



Girls on the Run SCWI Fall 2025 5K Presented by SSMHealth. Event Guide

DATE AND TIME



Saturday, November 8th

5K Start: 9:00 A.M.

*Please have your girl there no later than 8:30am.
First wave line up begins at 8:45am.*

LOCATION



Waunakee Village Center

333 S. Madison St.

Waunakee, WI 53597

*Please add extra time to account for traffic,
parking, and navigating the event grounds.*

5K DETAILS



GOTR 5K: The Girls on the Run SCWI 5K is the celebration event of our program! Join **2,000+ participants from 70+ schools** for a **non-timed, non-competitive 5K** celebrating confidence and community.

5K Registration: GOTR participants and coaches are already registered. Running Buddies and community runners must register at girlsontherunscwi.org/5K. General Registration: Oct 20–Nov 4 – \$40. Day-of Registration: \$45 (shirts available while supplies last). **Fees are non-refundable.** Event will take place rain or shine.

Packet Pickup: GOTR participants and coaches: **Coaches have team packets (shirts, bibs, swag).** Running Buddies (Early Bird): Will receive packets from team coaches. Running Buddies (General Registration): Pick up packets at GOTR office (901 Deming Way, Madison) Nov 5: 2–6 PM, Nov 6: 6 AM–6 PM. Remaining packets: Can be picked up Nov 8, 7:45–8:45 AM at the 5K.

**5K
Registration
Form**



WHAT TO WEAR AND BRING



- Dress for the weather; the 5K event is completely outdoors and will be held rain, shine, or snow!
- Rock your GOTR t-shirt and bib on your outermost layer! Coaches and participants will receive their bib at their site sign on 5K day.
- Accessorize with colorful GOTR gear like hats, hair ties, signs, stickers, capes, etc.



UNSTOPPABLE US GRATITUDE GIFTS

If you participated in Unstoppable Us for the Fall 2025 season, make sure to stop by the Gratitude Gazebo near the start line to pick up your gifts!



FOLLOW & TAG US!



Girls on the Run of
South Central Wisconsin



@gotrscwi

#GOTR5K #GOTRSCWI

Scan here to view detailed
grounds and parking maps!



5K DAY SCHEDULE

7:45 a.m. Grounds Open

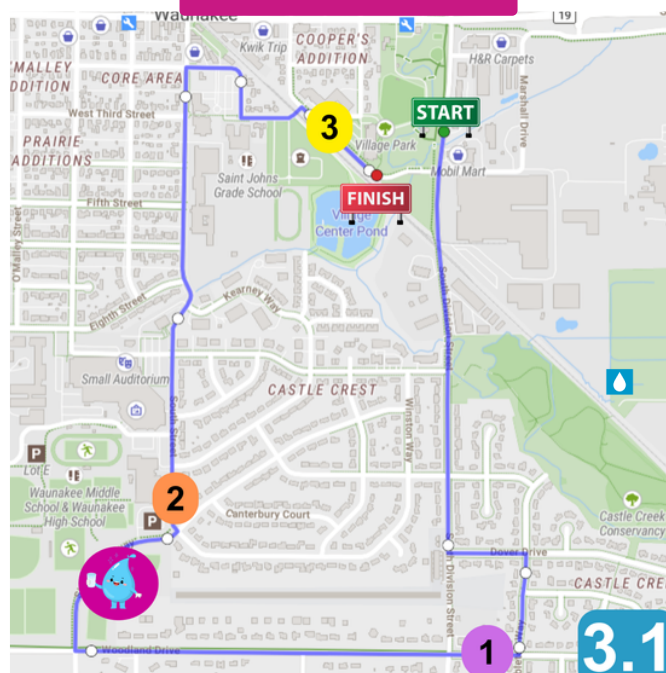
Walk to the 5K grounds near the start line and meet your coaches at your team sign in the gathering area. On the grounds you can **celebrate with your teammates, browse GOTR merch, pick up your Unstoppable Us gifts, purchase food from vendors, take photos with our celebratory signage, visit sponsor booths, and dance to the music!** Families are welcome to join the fun and snap photos throughout!

8:30 a.m. Welcome, Warm Up, Wave Line Up

Join Crystal for a **high-energy Zumba warm-up and jump around!** Afterward, Wave 1 will head to the start line for the 9:00 a.m. start, followed by Waves 2, 3, and 4 (see wave details below).

9:00 a.m. 5K begins!

COURSE MAP



WAVES BY TEAMS

WAVE 1

Teams W - Pr

Wilson
Westside
West Middleton
Waubesa
Van Hise
Token Springs
Thoreau
Sugar Creek
Stoner Prairie
Shorewood Orange
Shorewood Green
Schenk
Sandhill
Sanburg
Roosevelt
Randall
Prairie View/
Netherwood
Prairie Ridge

WAVE 2

Teams Pr - L

Prairie (Waunakee)
Pope Farm
Park
Orchard Ridge
Olson
Nuestro Mundo
Northside (Monroe)
Northside (Milton)
New Century/VAIS
Mount Horeb
Middleton H&S
Mendota
Marquette
Lowell
Lindbergh
Lincoln (Madison)
Lincoln (Beaver Dam)
Leopold

WAVE 3

Teams K - Do

Kennedy
Jefferson
Huegel
Horizon
Horicon
Hickory Hill
Henderson
Hawthorne
Harvest
Granite Ridge
Gompers
Glacier Creek
Emerson
Elvehjem
Elm Lawn
Eastside
Eagle
Dodgeville

WAVE 4

Teams De - A

Deerfield
Crestwood
Country View
Core Knowledge
Community
Columbus
Chaves
Carey (Southside)
Cambria
Bird
Beloit- Todd
Beloit- Robinson
Beloit- Gaston
Beloit- Converse
Anana

For safety, dogs are not allowed. Runners with strollers may begin after all other waves have been released.

Free digital photos of all participants will be available afterwards from Focal Flame Photography.

Keep everyone safe by staying within cones. Run/walk on the right & pass on the left. There is a water station on the course and at the finish.

We encourage spectators! Spectators do not need to register.