



Cupid Shuffle – 2021 Race Week Update

EVENT DETAILS

Date: Sunday, February 14th, 2021

Time: 9:00am Race Start

Location: Chandelier Ballroom
150 Jefferson Ave
Hartford, WI 53027

SCHEDULE

Saturday, February 13th, 2021

Start	End	Activity	Location
10:00am	2:00pm	Early Packet Pick-Up	Performance Running Outfitters – Brookfield 2205 N Calhoun Rd., Brookfield, WI 53005

Sunday, February 14th, 2021

Start	End	Activity	Location
7:30am	9:30am	Packet Pick-up – BRING YOUR QR CODE (digital or paper copy)	Chandelier Ballroom 150 Jefferson Ave Hartford, WI 53027
7:30am	End of event	Merchandise Pick-Up (New items can be purchased after the race)	
9:00am	9:30am	Race Start **Participants will be released two at a time every 10 seconds**	
11:30am		Course closes	

PACKET PICK-UP LOCATIONS & TIMES

PICKUP EARLY TO AVOID MORNING-OF LINES!

Early Packet Pick-Up – Saturday, February 13th, 2021 – 10:00am-2:00pm

– *Performance Running Outfitters – Brookfield (2205 N Calhoun Rd, Brookfield, WI 53005)*

Race Day Packet Pick-Up – Sunday, February 14th, 2021 – 7:30am-9:30am

– *Chandelier Ballroom (150 Jefferson Ave, Hartford, WI 53027)*

You MAY pick up someone else's packet! Please bring their QR code.

At packet pick-up you will receive the following: bib number, shirt, Sports Beans, and a Kohler Bar. **Don't forget to bring these items with you on race day!**

DAY-OF REGISTRATION

Day-of registration will be required to be done through your phone. A QR code will be provided to scan at packet pick-up for anyone that wishes to register on race morning, **registration capacity allowing**. Be sure to check the website for updates!

QR CODE

Race Day Events is now using QR scanners at packet pickup to check you in. **PLEASE BRING THIS WITH YOU TO PACKET PICKUP.** We can scan either your phone or a paper copy. You can pick up for friends and family but please have their codes ready to be scanned.

COVID-19 SAFETY

****Please [click here](#) for information for race morning and the precautions we're taking at the Winter Run Series events to maintain participant safety. ****

Additional information:

- **The race starts at 9:00am with 2 participants being started every 10 seconds. The start will close at 9:30am with a final course closure of 11:30am.**
- We also ask that all participants maintain social distancing and wear their masks at both packet pick-ups and the event. Masks are not required during the race.

GEAR CHECK

For gear check, all participants will be required to bring their own bags to use. ****Due to the expected cold temperatures on race morning volunteers are unable to be staffed and the gear check will be self-serve. Please be sure to leave any and all valuables in your vehicles.****

RACE SITE MAP

- Please use the below map to familiarize yourself with the parking, packet pick-up, and start/finish locations.
- Arrive early as parking may become congested.



SERIES MERCHANDISE



- Pre-Ordered Gear
 - Visit the Merchandise tent before or after to pick up your order
 - Give the volunteers your last name to pick up
 - ENJOY your new SWAG! Tag us on social media!
- There are no refunds, but we can exchange sizes based on what we have available
- If we do not have a size you are looking for, no worries! We can order this for you and arrange a pickup of the item

If you have not pre-purchased gear, we will have our merchandise tent up and running on race day for after you have completed your race!

AWARDS

Due to the socially distance nature of this event results will be calculated and posted after all participants have completed the race. You will be notified of your award the Monday after the event by email. Awards will then be sent out the following week to make sure any placement errors are corrected.

- Top 3 overall Male & Female in both the 5K & 10K
- Age group awards will be awarded for top 3 finishers per age group. Age groups are as follows:
 - 10 & under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

AID STATIONS

- ****Due to the expected cold temperatures on race morning, there will be no 5k aid station on the course.****
- The 10k will have an aid station stocked with water at the turnaround/start of the second lap.

WINTER RUN SERIES MEDALS

- All series participants receive a center “medallion” to attach all individual medals to!
- Pick yours up at each packet pickup throughout the season!

RACE PERKS

- Long-sleeve race shirt
- One (1) packet of Sports Beans
- One (1) Kohler Bar

ONLINE RESULTS

Results will be posted on RunSignup and on the Winter Run Series website [here](#).

MEDICAL SERVICES

Medical services are alerted and will be on standby. Please alert any staff or volunteers if a medical situation arises. Please note that it will be left to the discretion of the medical staff whether the athlete will be allowed to continue.

PETS

Yes, pets are welcome! Please be mindful of those around you.

SERIES SCORING

Series scoring is being computed by RunSignup, a website that specializes in collecting and tracking race results. Series point results are posted on the Winter Run Series homepage and are updated one week after each event. For more information and to see them, click [here](#).

THANK YOU!

Please thank our sponsors with your patronage.
Without their support, this event would not be possible.

EVENT SPONSORS



COLD WEATHER NOTICE

The Winter Run Series is a series of participation-oriented series of events. Our participants range from beginners to experienced, from those seeking a pleasant morning run to those looking to continue to push themselves.

We do not cancel unless it is extremely cold, although there are variances for wind speed and direction, sunshine, and projected warming through the morning. We are continually monitoring the weather and will update participants if race plans change.

We know there are many who would run under extremely cold conditions, but we also must watch out for everyone's safety, including that of our volunteers and staff. We also know there are many who have no interest in below zero temperatures! It is a balancing act. Everyone must decide whether they are accepting of conditions on the day – both in terms of enjoying the experience and of being prepared physically and clothing-wise for the conditions. Even though the event is proceeding at cold temperatures, if you are not prepared it is likely best if you choose discretion over valor.

Cold Weather Hazards

- Frostbite – freezing of both the skin and the underlying tissues; leaving one prone to short – long-term damage and increased likelihood of refreezing the area on future outings. Frostbite may affect more exposed areas such as your face but can also affect toes and fingers under cover.
- Windchill – increased convective heat loss due to wind. Windchill can also reduce the effective insulative value of clothing as cold air currents penetrate deeper.
- Motion-related Convection Heat Loss – increase in convective heat loss due to the runner moving through the air. It can combine with windchill if running into the wind.
- Hypothermia – cooling of the body's core temperature caused by extended exposure to cold temperatures, windchill and convective heat loss, fatigue, dehydration and insufficient insulative value of clothing. Wet clothes, such as through sweat, decrease the insulative value of clothing.
- Dehydration – decline in fluid level in the body. Dehydration increases the potential for frostbite, hypothermia, and exhaustion. Due to the low temperatures and COVID precautions we are unable to provide unfrozen water at a mid-course aid station, please come prepared.
- Exercise-induced Asthma – a narrowing of the airways caused by exercise exacerbated by breathing cold, dry air through the mouth. Once affected, it is often a permanent condition in the individual.
- Clothing Limitations – For example, scarves or buffs absorb moisture from the runner's breath and in very cold temperatures, if they are pulled down for even a couple of minutes, they can freeze and be unusable for the rest of the outing. This leaves the runner's face exposed to the risk of frostbite and exercise-induced asthma as there is no warming layer before the cold air is breathed in.

Recommendations

- First and foremost, be self-critical of your underlying health, level of fitness and your equipment and run only if you are comfortable on all counts. Cold days are usually tougher and make for slower running.
- Dress for the cold. Everybody has their favorite materials, but the principle is the same - wick moisture away from your body and out through the layers to the exterior, while having insulating layers to retain heat and an outer breathable shell to break the wind. Wet clothes are not desired as they conduct heat away from your body. As a Wisconsin runner we expect you are familiar with layering – the layer closest to you wicking moisture away from your skin (wool or synthetics such as polypropylene), one or more insulating layers (wool or synthetic fleece etc.) and an outer breathable wind break layer. Jackets and pants for cross country skiing often have wind protection in the front and are more breathable in the back. Due to the wide range of products – check with a knowledgeable outdoor expert or on the web for the best products.
- Mittens are usually warmer than gloves. Ensure they breathe as wet ones get very cold. Use the same principle of wicking moisture to the exterior, insulation and external wind protection in your choice of mitt or glove. Mittens or gloves extending over your wrists helps keep your hands warm.
- Use a face mask or scarf and cover as much of your face as possible. Bring a spare one as they can accumulate ice. Synthetics work well. Use petroleum jelly to protect areas you can't cover. Covering is far preferable to jelly.