Yule Twinkle All The Way 5K

Saturday, December 5, 2020



Race Day Instructions

WISCONSIN'S LEADER IN ENDURANCE EVENTS



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.

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.

The Yule Twinkly has several very specific details you need to know or you're going to miss the start. Details like - the start line is .75 miles from the finish line and packet pickup is at the finish line and not the start line!

For those folks who like to show up at the last minute: you will not make the race and we don't have the ability for you to start late. We are leading the Christmas Parade and once it starts, well, it starts & you don't.

Please read all the race day instructions and email me if you have any questions.

Thank you, Sean K. Osborne

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Covid Screening Questions

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

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.

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



Location

Start Line

Fowler Lake Park

500 Oakwood Avenue Oconomowoc, WI 53066

Finish Line

Oconomowoc Community Center parking lot P3

Parking

Please do not park at Fowler Lake Park or you will be stuck. The Christmas Parade starts and stages there. Also, **please do not park in the St. Paul's parking lot**. They have service that evening, and it is just bad mojo to interrupt a service.

We recommend you park in the lot across from the Oconomowoc Community Center (lot P3) or in lot P10. It is a short walk/warmup to Fowler Lake Park.

Oconomowoc parking map.

Schedule

Early Packet Pickup

Friday, December 4, 2020 Silver Circle Sports Events 2911 N. Dousman, Suite 3 Oconomowoc, WI 53066 3:00pm-5:30pm Packet Pickup

We strongly encourage you to pick up your packet early.

Race Day

Saturday, December 5, 2020 3:30pm Packet Pickup* 4:45pm Race Starts

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)

Social Distancing

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

^{*}Race Day packet pickup is located at the finish line in lot P3 or P4. It is NOT at the start line.

Winter Social Distancing Updates

We will continue with our social distancing plan until further notice. Winter complicates things because this is Wisconsin and it's cold!

For the winter races, we will have early packet pickup at our office prior to the event day. We strongly encourage you to pick up your packet prior to race day or have someone pick it up for you. On race day, packet pickup will be available, but it will be outside. We will not have any buildings open to the public, unless the current restrictions are lifted.

These changes are meant to minimize contact.

Results

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

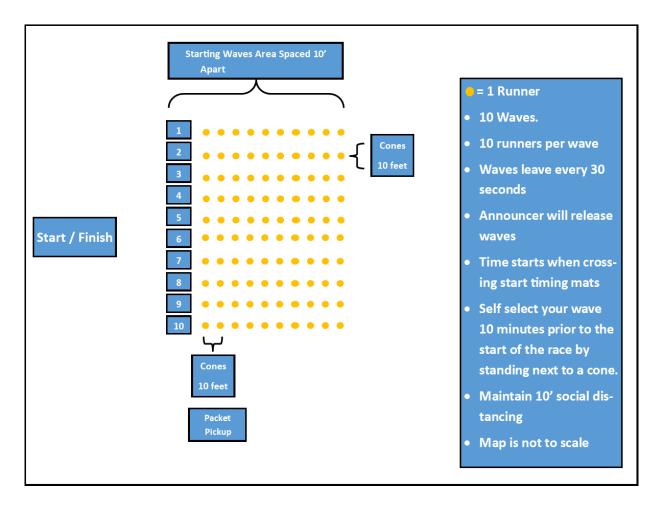
Race Format

The 10' socially distanced staggered start will continue. We recommend you select a start cone a few minutes before the race is scheduled to start.

We are hopeful that we will be able to reduce the distancing requirements as we get closer to a vaccine. However, it would not be wise at this point to jam 250 people in a small building. We don't particularly like this process either, but it is what we have to do to keep everyone safe and to keep permits so we don't have to go back to virtual races.

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 4:45pm 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.

How To Dress

Night Running Gear

This is a **night** run. The first and last half mile are on public streets that have streetlights. The Lake Country Trail does not have streetlights because it is not a street!

A glow necklace will be provided to all runners and you must wear it! You are strongly encouraged to also wear a night safety vest with blinking lights and a head lamp. When running with your head lamp, please point it towards the ground so you don't blind people running toward you.

Course Info

Restrooms

Porta lets are available at the start line.

Course Marking and Closures Course map

Runners will start at Fowler Lake Park running south to Wisconsin Ave. This is where all the Christmas lights are and this year we are running through them all! Runners turn west (right) enjoying Downtown Oconomowoc's Christmas Lights.

The road will be closed during this time and the course will be led by a vehicle. We are leading the Christmas Parade so the streets will be lined with spectators.

Once runners reach Church street, they will turn south (left), pass the finish line (don't worry about the timing mats), run under the train trestle, and then a few more blocks until reaching the Lake Country Trail.

Once on the Trail, continue until reaching the 3-foot-tall sign in the middle of the path that says *Turn Here*. You should turn there or you're going to end up in Waukesha.

Once the turn is made, it's all downhill from there! You will know where the finish line is because you ran through it earlier.

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

Sorry, we will not have an awards ceremony. The age group medals are literally on a slow boat from China. We will email runners once they arrive.

Finisher medals will be handed out at packet pickup.

You can find your time on the results section of the race website.

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

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 <u>symptoms of Covid-19</u>, 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.

#TeamSCSF

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

<u>December 12 Ding-A-Ling Day</u> <u>January 1 The Hangover 5K</u> <u>January 9 Wisconsin Winter Trail Assail</u>

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.