



Girls on the Run 5K - Fall 2023

The Girls on the Run 5K is the culminating event of our season! We are excited to celebrate all that the girls have accomplished!

When: Saturday, November 4, 2023

Where: Waunakee Village Center, 333 S. Madison St., Waunakee, WI 53597

Time: 5K grounds open at 7:45am; please have your girl there no later than 8:30am. The 5K will begin at 9:00am and will begin in waves. Waves will start lining up at 8:45am. With 2,000 runners and hundreds of spectators, please plan ahead for parking and meeting up with your team.

Parking: Parking is available in designated lots and on side streets in the area. **NO PARKING IN THE CANNERY ROW SENIOR LIVING LOT.** See 5K Grounds and Parking map for reference.

Team Meeting Location: GOTR participants and their running buddies will be directed to their team gathering spot in the field behind the Village Center. Look for the 8 ft. tall signs. Team signs are labeled and grouped by wave assignment. At your sign, coaches will have the girls' 5K bibs and pins. GOTR shirts should be worn as the outermost layer; bibs will be pinned to the front for easy identification.

Registration: GOTR girls and coaches are already registered for the 5K. All running buddies and community runners need to register, www.girlsontherunscwi.org/5K. Fee is \$30 through October 15 and \$35 October 16-October 31. Day of registration/on site is \$40. Event shirts will be available as supplies last for day-of registrants. Fees are non-refundable.

Packet Pickup: Teams (coaches and girls) have already received their 5K supplies (including shirt, 5K bib and pins). All other 5K participants that registered prior to October 15 will have their packets delivered to their team site. The packets will be distributed by the coaches. Participants who register after October 15 will be contacted about packet pick-up options. Final packet pick-up will be available at the event between 7:45am and 8:45am.

Running Buddy/Community Runner: The Girls on the Run 5K is a spectacle of girl power. As a running buddy or community runner, you play a special role in helping inspire health, confidence, and strength in our girls. **The event is non-competitive and untimed** – the goal is to finish and to encourage others in the process. We hope that you will join us in cheering on all participants and celebrating our collective accomplishments. High-fives, encouraging words, and motivational cheers are welcomed as everyone runs (or walks) at their “happy pace.”

Spectators: If participants have additional supporters who do not wish to run, they can come and cheer. Spectators do not need to register for the event.

Photos: Focal Flame Photography returns to capture wonderful 5K memories of all participants on the 5K course and at the finish line. Free digital photos will be available online after the 5K!

GOTR Store: The on-site GOTR store opens at 7:45 am and will remain open throughout the morning. It is located next to the gazebo. Come shop our merchandise for all the GOTR enthusiasts in your life! **Cash, check or credit cards accepted.**

Event Activities: Opportunities will be available for runners to take photos throughout the grounds – look for the colorful signage, the Dental Health Associates Smile Station photobooth and our roving Focal Flame Photographers.

Medical/Lost Child: There is a designated Medical and Lost Child area located near the starting line.

Sign Language Interpretation: An ASL interpreter will be positioned near the stage/scaffolding. Please join us near the stage for the interpretation of our welcome, celebratory comments and cheers, and starting line instructions.

Weather: We will run rain or shine. Please plan to join us even if it rains! If you dress in layers, please wear your GOTR 5K shirt as the outside layer. If there is a chance of severe weather, we will work with local law enforcement to determine if the event needs to be delayed or canceled. Any updates will be communicated to the coaches and families via email, and posted on our website and Facebook page.

Dogs and Strollers: Due to safety concerns, the age of our runners, and the size of our event, dogs are not allowed. Runners with strollers may begin after all other waves have been released.

Volunteer: Putting on a spectacular 5K celebration requires the help of over 100 volunteers. If you know someone who can volunteer, sign up here: www.girlsontherunscwi.org/5K.

For more information: Visit www.girlsontherunscwi.org/5K to register, view the course map, parking map, event timeline, etc. Email info@girlsontherunscwi.org, or call 608-831-4687.