

### If you registered after 5/10/18 7:00 am cst, please bring your receipt to packet.

Thank you for participating in the Run Like A Mother Run. We know there are a lot of events in your neck of the woods and we appreciate you attending the Mother's Day Run in our neck of the woods.

We are in need of a lot of volunteers still. All volunteers get a free future race or can transfer the free race to you. <u>Register HERE</u>.



#### **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.

## Address

TOSA Pool at Hoyt Park 1800 N Swan Blvd Wauwatosa, WI 53226

### Parking

Parking is available at the park. We strongly suggest you car pool.

Packet pickup May 11th 10:00 am - 2:00 pm <u>Performance Running Outfitters</u> 2205 N Calhoun Road Brookfield, WI 53005

Race Day 7:00 packet pickup 8:30 kiddos run 9:00 5K start 9:45 awards

## **Course Info**

The start line and finish line are located in the same area. Look for the truss. We start with a lap around the building and then an out and back. Please stay to the right and pass on the left.

#### **Aid Stations**

There is one aid station on the course near the turn. At the finish line, there will be water and a fresh fruit aid station.

#### Restrooms

Restrooms are available at the registration building, start line and finish line.

#### Timing

The race is chip timed 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 you bib is on the front of your body and visible to our staff.

#### Instructions on bib placement.

#### Strollers

Yes you can run with a stroller. We ask that you stage towards the rear.



# Kids Run

Parents can run with their kids during the kids run. If kid want to run the 5K they must be registered for the 5K.

# **Beer Garden**

The beer garden will be open!

# **Questions?**

Please feel free to contact our race director at <u>info@silvercirclesportsevents.com</u>