

~~Lapham Peak~~ Nashotah Trail Races

Saturday, September 12, 2020



Race Day Instructions

A Message From Our Race Director

Hey, Runners! Our staff has been working on a social distancing plan for months. It has taken a very long time to convince municipalities we can hold in-person events in a safe manner. While we don't necessarily like some of the requirements, we must follow them to keep people safe and to continue to obtain permits. I ask that you follow them exactly as outlined. We never know who will be there monitoring our plan, but there will be someone. If we don't follow the plan, then future permits could be pulled, and we will be back to virtual running.

Thank you,
Sean K. Osborne

WISCONSIN'S LEADER IN ENDURANCE EVENTS

**SILVER CIRCLE
SPORTS EVENTS**

silvercirclesportsevents.com

Thank you for participating in a Silver Circle Sports 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.

Contents

A Message From Our Race Director	1
Covid Screening Questions	3
Face Coverings	4
Volunteers Needed – We are super short on volunteers!.....	4
Location.....	4
Nashotah Park.....	4
Parking.....	4
Schedule.....	5
Race Day – Saturday, September 12, 2020.....	5
Packet Pickup FAQs.....	5
Social Distancing.....	5
Waves.....	5
Course Info.....	6
Restrooms.....	6
Course Marking and Closures.....	6
Aid Stations.....	6
Switching Distances.....	7
Awards.....	7
Miss Your Award?.....	7
Timing.....	8
Medical Emergencies.....	8
Weather.....	8
Social Media.....	8
Referrals, Deferrals, and Exchanges.....	8
Got questions?.....	8
#TeamSCSE.....	9
Upcoming Events.....	9
September 20 th Procrastination Run.....	9
October 4 th Brewfinity Marathon.....	9
October 10 th Zachariah’s Acres.....	9

Covid Screening Questions

Be prepared to respond to Covid screening questions at Packet Pickup.

Have you had any or do you currently have any of the following symptoms that you cannot attribute to another health condition?

Answer “Yes” or “No” to each question. Do you have:

- Fever or feeling feverish?
- Chills?
- A new cough?
- Shortness of breath?
- A new sore throat?
- New muscle aches?
- New headache?
- New loss of smell or taste?

If you answered “Yes” to any of the above, you should leave immediately, stay away from other people, and contact your health care provider.

Face Coverings

Based on our current permits, ***face coverings are now required at events***. Here is how it works:

Anyone in the “arena” is required to wear a face covering. The arena is defined as anywhere other than on the race course. This includes registration, packet pickup, parking areas, finish line, start line, restrooms, beer line, medal line, anywhere near other people. If you are within 10’ of anyone, at any time, a face covering is required.

Once you are on course, face coverings do not need to be worn, provided you are at least 10 feet from another person. At the start, you are spaced 10’ from others - we strongly encourage you to keep that distance. If you need to pass, call out “on your left” and move as far left as you can. Once you have passed a runner and you are at least 10’ in front of them, move back to the right.

We encourage runners to consider using running buffs while running near others. Buffs are available on our [merchandise website](#).

When you cross the finish line, please move outside of the arena for your cool down. Once your cool down is complete, a face covering is again required.

If we want to keep running in person events together (and we do!), it is imperative that we exceed our permit requirements. Waukesha County is one of the few places in America that is open to in person events. It is up to our running community to prove that we can hold events safely.

Volunteers Needed – We are super short on volunteers!

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

Nashotah Park

W330N5113 County Road C
Nashotah, WI

Parking

There is a \$5.00 Waukesha County Park fee. Please have \$5.00 ready when you get to the park. There are two lines and they will move very quickly IF you have \$5.00 or a season pass ready.

Parking is available at the Family Picnic Area adjacent to Reserved Picnic Area 1. It is on the south side of the park. This is where registration, check in, and the start/finish line are located. There is additional parking at Picnic Area 2 and along the road. Please do NOT park in the dog walk area or you will be ticketed.

[Parking map](#).

Schedule

Race Day – Saturday, September 12, 2020

7:00am Packet Pickup

7:30am 50K starts

8:00am All other races start

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!

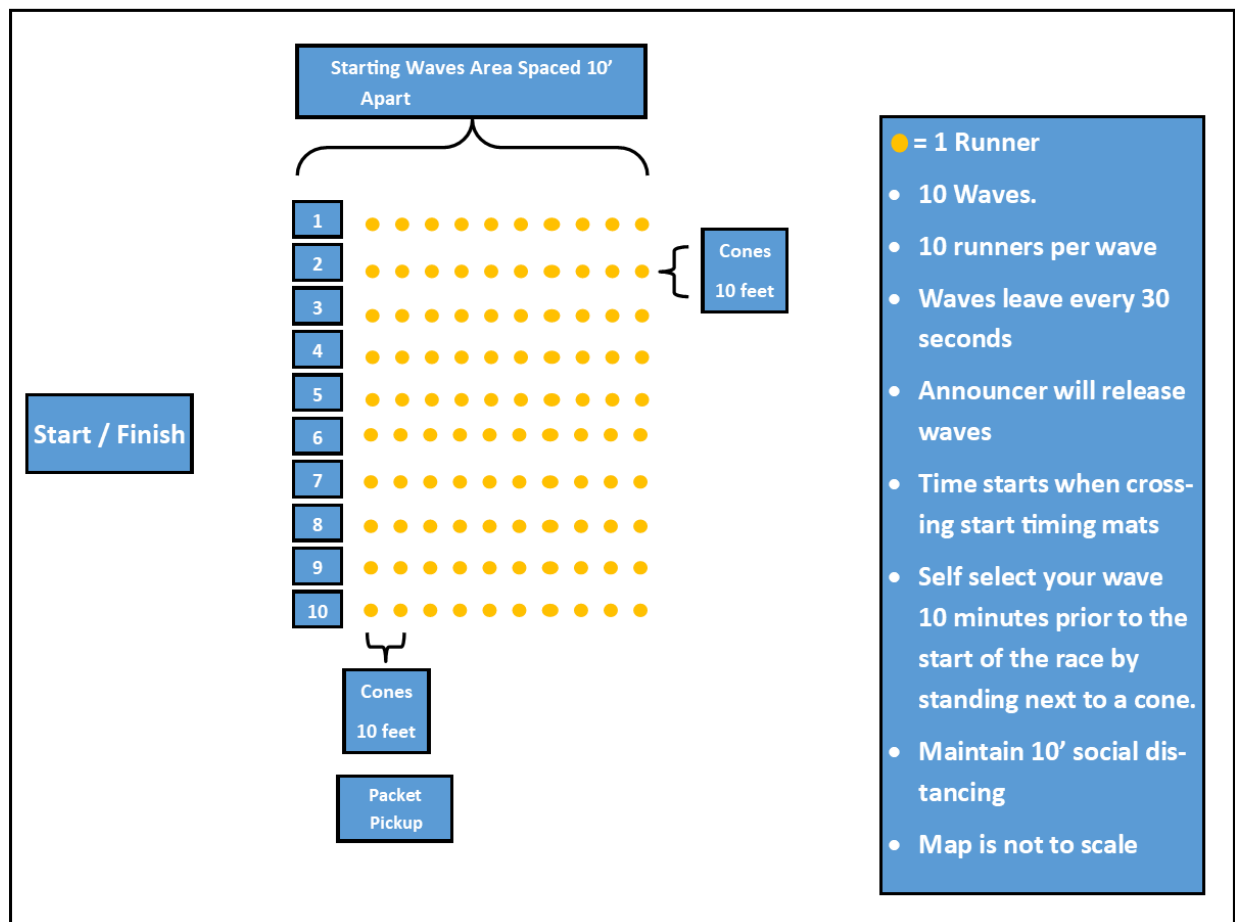
Bring your QR code (it's on your receipt)

Social Distancing

At all times, please maintain a 10' social distance from fellow runners.

Waves

This is a wave start. Waves are comprised of 10 runners. We will have 10 rows of 10 cones, spaced 10' apart. You can self-select which wave you would like to run in by standing next to a cone facing the start



line. We suggest faster runners in the first few rows and request you do not self-select your wave until 10 minutes before the start of the race.

The announcer will release one wave every 30 seconds starting at 8:00am The start mat will be adjacent to the volleyball court and your time will not start until you cross the mat. We encourage each wave of runners to self-distance as they approach the start mats.

Course Info

Restrooms

Restrooms are available at the pavilion in Picnic Area 1, near registration, and the start/finish line. There are additional bathrooms at all the other picnic areas.

Course Marking and Closures

The entire course will be marked with signs and arrows. ALL of the courses will be on wide trails. There are NO road crossings and you will not be on a small side trail. You will never turn without the corner being marked with signs.

5K - 1 lap inside - 3.21 miles

10K - 2 laps inside - 6.42 miles

Half - 2 laps outside, one lap inside - 13.03 miles

Full - 4 laps outside, 2 laps inside - 26.06 miles

50K - 5 laps outside, 2 laps inside - 30.97 miles

[Inside course loop map](#) | [Outside course loop map](#)

The inside loop/outside loop split is at mile two. Outside loop runners will go straight and inside loop runners will turn right. The two courses merge again at mile 4.



The split will be marked, but you will need to count your loops. A super simple way to do this is to have a sharpie with you. You can just add a line on your arm each time you finish a lap – or, most Garmins have a lap feature on them.

We will have a timing mat on the course tracking laps, but it is the athlete's responsibility to keep track of their individual lap count on course.

Aid Stations

Because we cannot guarantee a touch-free aid station, there are no aid stations on the course or at the finish line. **You should bring your own water.**

There will be an on-course bag drop area for you to leave your nutrition and hydration items. It is just west of the volleyball courts. Please place your bag in the designated bag drop area before the race and space it 10' from other bags. Both sides of the path can be used. This is a self-placement and self-serve

bag drop. We will not be transporting bags on course. Don't worry, there is plenty of time and space for you to self-place your bag. Besides, do you really want some yahoo touching your water bottle?



Switching Distances

You can change distances prior to the event by letting our registration staff know or you can do it by going to runsignup.com, profile, select the race, then switch events. If you decide to change distances while running, let our timing staff know when you cross the finish line.

Awards

Sorry, we will not have an awards ceremony. Once we have enough results to determine age group awards, we will make an announcement to let you know how to find out if you've placed. Please have your bib number with or on you so that staff can easily verify your results.

Custom medals for first – third place.
0-14, then 5 year increments up to 90.

Miss Your Award?

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 of the northern entrance door in a black bin. If you would like it 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 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.](#)

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. If you have [symptoms of Covid-19](#), please go to the medical tent and self-isolate.



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, 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](#).

Got questions?

Let us know at 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 running goals. We have a range of runners on the team, from beginners to elites and everything in between. If you're interested in joining the team, [contact us](#).



Upcoming Events

[September 20th Procrastination Run](#)

[October 4th Brewfinity Marathon](#)

[October 10th Zachariah's Acres](#)

[Event Schedule](#)



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.