
SILVER CIRCLE SPORTS EVENTS

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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.



Volunteers Needed

If you, your group, the neighbor kid or your mother-in-law has an interest in volunteering, we would greatly appreciate the assistance. Sign up [HERE](#).

Thanks to our race partners



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. We will have a medical tent near the transition area.

There is an automated external defibrillator (AED) and first aid kit located on the timing trailer.

Injuries

If you are injured while on course, do not try to cut across the park. There are two ponds and unless you have mastered walking on water, you cannot get to the village area. Proceed to the next aid station or stay put until a staff member or runner comes to your aid. We encourage you to carry your cell phone with you while on course. If you need immediate assistance, call the Race Director at 262.327.4472.

Location

Nashotah Park
W330N5113 County Rd C
Nashotah, WI 53058

Schedule**Friday June 22, 2018**

5:00 pm campsite opens
5:00 - 6:00 pm packet pickup
6:30 pm race overview
7:00 pm 5K fun run with course review
10:00 pm – 5:00 am quiet period in camping area

Saturday June 23, 2108

8:00 am – 9:00 am packet pickup
8:00 am race overview & equipment check
9:00 am race starts
10:00 am Clinic - how to run more efficiently with Nordic Poles by [Nordic Specialists](#)
TBD food truck open
Noon sand volleyball – get your team ready
5:00 pm Yoga
5:00 pm free beer
9:00 pm food truck and free beer close
Dusk runners must have lights and vest on.
10:00 pm – 5:00 am quiet period in camping area

Sunday June 24, 2018

6:00am food truck opens
7:00am Yoga
8:00 am free beer
9:00 am race conclusion
10:00ish awards

Food Truck

Wicked Urban Grill will be at the race on Saturday and Sunday.

Free Beer

There will not be a beer truck at the event which means we are giving away beer. There will be one keg of beer on Saturday and one on Sunday. All of it is free.

Quiet time

At 10 pm quiet time will be enacted. The parks department and sheriff's department controls parking, camping and quiet time. We are not involved with it, but have encouraged both departments to strictly enforce it. We will still run transition lights and music but it will be at a lower level.

Camping

All camping is handled by Waukesha County and can be reserved [HERE](#). Teams can have more than one tent and campers should register ASAP so we know how many spots to reserve. There is plenty of room, but prior property planning prevents poor camping locations.

Smores

We will provide the “stuff”, but you will need to provide the stick to roast them.

Fires

Fires or any other hot device are not permitted anywhere in the park other than the fire we create.

Packet Pickup

Packets will be distributed by team. Anyone from the team can pick up the team's packet.

Awards

Awards are calculated by the most number of completed laps. The run will start at 9:00 am Saturday, June 23rd and concludes at 9:00 am Sunday, June 24th. Only completed laps will count.

Solo Runners

Overall male & female

Two Person Team

Overall male, female & mixed

Four Person Team

Overall male, female & mixed

Eight Person Team

Overall male, female & mixed

Finisher Medals

All runners will receive a custom Finishers Medal.

50 Milers

All solo runners who complete more than 50 miles will receive a Run S'more 24 belt buckle.

Night Running

From 7:30pm - all runners on course must have a safety vest with flashing red light(s) and a headlamp or hand-held light. Each team will be required to have one of each. Runners can swap out if needed. There will be an equipment check on Saturday at 8:00 am.

InStep Delafield has the following items specially priced for Run S'more 24 runners.

Nathan light and vest - \$23



Headlamp

Nathan Neutron Fire Headlamp - \$25





There are lots of vest/light combinations available, but they are more expensive. The same is true with headlamps. You are welcome to wear any combo, provided you have a light and a vest with lights. We suggest a team have two sets but you can exchange in transition.

Please note if you do not have the required equipment on, your team will be removed from the course.

Timing

The race is chip timed. At packet pickup you will receive a band with a timing chip in it. The chip is used to track the number of your laps and must be worn by the athlete on course at all times.

Athletes should transfer the band at the designated transition area and only in the transition area. No band = no lap count.

If you must leave transition, you must check out with the transition staff. We do this for safety reasons. Thank you in advance for making the Run S'more 24 a safe event.



Counting laps & requirements

Your laps will be counted for every full lap completed. Runners can run as many or as few laps as they want before transferring the timing band.

Bibs

Teams will be provided a bib for each person. You will need to wear a bib while on course, but you do NOT need to transfer bibs. Again, the timing chip is in the band.

Transition

The transition area will be located near the camping area. We ask that only the active runner and the next runner be in the transition area at any time. There will be plenty of space outside of the transition area to cheer on teammates.

Solo Support Area - Solo and Double Runners ONLY

There will be an area for solo & double runners to place a 10X10 pop up to store their nutrition and race supplies ("Solo Support Area - SSA"). This area will be adjacent to the parking area, so you will not need to leave the course. A 10X10 pop up is not included, but can be rented with advance notice by emailing info@silvercirclesportsevents.com.

If you are not a solo or double runner, please do not enter this area.

Course Info

Starting line

Runners will start the race in the transition area. It might be time to mention that the course is hilly. Please be careful on the hills as some of them are on grass and may be slippery as the weather changes.

Course Marking and Closures

The entire course will be marked with white signs and blue or black arrows. 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.

Aid Stations

There will be one aid station on the course. The aid station will contain water and sports drinks. At times, the aid station may be self-serve.

Restrooms

Restrooms are available at registration and near the start line. There are new, clean, flushable toilets at here and at the other pavilion ([park map](#)). There will also be portos near transition and 1 in the solo runner area.

Parking

Parking is available throughout the park. You will be provided as many parking passes as you need at packet pickup. You MUST bring your race confirmation receipt in order to get in the park or they will charge you.

The parking field is located near the camping area and you will have full access to your vehicle 24/7. Athletes will be able to come and go as needed, but please use caution as part of the course crosses in front of the parking field.

Social Media

Last minute updates, photos, videos and results all get posted here first.



Weather

The event will be held unless severe weather occurs. In the event of severe weather, the race director may delay or cancel the event. Please watch social media for any weather notices.

Bugs?

Likely. Now might be a good time to remind you it is June in Wisconsin and the mosquitos will likely be out in full force. Bring your bug spray.

Headphones?

Of course you can wear them. Please use appropriate runner etiquette on the trails.

Got questions?

Let us know at info@silvercirclesportsevents.com

What else should I consider bringing?

<ul style="list-style-type: none">• Tent receipt• Pop up tent for shade• Air mattress• Lawn chair• Parking permit• Multiple running outfits• Extra pair of shoes• Extra socks• Warm / cool comfy clothes for downtime• Rain gear• Running hat• Sunglasses• Sunblock• Bug spray• Charger for your phone• Extra batteries for night running gear• Reusable water bottle• Hand sanitizer• Wet wipes	<ul style="list-style-type: none">• Shower wipes for freshening up in between laps• Deodorant• Band-aids• Toilet paper• Foam roller/recovery gear• Snacks & hydration drinks• Six string• Football• Baseball & glove• Kickball• Volleyball – there is a sand court right by the transition area• Safety gear – light, vest with blinking lights• Cash for the food truck• Book• Yoga mat• Flashlight
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Other “Stuff”

Coffee shops

[Roots](#) – 124 E. Wisconsin Ave, Oconomowoc

[Stone Creek](#) - 1043 Summit Ave, Oconomowoc, WI

Starbucks - 1370 Pabst Farms Cir #300, Oconomowoc, WI

Running Store

[InStep](#) - 615 N Genesee St, Delafield, WI

Grocery store

Pick N Save is opened from 6am – 11pm - 36903 E Wisconsin Ave, Oconomowoc, WI

Restaurants

The closest restaurant is the [Picnic Basket](#). It is located right across Highway 16 W329 N4492 Lakeland Dr, Nashotah, WI. Otherwise head into Oconomowoc and there are plenty of local restaurants.

#TeamSCSE

Our [running team](#) will provide an aid station (off course) that will have water, sports drink and coffee. Occasionally they may even have some watermelon....if you would like to bring any fruit to share with your fellow Run S'mores, we would be happy to distribute it.

Please bring your own coffee cup.

Pop up tents

We have a bunch of tents available for rent. Just let us know when you check in. Pop up tents are \$25.00 for the weekend.

Upcoming events:

Wisconsin Trail Assail - Independence Day	6/30	5K & 10K	Waukesha
Traveling Beer Garden 5K - Grant	7/12	5K	
Traveling Beer Garden 5K - Lake Park	7/26	5K	Milwaukee
Wisconsin Trail Assail - National Watermelon Day Run	8/4	5K, 10K & half marathon	Hartford
Lake Country Triathlon	8/11	Sprint & Olympic	Oconomowoc
Run With The Cops	8/17	5K	Waukesha
Traveling Beer Garden 5K - Juneau Park	8/23	5K	
Lake Country Challenge	8/31-9/3	5K, 10K, Half, Duathlon, Paddleboard	Oconomowoc



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.