

# RACE WEEK UPDATE Kings & Queens Half Marathon

## **SCHEDULE:**

# Friday, May 10<sup>th</sup> - EARLY PACKET PICK UP AND REGISTRATION

Beat the lines race morning by coming to early packet pick up!

12:00pm to 6:00pm

VeloCity Cycling 203 W Wisconsin Ave Pewaukee, WI 53072

# Saturday, May 11th - RACE DAY PACKET PICK UP

(There will be NO race day new registrations!)

The race starts promptly at 7:30am. Please come early so you don't miss the start!

6:00am to 7:15am

VeloCity Cycling 203 W Wisconsin Ave Pewaukee, WI 53072

Participants MAY pick up other participants' packets. We do NOT ship race t-shirts or other race swag.

# 7:30am RACE START FOR 4-MILE & HALF MARATHON

**Post-Race:** Continue On! Visit Brewer's Two Café for breakfast and bring your bib into Hubbleton Brewery for a free beer on us!

# BRING THE FOLLOWING TO PACKET PICK UP:

- Your Bib Number (if you registered before April 25<sup>th</sup>, you were assigned a personalized bib with your name on it). You can <u>look up your bib number here.</u>
- QR code if you do not have a pre assigned bib number (available in your Race Week Update or confirmation emails).
- Picture ID (for packet pick up/registration)

#### **COURSE DESCRIPTION:**

#### **EXERCISE CAUTION AND BE AWARE OF TRAFFIC**

**Aid Stations:** Aid stations will be available roughly every 2 miles at miles 2, 4, 6, 8, 10, 12

**Course Support:** Male and female lead bikers will be leading the pack. We also have a squad car leading the bikers to ensure a safe and clear course for all runners. On course medical is located at mile 9.5 and is on call throughout the entire event. There are six aid stations on the route! Runner support vehicles are out monitoring the course and available for call in the case you or another runner needs assistance. Please notify a volunteer of anyone who needs support and we will send a vehicle out to help them.

#### **Course Rules:**

- Pass to the left, run on the right shoulder of the road at all times.
- Headphones are OK, but PLEASE listen at a reasonable volume to hear police instructions on course. Please remain aware of your surroundings and exercise caution when crossing streets or running in the roadway.
- Strollers are OK, please start at the back. Please, no dogs. We want to make sure this event is safe and fun for all.
- No littering on course. Please, use the trash and recycle bins found along the route.
- No abandoning any gear while on course.
- HAVE FUN!

# **COURSE CLOSURE:**

The course will close at 12:00pm (noon). While we encourage participating at any speed, we must adhere to this strict time limit and have the roads closed by noon.

# **COURSE MAPS:**

# 4-Mile:



#### **HALF MARATHON:**



# **RELAY:**

All members of a relay team are given a finisher's medal & t-shirt.

**Team options:** Teams can be made up 2, 3 or 4 runners all completing a portion of the course to collectively complete the 13.1 mile course. Teams can be made up of all women, all men or be co-ed.

**Captains:** You will pickup the race packets for all members of your team. Including their race shirts, bib numbers, and timing chip. Members of your team should NOT pickup their own packet.

**On the course:** Your entire team will share one ankle tag with a timing chip. Team members will pass this timing tag along from runner to runner at our designated exchange points. There

is no shuttle bus for relay teams - it's the responsibility of each team to plan their own drop off / pickup of runners. Please note, roads are OPEN during the entire event making it easy to get from place to place along the route.

Exchange Points: A team of two will exchange at mile 6.55
- both runners will complete 6.55 miles.

A team of three will exchange at miles 4.36 and 8.72
- all runners will complete 4.367 miles.

A team of four will exchange at miles 3.27, 6.55 and 9.82
- all runners will complete 3.275 mile

## **PARKING:**

#### NO PARKING AT KOEPP. PARK OFF OF OAKTON – THANK YOU!

**Option #1** – Village Park Pewaukee, 325 Capitol Dr. Pewaukee, WI 53072

You'll be able to enter with ease without disrupting the flow of the event. This lot is just a few blocks from the start line and holds 200 vehicles.

## Option #2 - Downtown Pewaukee

The second option for parking is simply downtown on any open street. You can park legally along the downtown roads as long as you are not parking along the race route or in a no parking zone. Any vehicle parked in a no parking zone will be towed at the owners expense. There are also multiple free public parking lots that are open for parking race morning.

# **WEATHER:**

We will do everything we can to make the course as safe as possible but please pay attention to the weather forecast. Be prepared for any type of weather such as rain, and extreme cold. The race will go on rain or shine.

In the event of extreme or dangerous weather, the race director has the right to alter or cancel the race to keep the participants safe. If the race is altered or cancelled, there will be NO refunds.

## **RACE PERKS:**

#### **POST-RACE REFRESHMENTS:**

- Water
- A voucher for a FREE beer at Hubbleton Brewery for those 21+ \*Please make sure you have ID if you plan to consume alcohol.
  - Please bring your bib with you so they can honor this free beverage
- A Panera bagged sandwich with chips to replenish nutrients
- A one of a kind finisher medal & shirt!
- A rose for all females who participate!
- FREE PHOTOS:

Kings and Queens is a FocalShare event...that means that every participant will be able to download free digital images compliments of Race Day Events. Check the website to view and download your favorite photos post-event. (Photos posted as soon as available.)

# **VOLUNTEERS:**

Please be sure to thank the volunteers. With more than 70 volunteers from all over the Pewaukee area, you are sure to be in good hands. Without their help, this event is not possible.

# **SPONSORS:**

Please be sure to patronize our fine sponsors as this event wouldn't be the same without them: VeloCity Cycling, The HandleBar, Sassy Cow, Leaves Floral Design & Events, Emerys, Run Fit Nutrition.

# **EVENTAPP**

<u>Download the Kings & Queens App Here</u> for event information, race day schedules, event photo frames and more.

# **REMINDERS:**

- Please attach your bib number so that it is visible on the front of your shirt. This helps with identification and making sure you can see your race photos!
- If you are running with children, please make sure they are safe and near you at all times.
- Be courteous and respectful to Race Staff, Volunteers, Police and those around you!

We look forward to seeing you this Saturday!

-The Race Day Events Team