# Last Call

Saturday, December 5, 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



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.

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## **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 <u>HERE</u>.



#### Location

#### Genesee Lake Road Park

37505 Genesee Lake Rd Oconomowoc, WI 53066

## **Parking**

There is plenty of parking at the park.

#### Schedule

#### Early Packet Pickup

Friday, December 4, 2020 Silver Circle Sports Events 2911 N. Dousman, Suite 3 Oconomowoc, WI 53066 3:00pm-5:30pm Packet Pickup

#### Race Day

Saturday, December 5, 2020 8:00am Packet Pickup 9:00am 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.

#### Winter Social Distancing Updates

We will continue with our social distancing plan until further notice. Winter complicates things because this is Wisconsin and it's cold!

For the winter races, we will have early packet pickup at our office prior to the event day. We strongly encourage you to pick up your packet prior to race day or have someone pick it up for you. On race day, packet pickup will be available, but it will be outside. We will not have any buildings open to the public, unless the current restrictions are lifted.

These changes are meant to minimize contact.

#### Results

Results are available on the race website under the results tab. A link to the race website can be found in the confirmation email (the same one that has your QR code). We are suspending results lookup at the race.

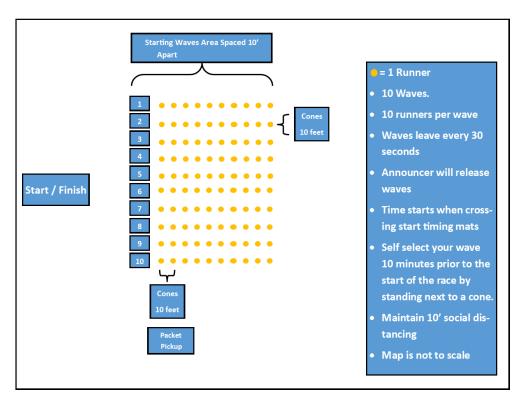
#### Race Format

The 10' socially distanced staggered start will continue. We will extend the start times to allow people to stay warm in their cars as long as possible. We recommend you select a start cone a few minutes before the race is scheduled to start. If you would rather stay in your car until the race has started and then head to the start line, that is perfectly acceptable, too. We ask that you maintain the 10' social distancing as outlined in our plan. The start line will stay open for 15 minutes past the scheduled start time.

We are hopeful that we will be able to reduce the distancing requirements as we get closer to a vaccine. However, it would not be wise at this point to jam 250 people in a small building. We don't particularly like this process either, but it is what we have to do to keep everyone safe and to keep permits so we don't have to go back to virtual races.

#### 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 9:00am. 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

Porta lets are available at the start line (split).

#### Course Marking and Closures

There are no turns on the course. You stay on the same road the entire race. At Mile 2.5 the road curves to the south, but it remains the same street.

The half marathon is two out and backs. There will be a three-foot-tall "Turn Here" sign at mile 3.275 and near the finish line. The 10K is one out and back and the 5K is one out and back. Both will be marked with "Turn Here" signs. Only cross the finish line when you are finished; do not cross it for the splits.

#### **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.

We will have bottled water, Gatorade, Hammer Gel, and packaged snacks at packet pickup.

You can drop a bag anywhere you want on the course. The course is very rural so there is plenty of space.

#### Recommended Bag Drop Locations

#### The intersection of Genesee Lake Road and N. Golden Lake Road

There will be a police officer at this location directing traffic. Please do not place any gear in front of a resident's house or they may remove it.

#### Start/Finish line

When you get to the race you will self-select a cone (see social distancing above). You can use that cone as your own personal aid station. **PLEASE DO NOT CROSS THE FINISH LINE if you are using your cone as a bag drop aid station.** Finish the lap by turning around the "Turn Here" sign and then go to your aid station cone.

#### You will only cross the finish line when you finish.

We recommend that you drive to the bag drop location before checking in at packet pickup. Please place your bag in the designated bag drop area before the race and space it 10' from other bags. Both sides of the road can be used, but please place bags on the grass and not the road. 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?

This race is open to crewing. The best place to crew is the intersection of Genesee Lake Road & Golden Lake Road, but please distance your crew at least 20' from another crew team and please respect the neighbors.

#### Garbage

There will be garbage cans on course. Please use them.

#### **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. The age group medals are literally on a slow boat from China. We will email runners once they arrive.

You can find your time on the results section of the race website.

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

## **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.



## 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 <u>symptoms of Covid-19</u>, 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:







#### RaceJoy

While not required, it is strongly recommended you download the RaceJoy app and use it on race day. The app allows friends and family to follow you on race day and send you cheers along the course.

Using the app also allows us to send inclement weather messages, find injured/lost runners, and track athletes on course.

## **Download RaceJoy to Add to Your Race Experience!**



## Live Phone Tracking!

**GPS Based Progress Alerts!** 

**Cheer Sending!** 

and so much more...



Share your race experience with friends and family!



**Download RaceJoy RaceJoy Instruction Video** 

## 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.

#### #TeamSCSF

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**

December 5 Yule Twinkle All The Way 5K
December 12 Ding-A-Ling Day
January 1 The Hangover 5K
January 9 Wisconsin Winter Trail Assail

#### **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.