



Girls on the Run SCWI Spring 2026 5K

Presented by  SSMHealth.
Event Guide

DATE AND TIME



Saturday, May 30th
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



Verona Area High School
234 Wildcat Way
Verona, WI 53593
*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 **2,500+ 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: May 11th – May 26th – \$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) May 27th: 2–6 PM, May 28th: 6 AM–6 PM. Remaining packets: Can be picked up May 30th, 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 or shine!
- 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 Spring 2026 season, make sure to stop by the Appreciation Station on the concourse 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

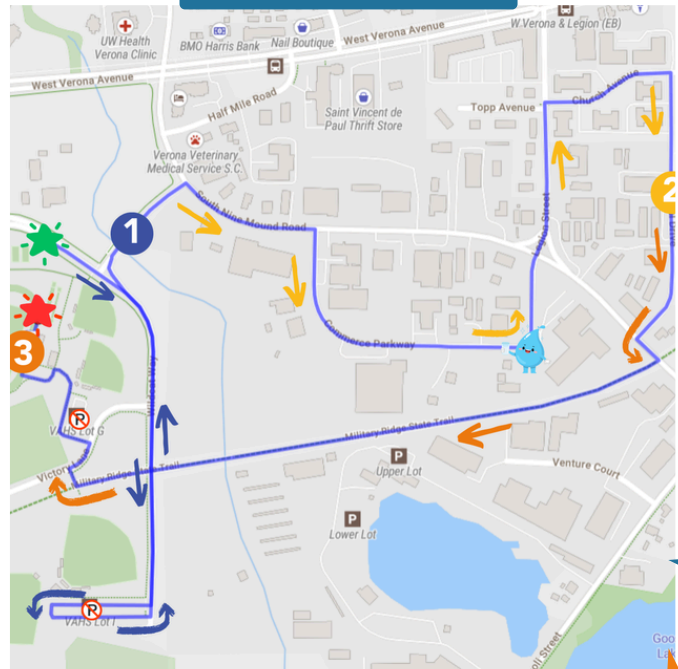
Walk to the 5K grounds near the start line and meet your coaches at your team sign in the gathering area. On the grounds you can **celebrate with your teammates, browse GOTR merch, pick up your Unstoppable Us gifts, purchase food from vendors, take photos with our celebratory signage, visit sponsor booths,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

- Core Knowledge Community
- Columbus
- Country View
- Creekside Green
- Creekside Orange
- Jefferson
- Isthmus Montessori
- Huegel
- Kennedy Green
- Kennedy Orange
- Lake Mills Green Park
- Orchard Ridge
- Olson
- Parkside
- Pope Farm
- Prairie
- Winnequah
- West

WAVE 2

- Chavez
- Cambridge
- Cambria Friesland
- Crestwood
- Dodgeville
- Eastside
- Horizon
- Heritage
- Hawthorne
- Lake Mills Orange
- Leopold
- Lincoln (BD)
- Nuestro Mundo
- Northside Milton Pink
- Northside Milton Green
- Prairie View Netherwood
- Purdy
- Queen of Peace
- Tower Rock
- Van Hise
- Waubesa

WAVE 3

- Bird
- Beloit - Robinson
- Beloit - Hackett
- Edgewood
- Elm Lawn Orange
- Elm Lawn Green
- Harvest
- Granite Ridge
- Grand Ave Orange
- Lincoln Madison
- Lindbergh
- Lori Mann Carey
- Mount Horeb
- Northside Sun Prairie
- New Century/ VAIS
- Randall Green
- Randall Orange
- Sandburg
- Sugar Creek
- Thoreau
- The Lincoln Academy

WAVE 4

- Anana
- Beloit - Gaston
- Beloit - Converse
- Emerson
- Fennimore
- Forest Edge (GOTR)
- Forest Edge (H&S)
- Grand Ave Green
- Gompers
- Lowell
- Madison Country Day
- Marquette Green
- Middleton H&S
- Marshall
- Marquette Orange
- Sandhill
- Schenk
- Shorewood Hills Green
- Shorewood Hills Orange
- Stoner Prairie
- St. Dennis

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.