



5K FAQs Spring 2024 - Fair Oaks Mall

Saturday, May 18th

Start time: 8:00 a.m.

Location: Fair Oaks Mall in front of Dicks Sporting Goods
12000 Fair Oaks Mall, Fairfax, VA

Packet Pick Up

GOTR NOVA Participants, Coaches, and Buddy Runners who register **before** April 30, 2024 will receive their packets from coaches, typically at the last practice or on 5K morning. Community Runners and Buddy Runners who register **after** April 30, 2024 can pick up their packets at the following dates and times:

- Wednesday, May 15th from 8:00 a.m. - 7:00 p.m. at the Girls on the Run office located at 10301 Democracy Lane, Suite 100, Fairfax, Virginia, 22030
- Event Day, Saturday, May 18th from 6:30 a.m. - 7:30 a.m. at the Registration Tent (Please note: Packet Pick-Up will end promptly at 7:30 a.m.)

Friends/family members can pick up for you, no identification required or special permission is required to pick up someone else's event packet.

Every individual entering the race course MUST have a bib displayed on the front of their person. Individuals without bibs will NOT be allowed onto the race course.

Getting to the Event

What time do I need to arrive and where does the event start and finish? If you registered in advance for the 5K and already picked up your bib, you should plan to arrive no later than 7:15 a.m. If you still need to register or pick up your packet, you can do so between 6:30 a.m. and 7:30 a.m. on the day of the event. We will close packet pick up and registration promptly at 7:30 a.m. on event day. The event starts and finishes at Fair Oaks Mall in front of Dicks Sporting Goods. **The event will start promptly at 8:00 a.m.**

Due to safety precautions, late arrivals will not be permitted to run the course!

Where should I park?

Parking will be available in front of Dicks Sporting Goods OR in front of The Cheesecake Factory. Volunteers will direct you into the lot and to the start line. **We highly recommend you enter the mall via Route 50.**

Please DO NOT park directly in front of Dave & Busters or Lazy Dog Restaurant.

What time do the roads close?

Roads will begin closing at 7:30 a.m. so please plan to arrive well before that time.

Once You've Arrived

Where do I go?

Once you have arrived at the event, volunteers will be on hand to guide you to the [Color Corrals](#) area for your team, which will be located in front of Dicks Sporting Goods. The event Start/Finish line will be located just under the large arch. If you would like to meet up with your GOTR teammates, go to the sign that matches the color code and number assigned to your school (example: RED 3). There will be 10-foot tall signs that match the GOTR color code and number assigned to your school. Coaches will also have team signs in the corrals. When in doubt, ask any volunteer in a purple smock for help.

What GOTR color and number is my school?

Refer to the [Color Corrals](#) document posted on the [Girls on the Run website](#). There will also be signs near the event start and coaches will also have team signs in the corrals. Volunteers will be wearing purple smocks. **Runners MUST be present in their corrals by 7:40 a.m.**

What time does the event start?

Our 5K event will start promptly at 8:00 a.m. on Saturday, May 18th. Please note, no later runners will be allowed on the course due to safety. Please refer to the above guidance for arrival times.

How will I know when to go to the Starting Line?

Listen for the PA announcements – runners will be called to line up at the start line around 7:40 a.m. By standing in your team meet up area (at the color-coded sign - corral), you are staged to start the event and there is no need to go anywhere else for the event to start.

If I am a spectator, where do I go when the event is about to start?

Behind the barricades at the Start and Finish line area (in front of Dicks Sporting Goods) will be the best place to cheer on your participant/s. Please do not go inside the chute (barricades) as that is only for runners to line up to start the race. Roads on the 5K course will be closed to vehicular traffic during the event, and it may be difficult to view the event from different points along the course.

Where will I find Restrooms?

Restrooms will be located in the Celebration Village which will be in the Dicks Sporting Goods lower level parking lot.

Is there a First Aid tent?

Yes! The red first aid tent will be located near the Start/Finish line and will be hard to miss! If you require assistance with pre-race treatment (i.e. wrapping ankles/knees) please be sure to complete this on your own. The first aid tent on-site is to treat any injuries that occur during the event.

Will there be any food and beverages at the event?

5K participants will be served water on the course along with water and a snack upon completion of the event, provided by our generous sponsor, Wegmans! If you or your GOTR participant anticipate needing more water than provided at the water stop or at the finish line, please plan on bringing your own water bottle.

Bag Check?

There is no bag check. We suggest leaving valuables at home, and carrying only what you need.

[The 5K Course Itself](#)**How long is the Girls on the Run 5K?**

Our 5K is a standard 5K, or 3.1 miles. View the [course map here](#).

How do I handle the Water Stop?

Runners are encouraged to quickly pick up water from our wonderful volunteers and keep moving. It is OK to walk but please DO NOT STOP as it becomes a hazard for the runners who are behind you. This is the one time when you're encouraged to litter - in order to keep the event moving, just throw your water off to the side when you're done. One of our incredible volunteers will pick it up.

Will there be water at the Finish Line?

Yes, there will be water and snacks in the finisher's chute, provided by Wegmans. If you or your GOTR participant anticipate needing more water than provided at the water stop or at the finish line, please plan on bringing your own water bottle.

Why are there barricades around the start and finish areas?

The barricades form the event's start and the finish chute. They are in place to ensure that 5K participants transition smoothly and quickly before and after the event. Both the start and finish chutes are 5K participant only areas in order to ensure the safety of the runners. Spectators should not cross the barricades.

Fun Things to Do

Will there be any activities to participate in?

Yes! We encourage everyone to stop by our Celebration Village to visit sponsor tables with giveaways, take a photo with our mini-arch, and get ready for the race at our Celebration Station where participants can jazz up their looks with color hair spray, ribbons, face jewels, and DIY shoelace charms! There will also be a sign making station for caregivers, siblings, and GOTR participants to make cheer signs for their favorite runner and team.

Are there good places to take individual or team photos?

Yes! Our mini arch will be set-up in Celebration Village and is the best background to capture your perfect Snapchat or Insta moment. Don't forget to tag us on social media @GOTRNOVA and use #GOTRNOVA5K. Please refrain from pausing/stopping to take photos near the runner's chute and start/finish line as it can cause unsafe conditions. We have an event photographer on-site who will capture moments at the start/finish!

Is there an opportunity to take home additional GOTR swag?

Yes! We will have a merch table located in Celebration Village selling fun, GOTR swag items including GOTR socks, sunglasses, headbands, bracelets, and more! Payments will be accepted via credit/debit card, check, or cash. Be sure to come early as we anticipate selling out of these items!

After the 5K

Where do I go after the 5K to meet my participant(s)?

Before the event starts, set a meeting location with your runner. We suggest meeting them at the end of the finishers' chute or at your team's color corral.

What happens after the 5K?

Find a moment to celebrate with your 5K finisher and take a photo or two with them – completing a 5K, especially if it's their first, is a milestone for anyone!

Special Circumstances

I can't find my child/parent. What should I do?

Go to the Information Tent. This is the official Lost Child area for the 5K event. Tell them you have a lost child and ask to speak with a GOTR NOVA staff member. Prior to the event, instruct your GOTR or H&S participant(s) to do the same if they are separated from you.

Is it ok for my program participant to run the 5K by themselves?

The majority of GOTR participants have little, if any, experience running in an event of this magnitude so they will feel more comfortable running with an adult or older sibling. It not only allows someone special an opportunity to experience that finish line moment with them, but buddies also help navigate the ups and downs of event day. That being said, we know that not every participant is able to have a family member or caregiver join them on the course. In those instances we ask that you communicate with your coaches to ensure your participant is part of a buddy group within the team or volunteer support can be arranged.

I'd like to swap the size of my shirt. When can I do that?

Due to limited sizes, we are not swapping any shirts until after the event, if the size is available. If you have received the wrong size, or would like a different size, bring your shirt to the Registration Tent after the race and we'll trade it for the size you need, if it is available.

I have not registered for the event but I would like to run. What should I do?

If the event has not reached registration capacity, there will be "Event Day Registration" available at the Registration Tent near the start line. The cost of Event Day Registration is \$50 (credit card or check only). Please know it is always best to register for the 5K prior to event day to ensure you are able to run the 5K. Event shirts can only be guaranteed if registered by March 31, 2024.

What if it's raining/cold or hot/windy? Is there a contingency for inclement weather?

We'll see you at the event! The event will go on rain or shine. We are prepared to delay for 30 minute increments, if needed, and then we will determine whether the race will be canceled entirely. There is no rain date for the 5K. No refunds will be provided.

Please follow us on Facebook, Instagram, and Twitter for up-to-the minute updates. Those who register for the 5K may receive text updates on the day of the event.

Are strollers allowed?

Yes, our 5K events are family-friendly and strollers are allowed on the event course but require a bib (both adult and child in stroller). Due to insurance requirements, everyone must be registered for the 5K and wearing the official GOTR event bib in order to run. **This includes babies and small children in strollers.** Register your child who will be in the stroller by selecting the stroller option during registration. **We ask that runners with strollers start in the last corral (Green 5).**

I can no longer run, can I swap my registration with someone else?

Yes! Prior to the event you can email Ashleigh at aconrad@gotrnova.org. If swapping

on the day of the event, visit the Registration Tent and they can help you switch the registration.

Can I bring my dog?

No, for the safety of the participants and spectators, we ask that you please leave your dogs at home.