



Girls on the Run 5K Presented by SSM Health Spring 2023

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

When: Saturday, June 3, 2023

Where: Verona Area High School, 234 Wildcat Way, Verona, WI 53593

Time: 5K grounds open at 7:45am; please have your participant there no later than 8:15am. 5K festivities start at 8:30am with a GOTR Welcome, Warm-up, and Wave-line Up. The 5K will begin at 9:00am and will begin in waves. With 2,500 runners and hundreds of spectators, please plan to arrive early so your participant can enjoy the entire experience!

Parking: Parking is available in designated lots (High School Lots F, J, E, B, and A (note that access to lot A will be closed between 8:30 and 9:30am) and on some side streets in the area. Parking is not permitted in Lots D or G. See 5K Parking Map for reference.

Team Meeting Location: GOTR participants and their running buddies will be directed to their team gathering spot on the High School Football Field. Look for the 8 ft. tall signs. Team signs are lined up alphabetically and grouped by wave assignments. At your team sign, coaches will have the kids' 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 participants and coaches are already registered for the 5K. All running buddies and community runners need to register, www.girlsontherunscwi.org/5K. Fee is \$35 May 15-30. 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 May 14 will have their packets delivered to their team site. The packets will be distributed by the coaches. Participants who register after May 14 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!

Tag Us!: Find Girls on the Run of South Central Wisconsin on Facebook and Instagram at @GOTRSCWI. Tag us and/or use the hashtag #GOTRSCWI.

GOTR Store: The on-site GOTR store opens at 7:45 am and will remain open throughout the morning. The Merchandise Tent will be located at the South Entrance to the Stadium. 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 attendees to visit our sponsor booths, take photos throughout the grounds with our celebratory signage, and have photos taken by our roving Focal Flame Photographers, Jump Around with Bucky Badger and much more!

Medical/Lost Child: There is a designated Medical and Lost Child area located at the South end of the Home Bleachers – at Door #6.

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.

Visiting Verona: The City of Verona Chamber of Commerce is excited to invite 5K participants to their annual Hometown Days celebration and carnival. The Chamber is providing FREE shuttle buses from the 5K venue (High School Stadium Entrance) to Hometown Days. The buses will run continuously after our 5K from 10am-3pm. Girls on the Run participants will have access to early entry to the carnival and additional entertainment. Families interested in pre-ordering discounted tickets for the carnival can purchase them at <https://veronachamber.wufoo.com/forms/m1gec6rs1hw8886/>. Pre-ordered tickets will be available for pick-up on the morning of the 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.