around for some food and beverages rocking out to some awesome head banging tunes. [Silver Circle Foundation](#) will be providing beer – every runner will get one free beverage. Be sure to save your bib tear tags!! That's your ticket to a free beverage!



SWITCHING DISTANCES

You can change distances prior to the event through [RunSignup](#) – just follow these easy steps:

1. Log into your RunSignup account.
2. Go to your profile.
3. Select “Manage Registrations” from the race you want to change distances.
4. Chose the option to “Switch Events” to change distances.

If you decide to change distances while running – for example, drop to the 5K distance from a 10K – no problem; just be sure to let our timing staff know when you cross the Finish Line.

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](#).

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.](#)



SPONSORS

The Head Banger Half is presented by the sponsors listed below. Please help us say thank you to our sponsors by checking out their websites:





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

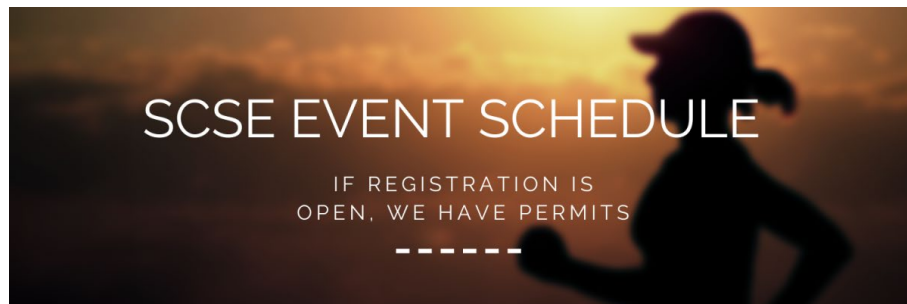
At registration checkout, you will be given the option to share to Facebook that you've registered for a super fun event with SCSE! For every 3 people you get to register for the same event using your unique link, you'll get \$10 back from your registration.

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](#).

SOME AWESOME SUMMER RACES!

Check out some of these awesome summer races or take a look at our full race schedule to see everything we are going – let's just say it's going to be a busy, but fun, summer!



QUESTIONS?

Let us know at rob@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.