5K FAQs
Fall 2026 - Pentagon City

Sunday, November 22nd
Start time: 8:30 a.m.
Location: Grace Hopper Murray Memorial Park
1401 S. Joyce Street, Arlington, VA 22202

5K T-Shirt and Bib Pick Up

- **Registered by September 30th**
  - Receive t-shirt and bib from coach
- **Registered October 1st - 31st**
  - Receive bib from coach
  - No t-shirt included
- **Registered after October 31st**
  - Pick up bib at the 5K event
- **All Community Runners** (did not select a team during registration)
  - Pick up bib at the 5K event
  - Pick up t-shirt at the 5K event if registered by September 30th

Event Day Pick Up
Sunday, November 22nd from 6:30 a.m. - 8:00 a.m. at the Registration Tent (Please note: Registration Tent will close promptly at 8:00 a.m.

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

Every individual entering the 5K course MUST have a bib displayed on the front of their person. Individuals without bibs will NOT be allowed onto the 5K 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 7:45 a.m. If you still need to register or pick up your bib, you can do so between 6:30 a.m. and 8:00 a.m. on the day of the event. We will close packet pick up and registration promptly at 8:00 a.m. on event day. The event starts and finishes on S. Joyce Street, in between Grace Murray Hopper Memorial Park and Virginia Highlands Park. **The event will start promptly at 8:30 a.m. with the first corral (pink) loaded into the start line chute at 8:10 a.m.**

Where should I park? Is the 5K event metro accessible?
Parking is available at the Pentagon City Mall parking garage located on S. Joyce Street, Arlington, VA 22202. Please note there is a small fee to park in this garage. Participants can also use metro, arriving on the Blue or Yellow lines to Pentagon City Metro Station.

What time do the roads close?
Roads will begin closing at 8:00 a.m. so please plan to arrive 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 on S. Joyce Street. 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: PINK 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 so you can easily find them in the color 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 start of the event and coaches will also have team signs in the corrals. **5K participants MUST be present in their corrals by 8:10 a.m.**

What time does the event start?
Our 5K event will start promptly at 8:30 a.m. on Sunday, November 22nd. Please note, late 5K participants may not be permitted to access the course. It is imperative to be on time.

How will I know when to go to the Starting Line?
Listen for the PA announcements – 5K participants will be called to line up at the start line around 8:10 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 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 5K. 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. No matter where you spectate on the course, **please do not step into the road where participants are running**.

Where will I find restrooms?
Restrooms will be located near the back of the color corrals, along South Joyce Street.

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-event 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?
Yes! Please stop by one of our coffee vendors in Celebration Village for a morning beverage. They will also be donating 10% of proceeds back to Girls on the Run! 5K participants will also 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.

Where will I pick up my cape for fundraising at least $100 in the Confidence Cape Campaign?
There will be a pick-up tent located in Celebration Village, right next to the Info Tent.

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?
5K participants 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 participants 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. **Every individual entering the 5K course MUST have a bib displayed on the front of their person. Individuals without bibs will NOT be allowed onto the 5K course.**

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, play an affirmation game at the LVL-Up activity station, take a photo with our mini-arch, and get ready for the 5K 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 participant 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, headbands, clothing, and more! Payments will be accepted via credit/debit card. Be sure to come early as we anticipate selling out of these items!

Will there be VIPs to meet at the 5K?
Yes! We're excited to share that GOTR has a brand new mascot, Lexi the Axlotl, who will be joining in on the fun. Be sure to say hi to Lexi when she visits your color corral, give her a high five if you see her running on the 5K course, and stop by the mini-arch in Celebration Village to snap pics with Lexi!

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 participant. 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 complete the 5K by themself?
The majority of GOTR participants have little, if any, experience participating in an event of this magnitude so they will feel more comfortable completing the 5K 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, program participants are allowed to complete the 5K alone. We know families share in our commitment to the safety and well-being of program participants and will make choices that are appropriate for them.

I have not registered for the event but I would like to participate. 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 participate in the 5K.

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 if needed, and then we will determine whether the 5K will be canceled entirely. There is no rain date for the 5K. No refunds will be provided. Please follow us on Facebook, Instagram or Twitter for up 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 safety requirements, everyone must be registered for the 5K and wearing the official GOTR event bib in order to participate. **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 participants with strollers start in the last corral (Green 5) for safety.**

I can no longer participate, 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 safety reasons, we ask that you please leave your four-legged friends at home. Exceptions will only be made for service dogs.