

988 - 5K Suicide Prevention Run/Walk

Saturday, May 15, 2021



Race Day Instructions

A Message From Our Race Director

Hey, Runners! Our staff has been working on a [social distancing plan](#) for 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.

Thank you,
Sean K. Osborne

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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

Village Green

105 N. Main St
Oconomowoc, WI 53066

Parking

There is parking available throughout downtown Oconomowoc.

[Parking map](#).

Schedule & Packet Pickup

Race Day – Saturday, May 15, 2021

PLEASE BRING YOUR RECEIPT WITH YOU!

You do not need to print it. We will need to scan the QR code on the receipt, though, so please have your email accessible on your mobile device or save a picture of your receipt with the QR code to your device's image library.



11:00am – Yoga

1:00pm - 2:00pm – Packet Pickup

2:00pm – 5K Run Start

2:05pm – 5K Walk Start

3:00pm – Awards at City Beach

3:00pm - 6:00pm – Focus on resource tables/training and Jump for Archie

6:00pm - 10:00pm – Concert

****Walkers****

Please start the walk as soon as the announcer releases your wave. This is a common start/finish line and it is not large enough to have runners finishing as walkers are starting.

Packet Pickup FAQs

Can I pick up another person's packet? Yes

Do I need an ID? No way

Bring your QR code (it's on your receipt)

Social Distancing

At all times, please maintain a 6' social distance from fellow runners/walkers.

Waves

Runners

There will be cones set up along the west side of the park. You should form lines behind the cones socially distanced every 6 feet facing west. The announcer will release you in waves every few seconds, starting at 2:00pm.

Walkers

You can self-social distance as you see fit. The announcer will release walkers immediately following the last runner. We ask that you be ready to start your walk promptly at 2:05pm. **We need to get walkers through the start line before the runners return.** Thank you in advance for your cooperation.

Course Info

Restrooms

Porta potties are available at the park.

Course Marking and Closures

The entire course will be marked with signs and arrows. There will be officers at major intersections, but a portion of the road will remain open to vehicle traffic.

[Course Map](#)

Aid Stations

Because we cannot guarantee a touch-free aid station, there are no aid stations on the course or at the finish line. **You should bring your own water.**

Awards

Top 3 male & female run finishers in 5-year age groups will receive a custom medal. The awards ceremony will be at City Beach.

Timing

The run 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 have [symptoms of Covid-19](#), 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.

Got Questions?

Let us know at info@silvercirclesportsevents.com.



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.