

RACE DAY EVENTS PRESENTS:

# LAKE MONONA 20K/5K

2024 RACE WEEK UPDATE



SATURDAY, MAY 4, 2024

MONONA, WISCONSIN



# DATE & LOCATION

DATE: SATURDAY, MAY 4, 2024

LOCATION: WINNEQUAH PARK  
1041 NICHOLS RD., MONONA WI, 53716

# START TIMES

- 9:00AM - 20K START (CUT OFF 12:00PM)
- 9:15AM - 5K START (CUT OFF 12:00PM)

# PACKET PICK-UP

FRIDAY, MAY 3, 2024

**FLEET FEET SPORTS MADISON**  
8440 OLD SAUK RD.  
MIDDLETON, WI 53562  
TIME: 11:00AM - 7:00PM

SATURDAY, MAY 4, 2024

**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+ (non-alcoholic beverages available)
- 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

# PARKING INFORMATION

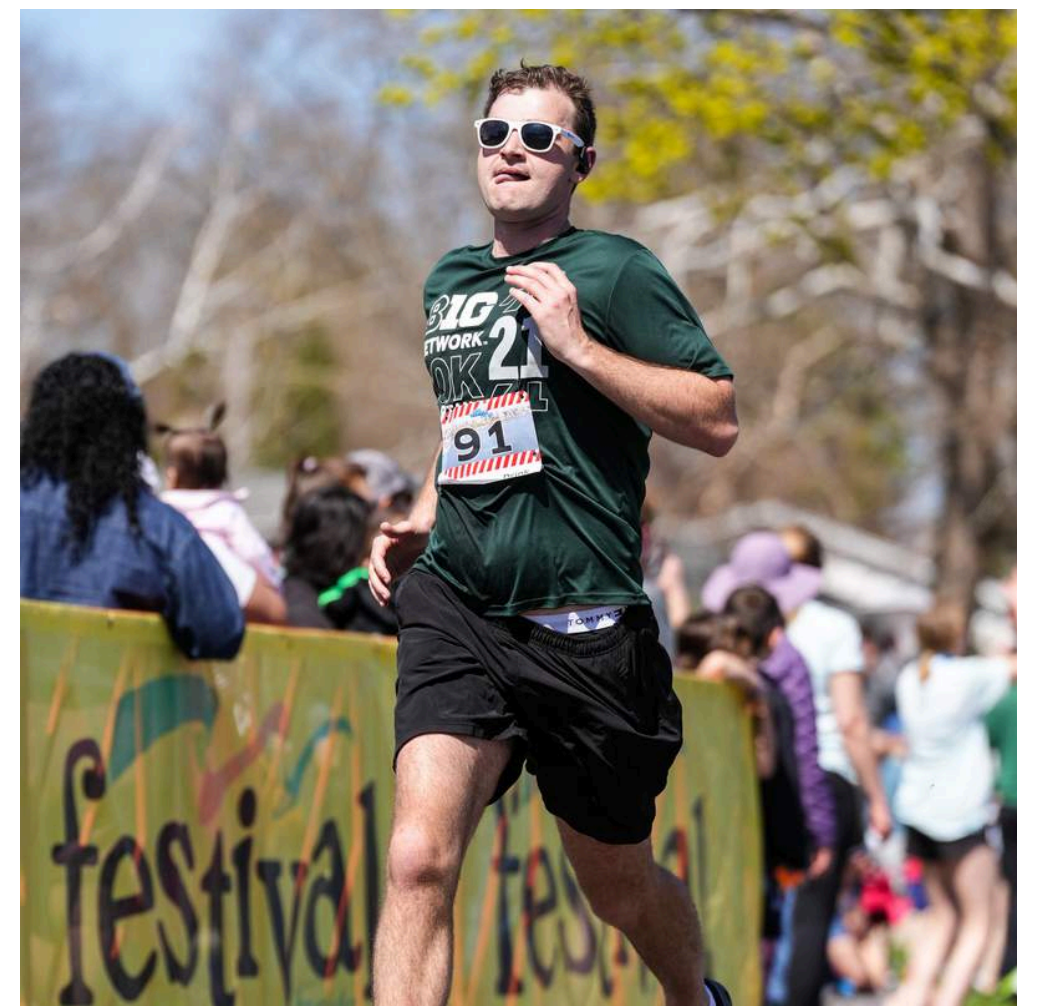
It is each runner's responsibility to arrive on time. We will not hold the event or wait for any runners who are running late. We recommend arriving to the race site no later than 8:00 AM to find parking, grab your race packet, make a bathroom stop and familiarize yourself with the layout of the area.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

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.

# COURSE INFORMATION

[CLICK HERE FOR THE 20K MAP](#)

[CLICK HERE FOR THE 5K MAP](#)

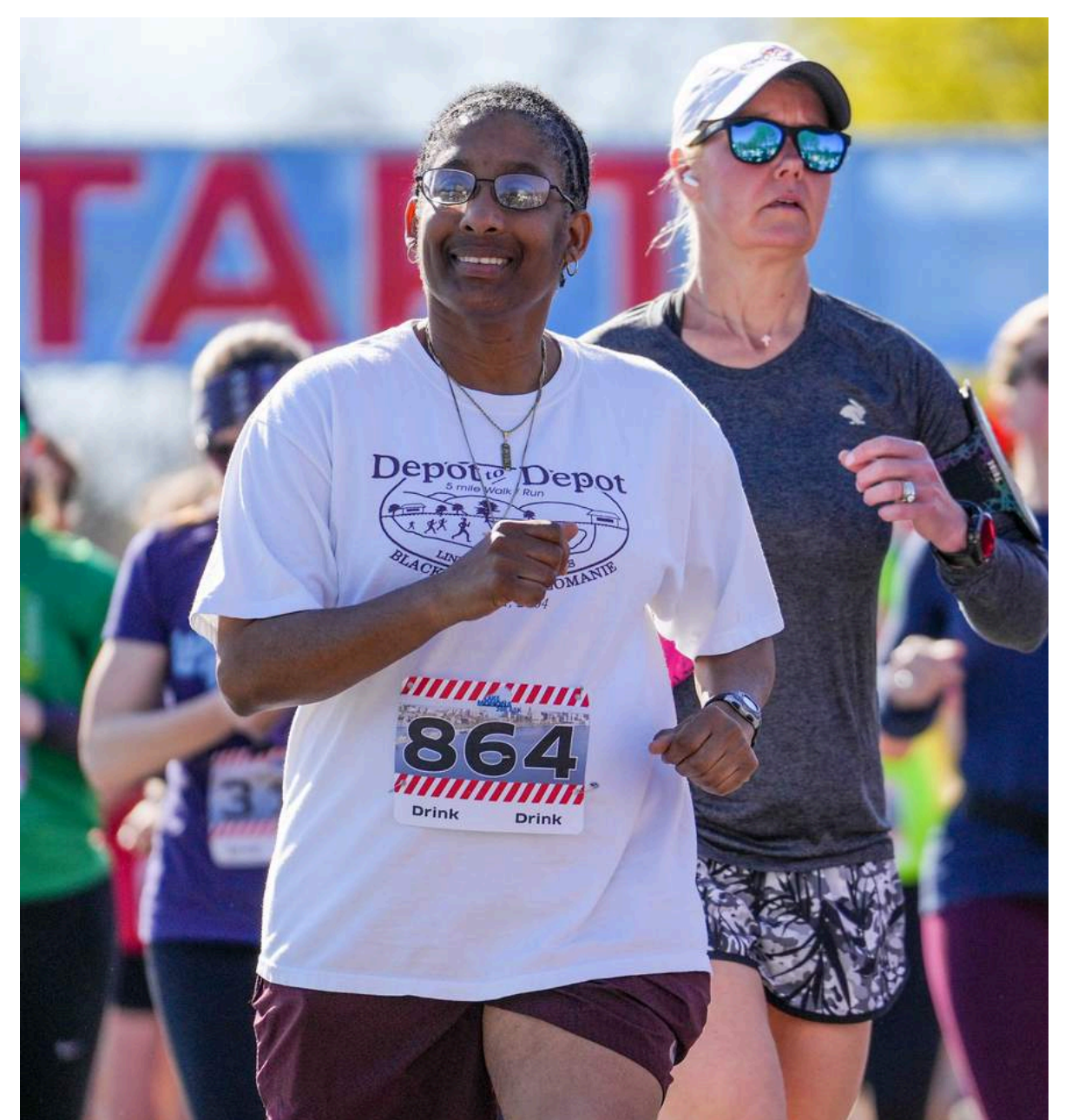


## 20K Aid Stations

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

## 5K Aid Stations

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



After the race, visit the MFG Booth for your chance to win an entry into the Midwest Financial Group Madison Mini Marathon

## 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.
- Age divisions are: 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+



## COURSE RECORDS

In 2021, Race Day Events started offering a cash prize for breaking the course record for the Lake Monona 20K. If the record isn't broken we will roll that cash prize into the next year's event to keep things interesting! This year's cash prize will be \$200 for the men's race and \$300 for the women's race. Think you can break the record and claim the cash prize for the Lake Monona 20K!?

Male Course Record:

1:03:53 - Alexander Cushman in 2021

Female Course Record:

1:12:59 Cassie Hintz in 2007

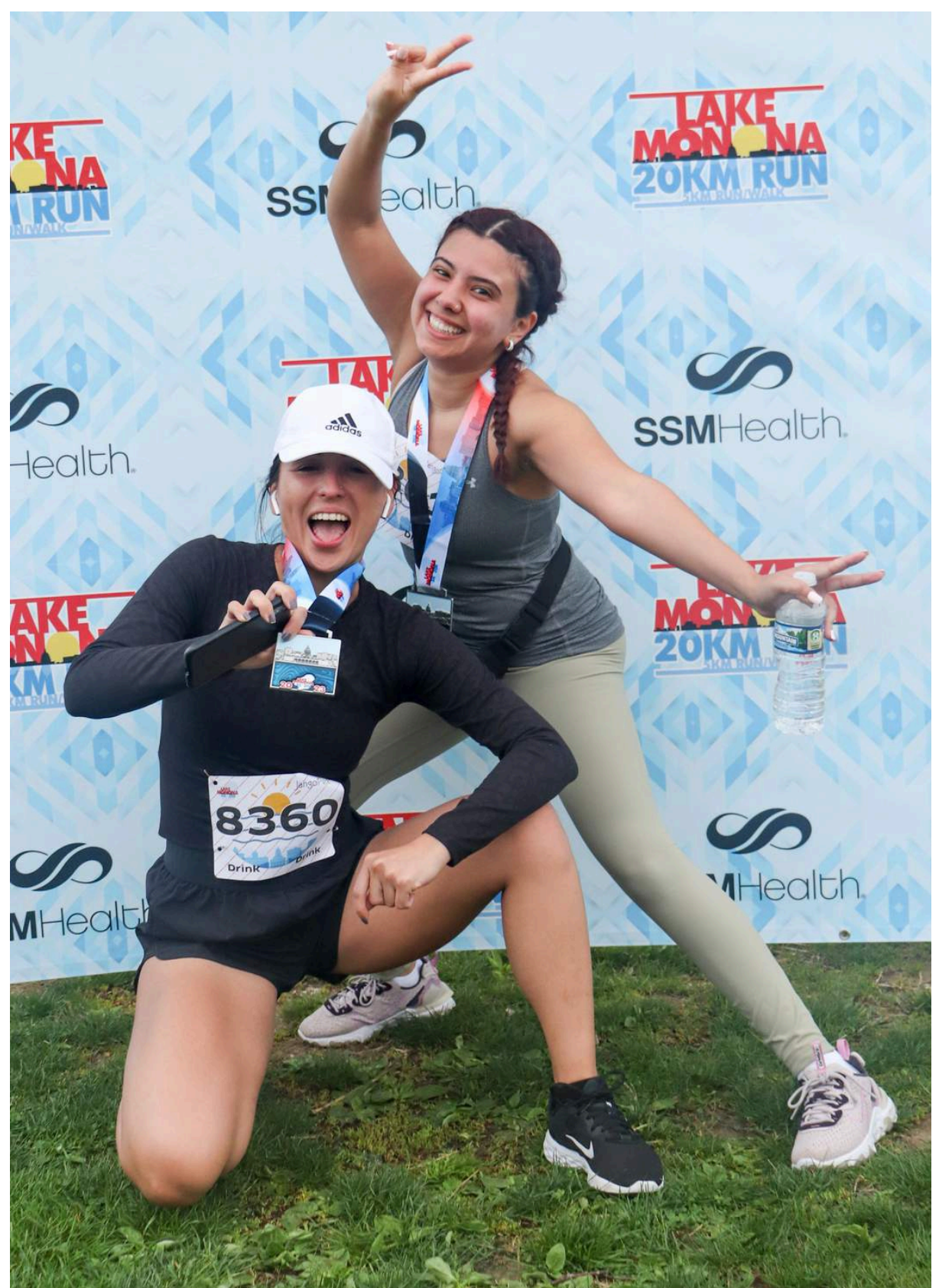


## 5K VIEWING AREAS

- WINNEQUAH PARK ALONG HEALY LN.
- INTERSECTION OF SCHLUTER RD. AND NICHOLS RD.

## 20K VIEWING AREAS

- MACHINERY ROW PARKING LOT
- OLIN PARK
- LAW PARK
- ORTON PARK



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