

# Shake Your Shamrocks

# ARRIVE EARLY!

Parking is tight at the park. If you want to park at the start/finish line, **arrive early**. If you want to arrive fashionably late, **be early** because you are going to need to park in a remote lot and walk to the start/finish line.

Saturday, March 13, 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. We never know who will be there monitoring our plan, but there will be someone. If we don't follow the plan, then future permits could be pulled, and we will be back to virtual running.

**Troops Care Packages** – We have partnered with Hunzinger Construction Company and will be sending Easter care packages to the troops serving overseas. We ask that you help by bringing ramen noodles, instant soup, and instant mac & cheese for care packages. Let's fill our box truck & support the troops!

Thank you,  
Sean K. Osborne

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## Covid Screening Questions

Be prepared to respond to Covid screening questions at  
Packet Pickup.

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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?
- ☐ 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.

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## 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 [merchandise website](#).

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.

## 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!



## Location

### Menomonee Park

W220 N7884 Town Line Rd

### Beach House

Menomonee Falls, WI 53051

## Parking

There is a \$6.00 Waukesha County Park fee. Please have \$6.00 ready when you get to the park. There are two lines and they will move very quickly IF you have \$6.00 or an annual pass ready.

The beach house lot will fill quickly because we are using ½ of it for social distancing. There are other parking lots in the park. **Arrive early and plan accordingly.**

When you leave any parking lot, please turn LEFT and **exit the park counterclockwise**. Runners may still be on the course running counterclockwise.

[Park map](#).



## Schedule

Race Day – Saturday, March 13, 2021

7:30am Packet Pickup

9:00am Race 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)

Packet pickup will be at the registration trailer. Look for the registration flags.

**There is no building reserved for this event. Please stay warm in your car until just before the race start time.**

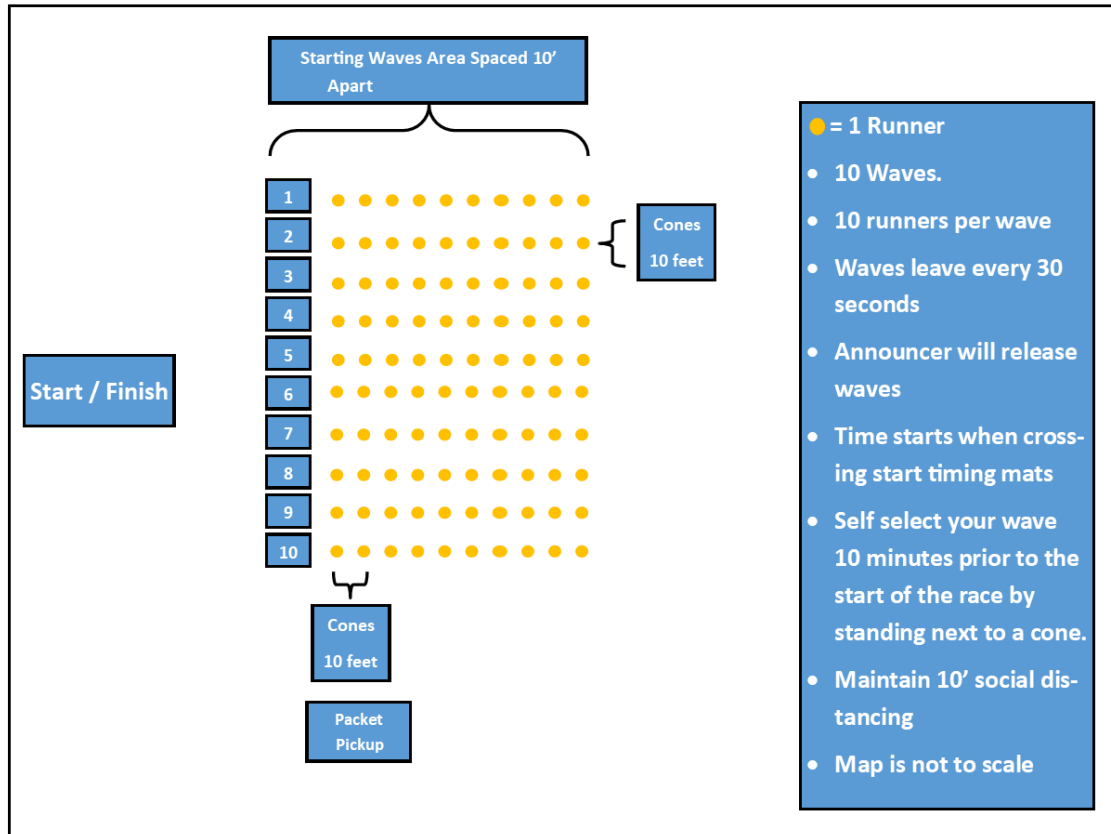
## Social Distancing

At all times, please maintain a 10' social distance from fellow runners. Please review our [approved social distancing](#) plan prior to the race.

## Waves

This is a wave start. Waves are comprised of 10 runners. We will have 10 rows of 10 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 in the first few rows 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 starting at 9:00 and 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.



## Course Info

### Restrooms

Restrooms are available at the beach house.

### Course Marking and Closures

Menomonee Park is a pretty flat and fast course. The 5K is one lap around the park and the 10K is two laps. Only cross the finish line on your last lap!

The run course is counter-clockwise. **Please run on the left side of the road.** When leaving the park, please exit the park counter-clockwise.

[5K course map](#) (10K is two laps) | [Walk 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.**

## 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.](#)

## Results

Results are available on the race website under the results tab. A link to the race website can be found in your confirmation email (the same one that has your QR code). **We are suspending results lookup at the race.**



## Awards

Top 3 male & female finishers in 5-year age groups will receive a custom age-group medal. **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, [order them to be mailed by clicking here](#), or pick them up at a future race.

Medals from prior races will be available in the tent adjacent to the packet pickup area.

## 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.

## 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](mailto: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, [contact us](#).



## Upcoming Events

If an event has open registration, we have all permits and approved courses. SCSE does not open registration until we have all permits!

## 2021 Event Schedule







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.