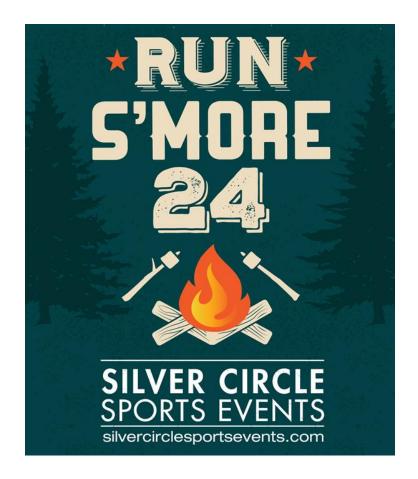
# Run S'more 24 June 24 – June 25, 2023



## You're registered! You're excited! You're ready! Now what?



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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## S'more Basic Information

#### Location

Nashotah Park Picnic Area 2 W330N5113 County Rd C Nashotah, WI 53058

#### Parking

Parking is available throughout the park. Please follow the

park staff's directions. There is NO parking along the road or on the grass.

#### Packet Pickup

Packet pickup is on site at Nashotah Park, Picnic Area 2, on Friday, June 23rd from 5-6pm and Saturday, June 24th from 8-9am.

## S'more Event Day Scheduling

#### Friday, June 23

5:00pm Campsites open 5:00pm – 6:00pm Packet pickup at course site 10:00pm – 6:00am Quiet hours in camping area

#### Saturday, June 24 (subject to change)

8:00-9:00am Packet pickup 8:45am Athlete meeting 9:00am Run starts 11:00am Kids Race #1 12:00pm Kids Junior Ranger Hike 1:00pm Bags Game 2:00pm Water Balloon Toss 3:00pm Hula Hoop contest 4:00pm Adult Big Wheel Races 5:00pm Music Bingo 6:00pm Bar Style Team Trivia 7:00pm Kids race #2 & Kids Scavenger Hunt 8:00pm Sasquatch Calling Contest 8:00pm Safety vest and light required. Runners must have lights and vests on (until 6am)\* 9:00pm Open Mic Jokes 10:00pm Ghost Stories

10:00pm – 6:00am quiet hours in camping area
Sunday, June 25
8:50am Course closes to runners leaving start line
9:00am Race conclusion
9:30am Awards



## S'more Course Info

#### Transition

The transition area will be located near the camping area. We ask that only the active runners 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.

#### Start Line

Runners will start the race in the transition area.

#### Course Markings & Closures

The entire course will be marked with white signs and blue 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. It



might be time to mention that the course is hilly. Please be careful on the hills as some of them are grass and may be slippery as the weather changes.

#### Aid Stations

There will be one aid station on the course with water and Gatorade. You will see it twice because it is at mile 1.25 and mile 2.75 where the trail intersects. The aid station will be self-serve. If you would like to drop a bag along the course, you are more than welcome to do so.

#### Restrooms

Restrooms are available at registration and near the start line. There are new, clean, flushable toilets here and at the other pavilion (park map).

## S'more General Event Details

#### Timing

The race is chip timed. Each runner will receive a unique bib number. That means we will be scoring your individual laps AND your team's laps. Please make sure all your team members are registered on your team.

After 9:00pm, please do not disturb the timer. All results are pushed to the race website.

#### 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 switching teammates. On the last lap, there will be timing mats at mile 1.5. A half lap will be counted.

#### 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 between runners.

#### Night Running Requirements

From 7:30pm – 6:00am all runners on course must have a safety vest with flashing lights (front **and** back) and a headlamp or hand-held light. Each team will be required to have one of each, but we recommend multiple vests and lights because who wants to wear sweaty ones?

The <u>Noxgear Tracer360</u> is PERFECT for Run S'more 24.

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

#### Headphones

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

#### Awards

Awards are calculated by the greatest number of <u>completed</u> laps. The run will start at 9:00am Saturday, June 24th and concludes at 9:00am Sunday, June 25th.

We will have a split mat at mile 1.5. That means we will count a half lap as long as it is completed by 9:00am Sunday, June 25<sup>th</sup>.

#### **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 Woodle** All runners will receive a custom finisher woodle.

#### **50 Milers**

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

There will be an award plaque for photos. Team awards will be mailed after the event so we can engrave your name in it.



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.

#### **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 van.

#### 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.

#### Sun

While a large portion of the trail is tree covered, don't forget to bring your SPF! Sunburn is no fun.



#### Bugs

Likely. Now might be a good time to remind you it is June in

Wisconsin, and the mosquitoes will likely be out in full force. Bring your bug spray.

Connection

#### Social Media

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



## S'more Camping Info

LIKE US ON

#### 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 proper prior planning prevents poor camping locations.

Please follow the instructions on your camping reservation.

#### S'mores

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. Seriously! The Waukesha County Parks Department has given us a special permit to hold this event and violating any of the rules may cause the event to be shut down.

There are two grills in the camping area that are open for your use.

#### **Quiet Hours**

At 10pm quiet hours will be enacted. The parks department and sheriff's department controls parking, camping, and quiet hours. We will still run transition lights and music, but it will be at a lower level.

#### Rent a Pop-up Tent

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.

## I'm not sure what to bring, can you give me s'more packing suggestions?

<ul> <li>Tent receipt</li> <li>Pop-up tent for shade</li> <li>Air mattress</li> <li>Lawn chair</li> <li>Parking permit</li> <li>Multiple running outfits</li> <li>Extra pair of shoes</li> <li>Extra socks</li> <li>Warm/cool comfy clothes for downtime</li> <li>Rain gear</li> <li>Running hat</li> <li>Sunglasses</li> <li>Sunblock</li> <li>Bug spray</li> <li>Charger for your phone</li> <li>Extra batteries for night running gear</li> <li>Reusable water bottle</li> <li>Hand sanitizer</li> <li>Wet wipes</li> </ul>	<ul> <li>Shower wipes for freshening up between laps</li> <li>Deodorant</li> <li>Band-aids</li> <li>Toilet paper</li> <li>Foam roller/recovery gear</li> <li>Snacks &amp; hydrating drinks</li> <li>Six string</li> <li>Football</li> <li>Baseball &amp; glove</li> <li>Kickball</li> <li>Volleyball – there is a sand court right by the transition area</li> <li>Safety gear – light, vest with blinking lights</li> <li>Book</li> <li>Flashlight</li> </ul>
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## I forgot some stuff, where can I get s'more?

Coffee shops <u>Roots</u> - 124 E. Wisconsin Ave, Oconomowoc <u>Stone Creek</u> - 1043 Summit Ave, Oconomowoc, WI Starbucks - 1370 Pabst Farms Cir #300, Oconomowoc, WI

#### Grocery store

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

#### Restaurants

The closest restaurant is the <u>Picnic Basket</u>. It is located right across Highway 16 - W329 N4492 Lakeland Dr, Nashotah, WI. Otherwise, head into Oconomowoc and there are plenty of local restaurants.

## Got S'more Questions?

Let us know at info@silvercirclesportsevents.com