



2019 Sunflower Days 5K Run/Walk Race Week Update

Race Start Location:

Pioneer Park
7555 Old Sauk Rd
Verona, WI 53593

Early Packet Pick-Up Location:

Fleet Feet Sports (Madison Only)
8440 Old Sauk Road
Middleton, WI 53562

SCHEDULE

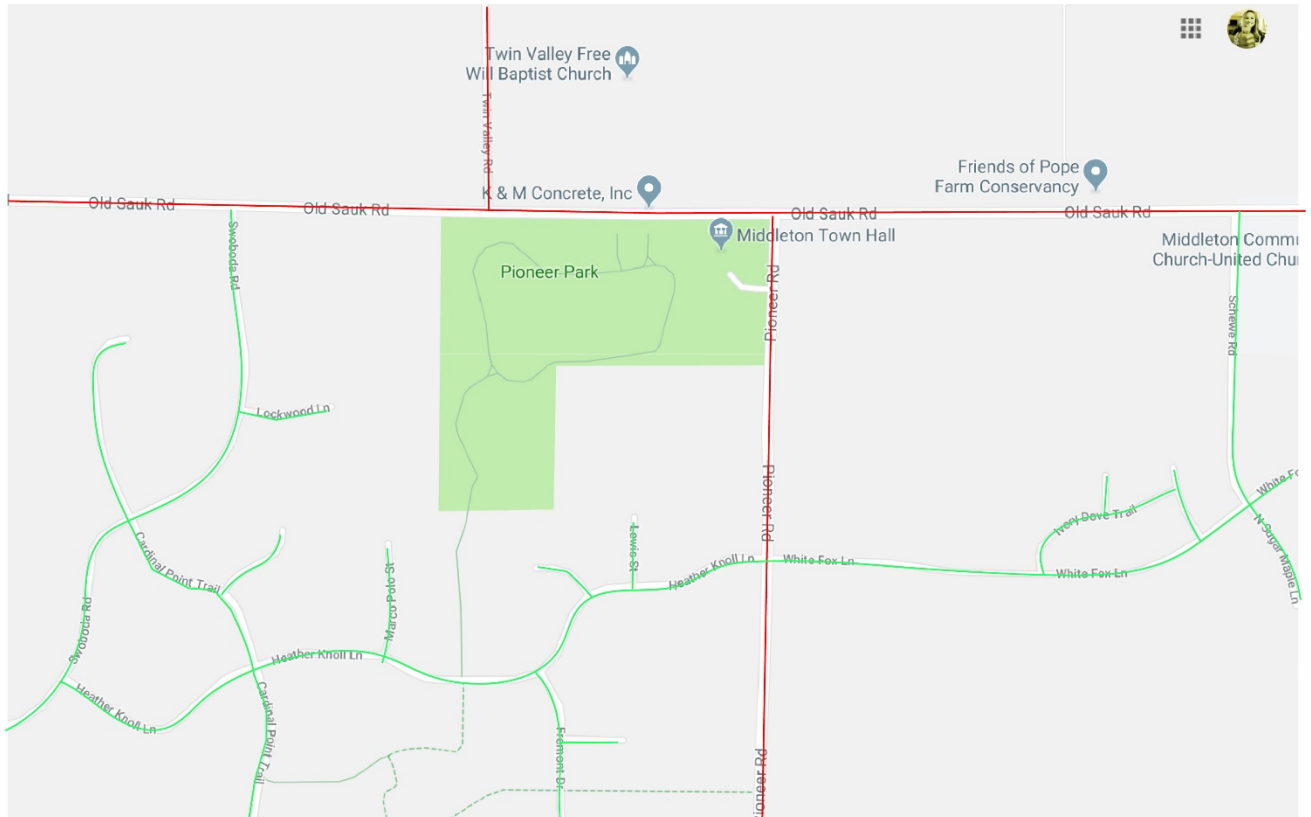
Wednesday, July 31, 2019		
Early Packet Pick-Up	4:00PM – 7:00PM	Fleet Feet Sports - Madison
The race is sold out! – No Day-of Registration		
Thursday, August 01, 2019		
Packet Pick-Up	5:30PM – 6:45 PM	Pioneer Park
Race Start	7:00PM	Pioneer Park
Awards Presentation	Approx. 8:15PM	Pope Farm Conservancy
Course Close	8:30PM	Pope Farm Conservancy

PACKET PICK-UP

- Please make sure to bring your confirmation QR code with for quick and easy pick up!
- You MAY pick up for someone else, but please bring their confirmation QR code!
- At packet pick-up you will receive the following:
 - Race bib and participant t-shirt
 - Bibs will have a disposable timing chip affixed to the back if it. **Please wear your bib on the front of you and right side up. Failure to comply may result in no official race time.**

PARKING

There is **LIMITED** parking available at Pioneer Park for race participants. Race participants may park in the nearby neighborhoods (green) and walk to Pioneer Park. Shuttles can drop you back at Pioneer Park after the race is over. **NO PARKING on Old Sauk Rd, Pioneer Rd, or Twin Valley Rd - your car will be towed** (in red on map). Vehicles parked improperly or that interfere with the race **WILL** be towed.



SHUTTLES*

There will be a dedicated race shuttle leaving from **Blackhawk Church only** at 5:30pm and 6:00pm. This shuttle will make an additional stop to drop 5K participants off at Pioneer Park. If you are late to these shuttles, you may miss the Race Start. Shuttles will drop you back at Blackhawk Church post-race.

*Please note that the other shuttles listed [here](#) are going to the Sunflower Days at Pope Farm Conservancy, NOT Pioneer Park (where race start is). The only shuttles going to Pioneer Park before the race are those designated above.

AWARDS

- The awards presentation will start approximately 8:30PM and will include a great sunflower field backdrop.
- Award Categories as follows:
 - Overall male and female
 - Top three male/female in each age group:
 - Under 19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

AID STATION

- The course has one aid station located at approximately mile 2. It will be stocked with water.

WEATHER

- Please be prepared for all weather conditions. From rain and wind to extreme heat.
- In the event of inclement or dangerous weather, the race director has the right to alter or cancel the race to ensure participant's safety.
- If the race is altered or canceled due to weather, there will be NO refunds.

RUN COURSE SUMMARY

The run starts in Pioneer Park. Exiting Pioneer Park, runners will use Old Sauk Rd on their way to Pope Farm Conservancy. Once in the Conservancy, runners will use both road and grass trails while seeing all the great sights the Conservancy has to offer. The finish line provides an amazing backdrop of the sunflower fields.

RUN COURSE RULES

- Wear provided bib number on the front of you and right side up.
- Follow the directions of law enforcement and volunteers.
- It is the responsibility of the athlete to know and follow the prescribed run course. There will be no time adjustments for any reason.
- DO NOT litter or abandon equipment.
- DO NOT touch or enter the sunflowers.

ONLINE RESULT

Results will be posted online when the event is completed, and a link will be posted on the Sunflower Days 5K registration page and on Online Race Results (www.onlineraceresults.com).

PETS

- While we love pets, please leave them at home as they are not allowed in the Conservancy.

SPONSORS

