





SATURDAY, MAY 4 – WINNEQUAH PARK, MONONA

Thank you for joining us at the 41st Annual Lake Monona 20KM Run & 5KM Run/Walk!

Packet Pick-Up

PLEASE BRING A COPY OF YOUR QR CODE FROM YOUR REGISTRATION CONFIRMATION OR RACE WEEK UPDATE EMAIL. THIS WILL SPEED UP THE PICK-UP PROCESS IMMENSELY!

Thursday, May 2nd 3pm – 7pm

Fleet Feet Sports Madison

Fleet Feet Sports Sun Prairie

Friday, May 3rd 11am – 7pm

Fleet Feet Sports Madison ONLY

RACE MORNING: Saturday, May 5th 7:30am-8:45am

Winnequah Park (Parking lot near the skatepark and tennis courts)

→ You MAY pick up for friends or family. Please bring their registration confirmation with you.

Race Day Schedule of Events

TIME	EVENT	WHERE
7:30am – 8:45am	Packet Pick Up	Winnequah Park - Near the skate park and tennis
		courts
9:00am	20K Race Start	Winnequah Park – Nichols Rd
9:15am	5K Race Start	Winnequah Park – Nichols Rd
10:00am	Post-Race Party Start	
11:30am	Awards	Winnequah Park - Pavilion
12:00pm	Course Closes	
1:00pm	Post-Race Party Ends	

Courses

GEAR CHECK PRE-RACE:

Gear check will be near registration and packet pick-up. Staff/Volunteers will have clear bags available to store your gear if needed. You MUST have your bib number to retrieve your gear after the race.

AID STATIONS:

Aid stations will be spaced nearly every 2.5 miles on the 20 KM Run course and one aid station about half way on the 5 KM Run/Walk course. Aid stations will be stocked with water, Gatorade sports drink, and Clif shots. Port-a-potties will be available at aid stations.

PACE TEAM:

This year's Pace Team is provided to you by Fleet Feet Sports Madison & Sun Prairie! The following pace times will be available for our 20K: 7:14/mi, 8:26/mi, 9:39/mi, 10:51/mi, 12:04/mi.





Parking

Do NOT park in the library parking lot. Violators will be ticketed and towed.

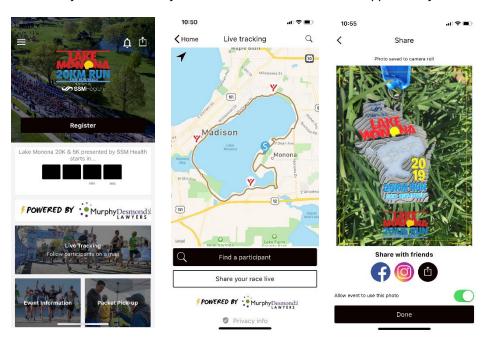
Click **here** for a parking map with available options.

Race Day Tracking

Let your friends and family know where you are! Download the Race Day Events App for real-time tracking and results on an interactive map! You'll also find event information, event photo frames to share and more!

Download Now!

Be sure to allow notifications. More information and instructions on the app can be found on our website!



Charity Partner

This year's charity partner is Make-A-Wish Wisconsin. When you donate, you're giving children renewed strength to fight their illnesses, bringing families closer together and uniting entire communities. You can change lives. <u>Click here</u> to donate!



Live Finish Line Video

Your friends and family can see what's going on at the race without making the journey to Monona (although they're going to miss the party!). Share this <u>link</u> with them to watch on Saturday morning.

→ Shortly after results are posted we'll have your video results posted for viewing. A link will be included in the results page!

Post-Race Party

- Live music by Wheelhouse will be playing until 1:00pm. Come for the run and stay for the fun!
- For those 21+, Wisconsin Brewing Company's Re: Fresh Radler and Yankee Buzzard IPA (2 complimentary for runners and available for purchase)
- The awards ceremony will take place at 11:30am at the pavilion

Weather/Refund Policy

This race will be held rain or shine. In the event of severe weather, the race may be delayed or canceled. Please stay tuned to our website, social media and EventApp for any last-minute updates!

As always, this information and more is available on our website!