



Girls on the Run SCWI Fall 2026 5K Presented by SSMHealth. Event Guide

DATE AND TIME



Saturday, November 7th

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. Early Bird Registration: (Sept 11- Oct 18) – \$35. General Registration: (Oct 19- Nov 3) – \$40. Day-of Registration: \$45. **Fees are non-refundable.** Event will take place rain or shine.

Packet Pickup: GOTR participants and coaches: **Coaches have team packets (shirts, bibs, swag) and will distribute prior to the 5K.** Running Buddies (Early Bird Reg.): Will receive packets from team coaches. Running Buddies (General Reg.): Pick up packets at GOTR office (901 Deming Way, Madison) Nov 4: 2–6 PM, Nov 5: 6 AM–6 PM. Remaining packets: Can be picked up Nov 7, 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. Have fun!

UNSTOPPABLE US GRATITUDE GIFTS

If you participated in Unstoppable Us for the Fall 2026 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

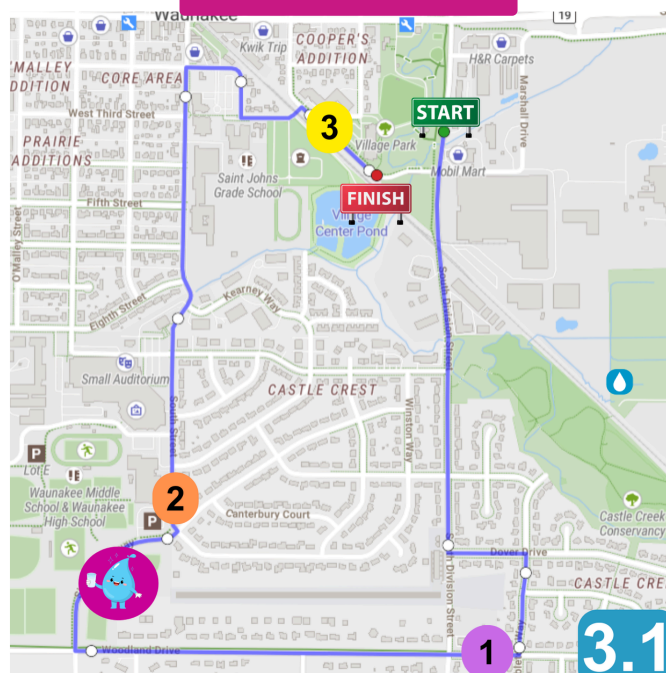
Walk to the 5K grounds near the start line and meet your coaches at your team sign in the gathering area. On the grounds you can **celebrate with your teammates, browse GOTR merch, pick up your Unstoppable Us gifts, purchase food from vendors, take photos with our celebratory signage, visit sponsor booths, 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 us 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 A-Elm

Anana
Beloit- Converse
Beloit- Gaston
Beloit- Robinson
Beloit- Todd Green
Beloit- Todd Orange
Bird
Cambria
Chavez/ Sanchez
Columbus
Community
Core Knowledge
Crestwood
Deerfield
Dodgeville
East (Baraboo)
Eastside
Elm Lawn

WAVE 2

Teams Elv-L

Elvehjem/Ada Deer
Emerson
Forest Edge
Gompers
Granite Ridge
Harvest
Hawthorne
Henderson- Green
Henderson- Orange
Heritage
Horicon
Horizon
Kegonsa
Kennedy
Leopold
Lincoln (Madison)
Lindberg/Erlanger
Lori Mann Carey

WAVE 3

Teams M-R

Marquette
Meadowlands
Mendota
Middleton H&S
Mount Horeb
New Century/VAIS
Northside (Milton)
Northside (Monroe)
Nuestro Mundo
Olson
Orchard Ridge
Parkview
Pope Farm
Prairie (Waunakee)
Prairie View/Netherwood
Queen of Peace
Randall
Rome Corners

WAVE 4

Teams S-W

Sandhill
Schenk
Shorewood- Green
Shorewood- Orange
Stoner Prairie
Sugar Creek
Thoreau
Token Springs
Van Hise
Waubesa M/W
Waubesa T/Th
West (Jefferson)
West Middleton
Westside
Wilson

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.

Stay safe by staying within cones. Run/walk on the right, pass on the left. Water stations are available on the course and at the finish.

We encourage spectators! Spectators do not need to register.