



Girls on the Run 5K - Spring 2024

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 1, 2024

Where: Verona Area High School, [234 Wildcat Way, Verona, WI 53593](https://www.google.com/maps/place/234+Wildcat+Way,+Verona,+WI+53593)

Time: With 2,500 runners and hundreds of spectators, please add extra time to your travel itinerary to account for the high volume of traffic, finding parking and navigating event grounds to find your team's site sign. **5K grounds open at 7:45am; please have your participant check in at their team's site sign no later than 8:15am.** Festivities start at 8:30am and include a GOTR Welcome, team t-shirt signing, Zumba Warm-up with Bucky Badger, and Wave-line Up. The 5K kicks-off at 9:00am and will be released in waves.

Parking: Parking is available in designated lots at the High School. Parking attendant volunteers (wearing yellow vests) will assist traffic flow and fill lots in this order (Lot F, J, E, H, B, A). Parking is not permitted in Lots D, G, I or fire lanes. When the lots are full, cars will be directed to street parking north of Verona Ave. (Ridge Crest Ln, Westward Dr, Jenna Dr, etc). Please respect 'no park' signs on city streets.

Team Meeting Location: GOTR participants will check-in at their team's site sign, where their coaches will be waiting to greet them. Participants should arrive wearing their GOTR shirts as the outermost layer. As GOTR participants arrive to their team's site sign, coaches will pin their 5K bib to the front of their shirt for easy identification. Site signs are lined up alphabetically on the Football Field at the High School. Look for the 8ft tall pink signs with your team's name on it.

Registration: *GOTR participants and coaches are already registered for the 5K and DO NOT need to register again.* All running buddies and community runners must register, www.girlsontherunscwi.org/5K. Early Bird Registration is available prior to May 12 for \$35. General Registration is available May 13-28 for \$40. Day-of Registration is available on site for \$45. 5K shirts are available as supplies last for day-of registrants. Fees are non-refundable.

Packet Pickup:

- **GOTR participants & coaches:** coaches already have the team's 5K supplies (shirts, bibs, swag). Coaches will give kids their 5K shirt during the last week of practice. Kids should arrive to the event wearing their shirt. Coaches will hand out the kid's bibs at their team's site sign the morning of the event. Coaches will pin the kid's bib to the front of their shirt as they arrive.
- **Running Buddies who registered during Early Bird (April 5 - May 12),** will receive their packets from their team's coaches. Coaches will distribute Early Bird packets at practice the week prior to the 5K.
- **Running Buddies who registered during General Registration (May 13 - 28),** can pick up their packets at the GOTR office (901 Deming Way, Madison WI) on either May 29th (2pm-6pm) or May 30th (6am-6pm). All remaining Buddy packets can be picked between 7:45-8:45am at the 5K venue on June 1st.

Running Buddy/Community Runner: As a running buddy or community runner, you play a special role in helping inspire health, confidence, and strength in our participants. **The event is non-competitive and untimed** – the goal is to finish and to encourage others in the process. Our 5K event is open to the public and family friendly! We invite GOTR enthusiasts of all ages and ability levels to register for the 5K and run, walk, or skip their way to the finish line! We hope that you will join us in cheering on all participants and celebrating our collective accomplishments. High-fives and motivational cheers are encouraged as everyone runs (or walks) at their "happy pace."

Runner Safety/Etiquette:

With the number participants in the GOTR 5K, we want to offer reminders about course safety & etiquette.

- The route is permitted and approved by the City of Verona. Lanes will be closed for the 5K, but roads are still open to traffic. The route will be monitored by GOTR safety volunteers (wearing yellow vests) who will help keep runners safe and on course. Intersections will be monitored by police to ensure safe crossing for participants.
- The route will be marked with cones and mile markers. Help keep everyone safe by staying within the cones. Make space for everyone by run/walking on the right & passing on the left.
- There will be two water stations along the course, as well as water at the finish line.

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

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

Spectators: If there are supporters who do not wish to walk/run, we encourage them to attend the 5K as a spectator! Find a spot along the 5K course or at the finish line and cheer on all the runners. 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!

Event Activities: Opportunities will be available for attendees to celebrate with their teammates at their site sign in the football field, including temporary tattoos, shirt signings, Zumba warm ups, and Jump Around with Bucky Badger! Families are also welcome to take photos throughout the grounds with our celebratory signage, visit our sponsor booths, Iconica water truck, The Madison Reading Project book bus, and more!

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, credit cards or Venmo accepted.

Sign Language Interpretation: An ASL interpreter will be positioned near the scaffolding in the football field. Join us near the stage for the interpretation of our event kick off and wave line up instructions.

Weather: The 5K will go on, rain or shine. If you dress in layers, wear your GOTR 5K shirt as the outside layer. If there is a chance of severe weather (lightening, hail, tornado warning, etc), we will determine if the event needs to be delayed or canceled. Any updates will be communicated to the coaches and families via email and text, and posted on our website and social media pages - @GOTRSCWI.

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 Verona Area Chamber of Commerce is excited to welcome 5K participants and their families to their city! Check out this [map of local business](#) and activities. The annual Verona Hometown Days carnival is also taking place the weekend of June 1st, learn more at: veronahometowndays.com

Social Media: Follow and Tag us on Facebook & Instagram @GOTRSCWI #GOTRSCWI

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