



Participant Guide

# Lake Monona 20K & 5K

May 6th

Monona, WI

Race Day Events





## DATES & LOCATION

**May 6th, 2023**

Winnequah Park  
1041 Nichols Rd  
Monona, WI 53716

### Start Times:

9:00 AM - 20K Run Starts

9:15 AM - 5K Start

9:20 AM - JangoPet Dog Wave

## PACKET PICK-UP

**May 5th, 2023**

Fleet Feet Sports  
8440 Old Sauk Rd  
Middleton, WI 53562  
11:00AM - 7:00PM

**May 6th, 2023**

Winnequah Park  
1041 Nichols Rd  
Monona, WI 53716  
7:30AM - 8:45AM



## WHAT YOU GET

- Gender Specific Event T-Shirt
- 2 free beers for those 21+ or N/A Beverages
- Finisher Food
- Finisher Medal
- Professional Race Timing With Fast, Accurate Results
- Free Digital Race Photos from Focal Flame Photography
- Free Race Tracking With the Race Day Events App



## COURSE INFORMATION

CLICK LINKS BELOW  
TO VIEW COURSES

[20K COURSE](#)

[5K COURSE](#)

## PARKING INFORMATION

It is each runner's responsibility to arrive on time. We will not hold the event or wait for any runners who are running late. We recommend arriving to the race site no later than 8:00 AM to find parking, grab your race packet, make a bathroom stop and familiarize yourself with the layout of the area.

Please do NOT park in the library parking lot. Parking is available in neighboring lots at the Monona City Hall,

Winnequah Elementary School, Nuestro Mundo Community School and at Winnequah park on Healy Lane. Other street parking is available where permitted off the run courses.

- Arrive early as parking will become congested.
- Please obey "No Parking" signs; they are posted for the safety of the athletes.

## AID STATIONS

### 20K Aid Stations

- Aid Station 1: Approx. Mile 2.5
  - Water & UCAN Hydration, Porto
- Aid Station 2: Approx. Mile 4.65
  - Water, UCAN Hydration, Porto
- Aid Station 3: Approx. Mile 7
  - Water, UCAN Hydration & Gels, Porto
- Aid Station 4: Approx. Mile 9.5
  - Water, UCAN Hydration & Gels, Porto
- Aid Station 5: Approx. Mile 11.8
  - Water, UCAN Hydration, Porto

### 5K Aid Stations

- Aid Station 1: Approx. Mile 1.8
  - Water, UCAN Hydration, Bowl w/ Water for Dogs



## AWARDS INFORMATION

- Overall: Awards will be given for top 3 overall male and female.
- Age Group: Awards will be given to the top three finishers (male and female) in each age division for both the 5K and the 20K.

## PRIZE MONEY

Break the course record and win the rolling cash prize! (Started in 2021)

Men's - \$200 | Women's - \$300

### Course Record

Mens: 1:03:53, Alexander Cushman (2021)  
Women's: 1:12:59, Cassie Hintz (2007)

## AGE DIVISIONS

### 5K Run/Walk:

9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

### 20K Run:

19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+



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