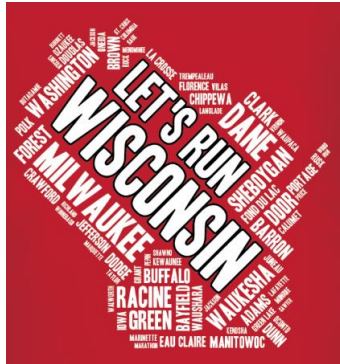


# Let's Run Wisconsin

Sunday, June 28<sup>th</sup>, 2020



## Race Day Instructions

### A Message From Our Race Director

Hey, Runners! Our staff has been working on a social distancing plan for 3 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](http://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

<b>A Message From Our Race Director</b> .....	1
<b>Covid Screening Questions</b> .....	3
Volunteers Needed – We are super short on volunteers!.....	4
Location.....	4
Nashotah Park.....	4
Parking .....	4
Schedule.....	4
Race Day – Sunday, June 28 <sup>th</sup> .....	4
Packet Pickup FAQs.....	4
Social Distancing .....	5
Waves.....	5
Course Info.....	5
Restrooms.....	5
Course Marking and Closures .....	6
Half Marathon Specifics.....	6
Aid Stations.....	6
Switching Distances .....	6
Awards .....	6
Miss Your Award? .....	7
Timing.....	7
Medical Emergencies.....	7
Weather .....	7
Social Media.....	7
Referrals, Deferrals, and Exchanges .....	7
Got questions? .....	8
#TeamSCSE.....	8
Upcoming Events .....	8
July 4 - Independence Day 5K & 10K.....	8
July 5 - Freedom 5K & 10K .....	8
July 11 - Hill on Earth 4 mile, 8 mile, 16 mile, 24 mile .....	8

## Covid Screening Questions

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

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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.

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## 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 – Sunday, June 28<sup>th</sup>

7:00am Packet Pickup

8:00am All 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)

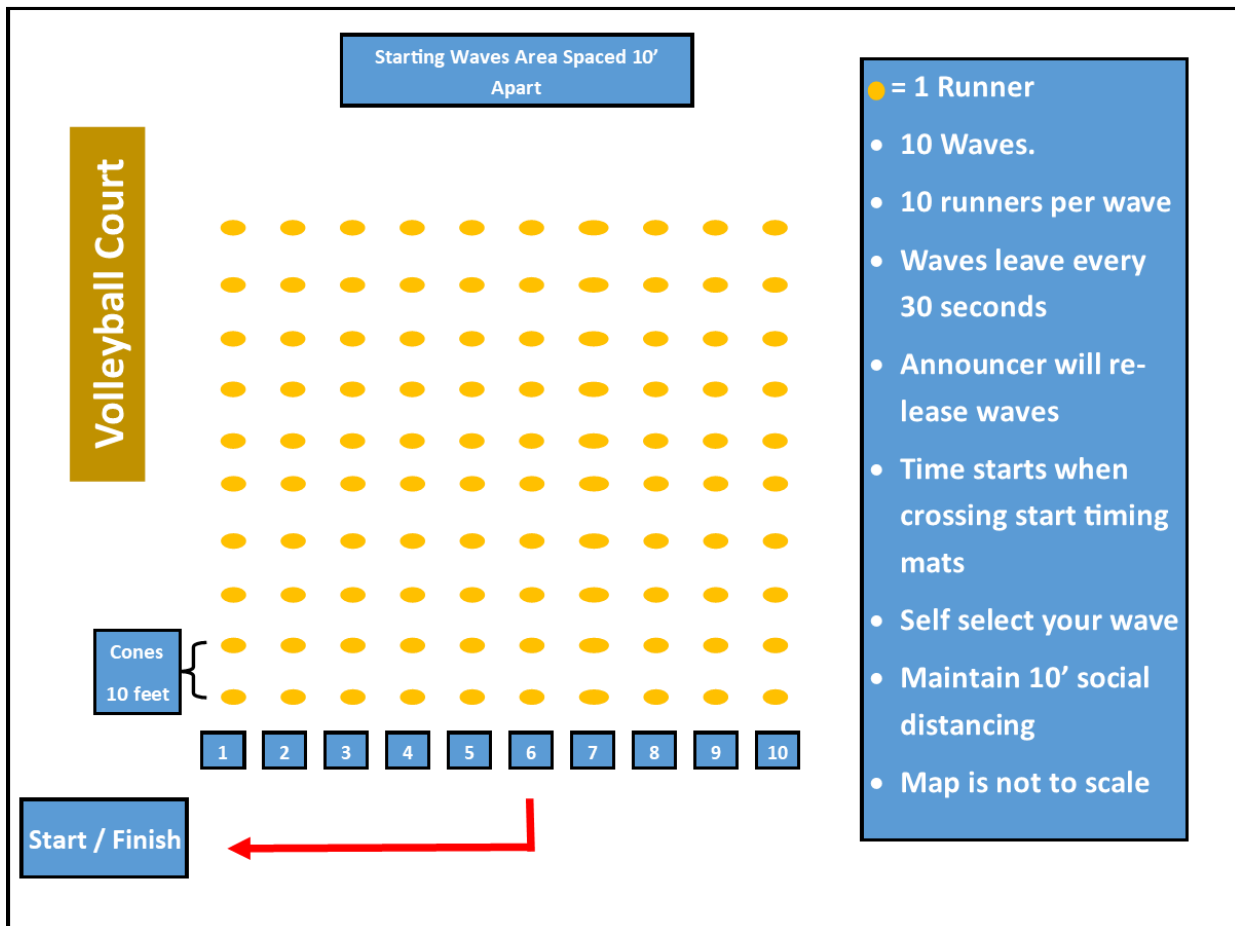
## Social Distancing

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 7:30am for the 5K & 5 Mile and 9:00am for the half. 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.

The 5K is one lap on the inside loop.

The 5 Mile is one lap on the outside loop.

The half marathon is two laps of the outer course and one lap of the inside loop.

## Half Marathon Specifics

The half marathon split will be marked, but you will need to count your laps. At the split (shortly after 2 miles), the 5K runners will turn right (inside loop). The ½ marathon will go straight. Shortly after the 4-mile marker, the ½ marathon will join the 5K route passing by the start/finish line.

On the second lap, you will do the same as the first. Keep going straight at the 5K turn and follow the arrows on the outside loop. You will join the 5K route again after mile 9, again passing by the start/finish line.

For the third lap, you will turn right at the split and follow the 5K/10K route to the finish line.

Summary: 2 laps on the outside loop and the final lap on the inside loop.

There will be a sweeper on the half marathon course.

## Aid Stations

Because we cannot guarantee a touch-free aid station, there are no aid stations on 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 (they have a form for this). 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. If we can get results uploaded quick enough, you will be able to pick up medals on-site. Please check the race website for results. When you pick up your medal, please show staff your results so we can expedite the process.

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.



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](mailto: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

July 4 - [Independence Day 5K & 10K](#)

July 5 - [Freedom 5K & 10K](#)

July 11 - [Hill on Earth 4 mile, 8 mile, 16 mile, 24 mile](#)



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.