SILVER CIRCLE SPORTS EVENTS

www.silvercirclesportsevents.com

HOME EVENTS RACE MANAGEMENT AND TIMING EQUIPMENT RESULTS CONTACT

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. All volunteers can run a future race for free. Sign up <u>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.

Race Location	Packet Pickup
Lapham Peak Park W329 N846 County C Delafield, WI 53018 Trecker Lodge	Friday April 12 Noon - 5 pm <u>InStep Delafield</u> 615 N Genesee St. Delafield, WI 53018
Schedule	Saturday At the race site 7-8 am Packet Pickup FAQ
8:00 Packet pick up & race day registration	Can I pick up another person's packet? Yes
8:45 ish kiddos start8:45 Race day registration closes9:00 Race start 10K & 1/2 marathon	Do I need an ID? No way Can I register at packet pickup? Yep
9:05 5K start UPDATE If you are running the 5K, please start at the 5K time. If you do not, you are going to run a 10K since it is a different course.	Do you accept cash, checks or credit cards? You betcha

SCSE Wants to Save You Money

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.

Awards

<u>Overall Male & Female</u> A plaque & flowers will be presented the first place male & female.

<u>Age Groups</u> Custom medals for first – third place. 0-14, then 5 year increments up to 90

Average Joe & Jane Awards

At all Silver Circle Sports Events 5K, we will award the Average Joe

<u>& Jane award</u>. The award goes to the male and female that finish exactly in the middle of their division will received receive a super sexy Average Joe / Average Jane shirt and.

Your Age

Because the Run From The Taxman is part of the Wisconsin Trail Assail Series, we use your age as of 12/31/19.

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.

Course Info

Starting line

The start line is located adjacent to the parking field. Look for the two blue start flags. This is a short and narrow start line so if you are a speedster, make

sure you are in the front of the line. Our trail runs are chip timed but we use a gun start in line with cross country tradition. That means your time starts when we say go.

Course Condition

Please see website for <u>updated course conditions</u>.

Lapham Peak is the most challenging course in the series. It is very hilly and technical. By technical, we mean watch your footing. There are logs across the path, rocky area, sandy areas, dirt, tree roots, washouts and hills. Did we mention the hills? Please watch your footing when running.

Course Marking and Closures

The entire course will be marked with signs and arrows. ALL of the course will be on trails. Watch for the signs where the 5K splits with the 10K & $\frac{1}{2}$ marathon split. Every place there is a split, it will be marked with a sign.

Course distances / maps

Maps are posted on the website.





5K

The 5K course is one lap which starts at the start and ends at the finish line. Please note the new start time and this is a different course than the 10K & $\frac{1}{2}$.

10K

The 10K course is one lap and up the tower once. Watch for the 5K / 10K & ½ marathon split.

¹/₂ Marathon

The $\frac{1}{2}$ marathon course is the same as the 10K but you will do two laps and climb the tower twice. There is small section after mile 4 where the 10K will turn right and the $\frac{1}{2}$ will go straight. You will connect with the 10K course after a short distance (around $\frac{1}{4}$ mile). The turn for the second lap is right before the finish line. It is a tough course and you will deserve the $\frac{1}{2}$ marathon finisher's medal you will get!

The Tower

Lapham Peak has a four story tower at the highest peak of the park. The view is amazing! When climbing the tower, STAY TO THE RIGHT. Faster runners please pass on the left. If you need it, there is a hand rail. Lapham Peak is not a PR course so enjoy the view at the top of the tower.

Yes there is a GoPro on top of the tower so be on your "best" behavior.

From the RD about the course

This is a challenging course. Not only is it hilly, but the terrain can be challenging at times. Please be careful. If you signed up for the $\frac{1}{2}$ or 10K and decide to do a shorter run, no worries. Just let us know. If you decide to skip the tower, no problem. Just let us know so we can remove you from the awards, but don't. It is well worth the run/walk up the tower. The view is amazing!



Restrooms

Restrooms are available near the registration area and there will be porta potties at the start line. There are additional bathrooms at the tower parking lot and at Evergreen Lodge. There are not restrooms on the course. If you need to make a stop while running, use the restrooms at the tower or at Evergreen Lodge which is along the trail by the ski trail circuit.

Aid Stations

There are aid stations on the course with water and sports drink. The aid station on the 10k / half course will have GU.

Parking

Parking is available throughout the park. It will be busy so plan accordingly. Please see website to a parking map.

Park Entry Fee

There is a \$5.00 park entry fee or you can purchase an annual pass at any of the park entrances. Please note that the stacking line at Pike Lake entrance is short. Please arrive early or consider carpooling.

Series Scoring & Teams

Points are assigned by place position for each age group. Points will be based on a point system (1st place 10 points, 2nd place 9 points, 3rd place 8 points through 10th place). You must participate in 4 of the 7 races to be eligible for the series awards. You can switch between distances (at no cost) but you must run in at least 4 races of the same distance.

Find three friends and create a team as part of the team challenge. It is free and open to everyone. Points are awarded to all teams and the winning team gets a free entry into the Chilly Willy Winter Run Series, a stupidly tall trophy and bragging rights. See website for details.



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.

Medals

Medals can be picked up at our office the Tuesday following the event. 2911 N Dousman, Suite 3 Oconomowoc, WI 53066

They are located in front vestibule that is open 24/7

If you would like it mailed, you can order it to be shipped here

https://silvercirclesportsevents.com/scse-store

Got questions?

Let us know at 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 their running goals. We have a range of runners on the team, from beginners to elites and everything in between. If you're interested in being part of team, contact us.



Upcoming events:

2019 Beer Garden 5K Series Registration Now Open



Register NowRegister NowRegister NowRegister NowRegister Now

2019 Wisconsin Trail Assail Series Registration Now Open



CAMPING, S'MORES, FOOD TRUCKS & BEER! OH....AND THERE IS RUNNING TOO.

Imagine running through transition with music pumping, lights glowing and a thousand of your newest friends cheering you on! Join us June 23-24, 2018 in the Greatest State in America - Wisconsin! Run it competitively or run it as a social run.





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.