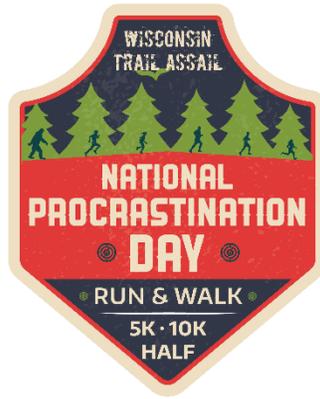


# WTA - National Procrastination Day

Sunday, September 20, 2020



## Race Day Instructions

### A Message From Our Race Director

Hey, Runners! We have been extremely fortunate to have an amazing municipal partner in Waukesha County. When most municipalities say no, Waukesha County has said, "let's see your plan." We had a plan in place way back in March. We continue to exceed their requirements and continue to modify it and do better. It is imperative that we all follow our social distancing plan if we want to continue running. We can respectfully disagree about what is necessary and what is not necessary, but we all can agree that if we don't follow the rules, we don't run anymore.

Thank you,  
Sean K. Osborne

WISCONSIN'S LEADER IN ENDURANCE EVENTS

**SILVER CIRCLE  
SPORTS EVENTS**

[silvercirclesportsevents.com](http://silvercirclesportsevents.com)

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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## 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.

## Temperature Checks

At registration, your temperature will be taken with a touchless thermometer. If you have a temperature above 100.4, you should leave immediately, stay away from other people, and contact your health care provider.

## Spectators

Spectators are not permitted anywhere in the arena at any time. Our permits do not allow for spectators in the arena and they will kindly be asked to leave. If they are in another part of the park, outside the arena, that is fine.

## 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 [HERE](#).



## Location

### Minooka Park

#### **Picnic Area 3**

1927 E. Sunset Drive

Waukesha, WI 53189

A \$5.00 entrance fee or an annual sticker is required.

## Parking

Parking is available throughout the park.

## Schedule

### Race Day – Sunday, September 20

7:00am Packet pickup

8:00am All races 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!

## Course Info

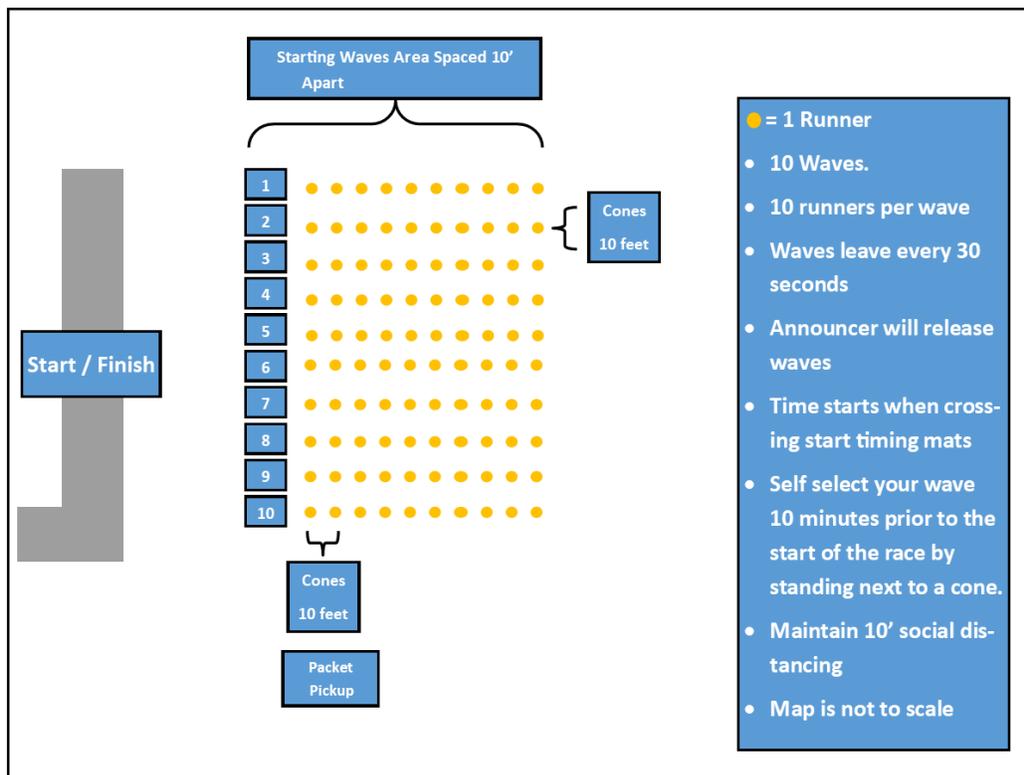
### Social Distancing

At all times, please maintain a 10' social distance from fellow runners.

### 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 towards the front 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 race time. 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.



### Start Line & Finish line

The start/finish line is in **Picnic Area 3**.

### Course Marking

The course will be marked with 12X12 arrows and cones. The 5K is one lap. The 10K is two laps and the half is three laps. There will be a Finish Line turn sign right before the finish. That is considered one lap and the sign below will be next to it.

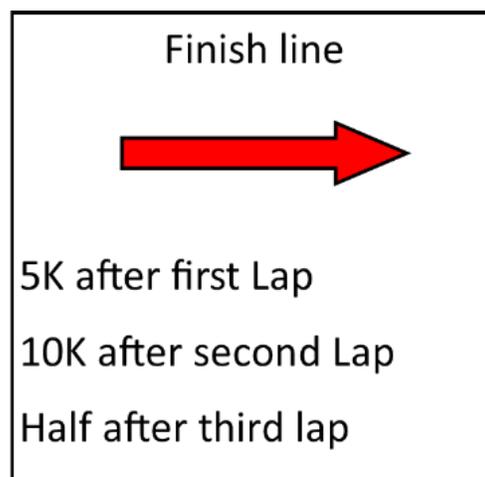
### [5K/10K Course](#) | [Half Course](#)

**5K runners**, when you see this sign the first time, → turn right and proceed to the finish line.

**10K runners**, when you see this sign the second time, → turn right and proceed to the finish line.

**Half runners**, when you see this sign the third time, → turn right and proceed to the finish line.

For the half, there is an out and back around the pond. A turn here sign will indicate where to turn. The 5K & 10K will use a very short portion of the out and back to get to the correct distance. If you have run the 5K or 10K with us before at Minooka, **this is NEW**.



## 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.**

There will be an on-course bag drop area for you to leave your nutrition and hydration items. It is located across the road from Picnic Area 3. Please place your bag in the designated bag drop area before the race and space it 10' from other bags. This is a self-placement and self-serve bag drop. We will not be transporting bags on course. Don't worry, there is plenty of time and space for you to self-place your bag before the race.

Besides, do you really want some yahoo touching your water bottle?



## Restrooms

Restrooms are available throughout the park and should be open. We recommend stopping at restrooms further from the race site since they will not be as busy as the ones near the start/finish line.

## Awards

Sorry, we will not have an awards ceremony. You can check your results at the packet pickup table. Age group medals will also be distributed here.

Custom medals for first – third place.  
0-14, then 5 year increments up to 90.

## Miss Your Award?

Medals can be picked up at our office the Tuesday following the event. They are located in front of the northern entrance door in a black bin.

2911 N Dousman, Suite 3  
Oconomowoc, WI 53066

If you would like your award mailed, you can order it to be shipped [here](#).

## 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.](#)



## 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

[October 4 Brewfinity Marathon](#)

[October 10 Zachariah's Acres Run, Walk & Roll](#)

[October 17 National Sweetest Day Run](#)

[Full 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.

## RaceJoy App

Please download the RaceJoy app and use it during the race. Select the virtual option and enter your bib number. When finished, please **do not upload your results**, unless you are participating in the actual virtual event.

Using the app not only allows friends and family to follow your race experience, but also lets us send important emergency messages and helps us find lost or injured runners.

**Download RaceJoy to Add to Your Race Experience!**



Live Phone Tracking!

GPS Based Progress Alerts!

Cheer Sending!

and so much more...



Share your race  
experience with  
friends and  
family!



[Download RaceJoy](#)

[RaceJoy Instruction Video](#)