# The Non Cancelled Marathon



## **Race Day Instructions**

## A Message From Our Race Director

Hey, Runners! We are still operating under our <u>approved social distancing plan</u>. Our permits still require it. Every municipality is different, and they seem to be competing on how many times they can change their "guidance" each week. That makes our job rather challenging, so we will continue to do what we have been doing for a year now: providing safe and enjoyable events while exceeding social distancing guidelines!

It won't all happen at once, but we are working on a modified plan that will bring back award ceremonies, free kids' races, and, eventually, the free fresh food bar! For those ready to toe the line, you will be able to; for those who like the casual starts, we expect to make those permanent. You will be able to choose how you want to start because it's your race!

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?
- $\Box$  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 <u>merchandise website</u>.

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.

## Charity Partner Silver Circle Foundation, Inc 501(c)3

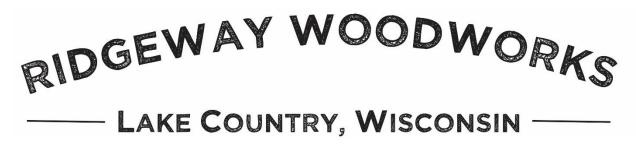
We hope you will consider a <u>donation</u> to our charity partner. All funds raised through this event will go to troop care packages for the Fourth of July!

<u>Silver Circle Foundation, Inc 501(c)3</u> is dedicated to supporting the needs of our firefighters, police officers, veterans, and troops serving overseas through charitable giving, care packages, and fundraising. They provide personal safety items for firefighters & police officers. They raise money to help support wounded veterans and their families obtain mortgage-free homes and provide care packages for troops serving overseas.



## Sponsor - Ridgeway Woodworks

<u>Ridgeway Woodworks</u> provides high-quality, unique, and personalized items for athletes to celebrate and remember their hard work and accomplishments. They will have <u>bib frames</u>, <u>medal racks</u>, <u>and American flags</u> available at the event. If you preorder, they can likely have them ready for you at the finish line!



## 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

#### **Roosevelt Park**

630 S. Main Oconomowoc, WI 53066

### Parking

There is a parking lot on the south side of the park or there is parking along W. Jefferson, S. Main, S. Worthington or S. State St.

## Schedule

#### Early Packet Pickup – Friday, April 30, 2021

4:00pm-5:00pm Silver Circle Sports Events, LLC 2911 N. Dousman, Suite 3 Oconomowoc, WI 53066

#### Race Day - Saturday, May 1, 2021

6:00am Packet pickup 7:00am 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)

## Virtual Runners

How virtual running works:

Download the RaceJoy app. Enter your bib number. It can be found in your runsignup.com profile next to the race. Run your selected distance between May 1st & May 2nd, and RaceJoy will automatically upload your results.

Your packet will be sent after the race.

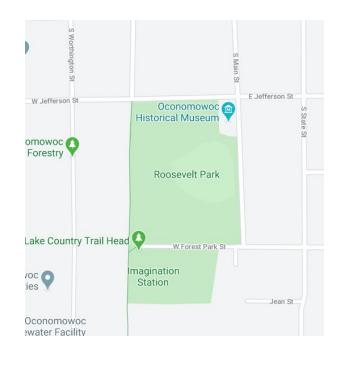
## Course Info

#### Social Distancing

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

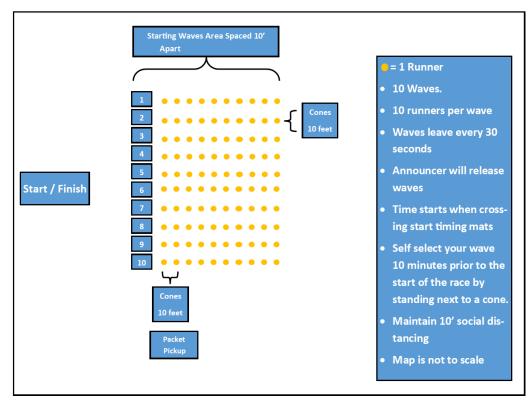
#### Waves

This is a wave start. Waves are comprised of multiple runners. We will have multiple rows of 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 towards the front 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. 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.



#### Restrooms

Restrooms are available at the start/finish line and bag drop zone.

#### Course Marking and Closures

The entire course will be marked with signs and arrows. This is an out and back on the paved Lake Country Trail. There are two road crossings so please watch for traffic as there may not be police officers at intersections.

The 5K will turn before Silver Lake Street. You will know where to turn around because there will be a 3-foot-tall sign that says "5K Turn Here".

The 10K will turn south right before Hwy 67. The turn is before Valley Road. You will know where to turn around because there will be a 3-foot-tall sign that says "10K Turn Here".

The half and full courses turn before Valley Road. You will know where to turn because, well, you should know by now.

#### Aid Stations – Bag Drop

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.

On the 10K, Half & Full courses, there will be an on-course bag drop area for you to leave your nutrition and hydration items. It is located at the intersection of The Lake Country Trail and Silver Cedar Rd. We recommend that you drive to the bag drop location before checking in at packet pickup, park on the

Oconomowoc Parkway, walk across the grass, and drop your bag. Please do not park on Silver Cedar when dropping your gear bag. 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, but please place them on the grass and not the path. 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 is also where an on course porto will be strategically placed.

#### **Switching Distances**

You can change distances prior to the event by letting our registration staff know. If you decide to change distances while running, let our timing staff know when you cross the finish line.

### Awards

There will not be an awards ceremony and we will not be distributing awards on race day. Instead, you can pick them up at our office, <u>order them to be mailed by clicking here</u>, or pick them up at a future race. Medals from prior races will be available at the registration trailer AFTER the race.

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 develop <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:



## 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, <u>contact us</u>.



## Upcoming Events





SCSE EVENT SCHEDULE

IF REGISTRATION IS OPEN, WE HAVE PERMITS



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.