



Race Day Information:

Each Girls on the Run (GOTR) season concludes with a joyful and fun non-competitive 5K. This culmination gives girls a tangible sense of accomplishment and the confidence to achieve their dreams. We look forward to you joining this season's end-of-season 5K to celebrate the accomplishments of your GOTR girl, as well as girls across Mid & Western Maryland!

Here are the details for this season's 5K event:

- **Date:** Saturday, June 3, 2023
- **Location:** Western Heights Middle School (1300 Marshall St, Hagerstown, MD 21740)
- **Start Time:** 5K will start at 9:00 AM
- **End Time:** Until the last runner crosses the finish line! (~10:30 AM)

How to Register:

Running Buddies can register to run, walk, skip, hop or roll the 5K here: [Spring 5K Registration](#)

Important Reminder: Program participants do not need to be registered for the 5K - the 5K is already included in their program registration. 5K registration is only for Running Buddies.

Fees:

- ★ Running Buddy 5K - \$30
- ★ Youth Participant - \$20
- ★ Community Runner 5K - \$30
- ★ Youth/Adult Virtual 5K - \$25/35

Arrival: Coaches, girls and Running Buddies should meet on the field in front of the school **no later than 8:15 am. There will be big signs with school/team names on them**, find yours!

Parking: Parking is available in the lot to the right of the school as well as the left; however, the left parking lot is not accessible through the school main entrance but on the side (see map). You may also park on the street or at the Marshall Street School Lot. Note: **If you park in the school lot; you will not be able to exit until all participants cross the finish line.**

Course Description: A copy of the course map and directions below.

Packet Pickup: GOTR and Heart & Sole girls and coaches will receive their 5K materials (bags, bibs, pins) from their coaches the week before the 5K event.

Running Buddies will be able to pick up their 5K shirt, running bib and other 5K goodies either at a Packet Pick-Up location prior to 5K day, or on-site on 5K day.

Here's the Packet Pick-Up schedule:

- ★ On-site at Western Heights in front of the school on 5K day from 7:45 to 8:45 AM.
 - If you are registering or picking up your 5K packet on 5K day, be sure to arrive by 8:15 AM to ensure you are registered and have your bib prior to the 5K start time. Registrations will not be permitted after 8:45 AM on 5K day.

Race Day Schedule:

- ★ **7:45 am** – Race Day Packet Pick Up and Family Fun area opens
- ★ **7:45 – 8:30 Girls and Coaches Arrive; Race participants arrive no later than 8:30!**
Visit Happy Hair Garden (temporary hair color), photo booth, sponsor tables; make a cheer sign etc.
- ★ **8:50 am**, we will have a GOTR group warm up for teams/girls
- ★ **The GOTR 5K starts promptly at 9:00am!**
- ★ **Post 5K Celebration, 9:30-11am!**
The girls will receive their finisher medals from coaches at the team sign area after the race- or however team coaches have decided to distribute medals.

Important note: GOTR events are non-competitive, and the girls have been cheering their teammates on all season long -- encouraging each girl to be her amazing and unique self and run her own pace! We hope that all the girls (and their families!) stay to cheer every girl across that finish line!!

FAQ's:

What is a Running Buddy?

Every girl is required to have a Running Buddy for the 5K. A Running Buddy ensures each participant's safety and provides encouraging support throughout the 5K.

Running Buddies **must be 16 or older** and may be a family member, caregiver, teacher, coach, or another trusted person. Running Buddies do not need to be runners but should be able to complete the 5K (3.1 miles).

Parents/guardians are responsible for ensuring appropriate supervision for each girl before, during and after the 5K.

What if I cannot participate and am unable to find a Running Buddy for my GOTR or Heart & Sole participant?

We would be happy to help you find one! We have special volunteers who sign up to serve as a Running Buddies with a participant during the 5K. These volunteers are required to complete a background check before the event. Please let your Girls on the Run or Heart & Sole coach know by **May 31, 2023**, if you'd like your participant to be matched up with a Running Buddy.

Can family and friends come to the 5K to cheer, or do they have to register for the 5K to attend?

Spectators are invited to bring their positive posters, cheer gear and joyful spirit! Anyone who would like to support, encourage, and cheer on the runners are welcome to attend – no registration is needed for spectators.

What do I wear on 5K day?

On 5K day, GOTR and Heart & Sole participants should wear their program t-shirts, their running bib, athletic clothing and running shoes. Running Buddies should wear their 5K shirt, their running bib, athletic clothing and running shoes.

Dress for the weather! The 5K will be held rain or shine. If it's cold, consider wearing gloves, a hat and a jacket. If it's raining, bring a raincoat or poncho that you can run in. If it's warm, wear breathable clothing.

What interpretation support is available on-site?

If you need interpretation support at any time during the event, head to the command center and Girls on the Run staff member or volunteer will be able to help you.

How do we meet our team before the 5K starts?

All GOTR and Heart & Sole teams will be able to warm up and start the 5K together! We have designated spots where you'll be able to find your team. Here's a diagram of where to meet your team:

Please contact your team's coach if you have any questions about team meeting spot details.

What should I do if my daughter and I get separated during the 5K?

Prior to the start of the 5K, determine a meeting location with your daughter of where you will meet after completing the 5K course. If you are at the meeting spot and you do not see your daughter by the time you'd expect, please head to the Command Center. The staff member will make an announcement on the speaker for your daughter to meet you at the Command Center which will be in front of the school.

What happens if there is bad weather?

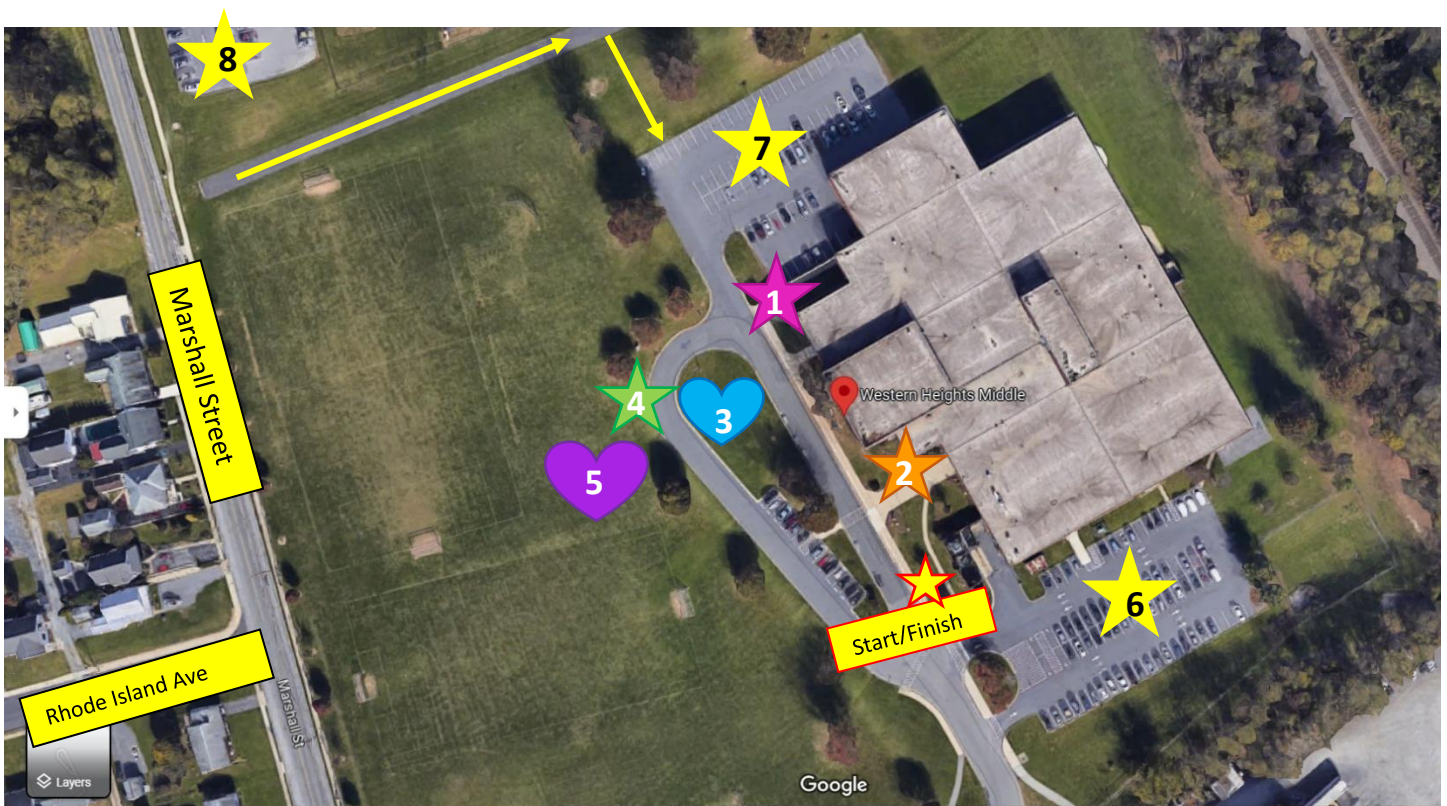
The 5K will be held rain or shine! However, event management reserves the right to cancel or modify the event due to dangerous or unfavorable conditions. Registration fees are not refundable in the event of cancellation.

In the event of needing to cancel the 5K for participant safety, notification will be sent to all participants and registered Buddy Runners via email and text message (if you opted into receiving text message updates from our council).

Questions?

If you have any questions about the 5K, please contact us at info@gotrmidmd.org

2023 Spring 5K Area Map

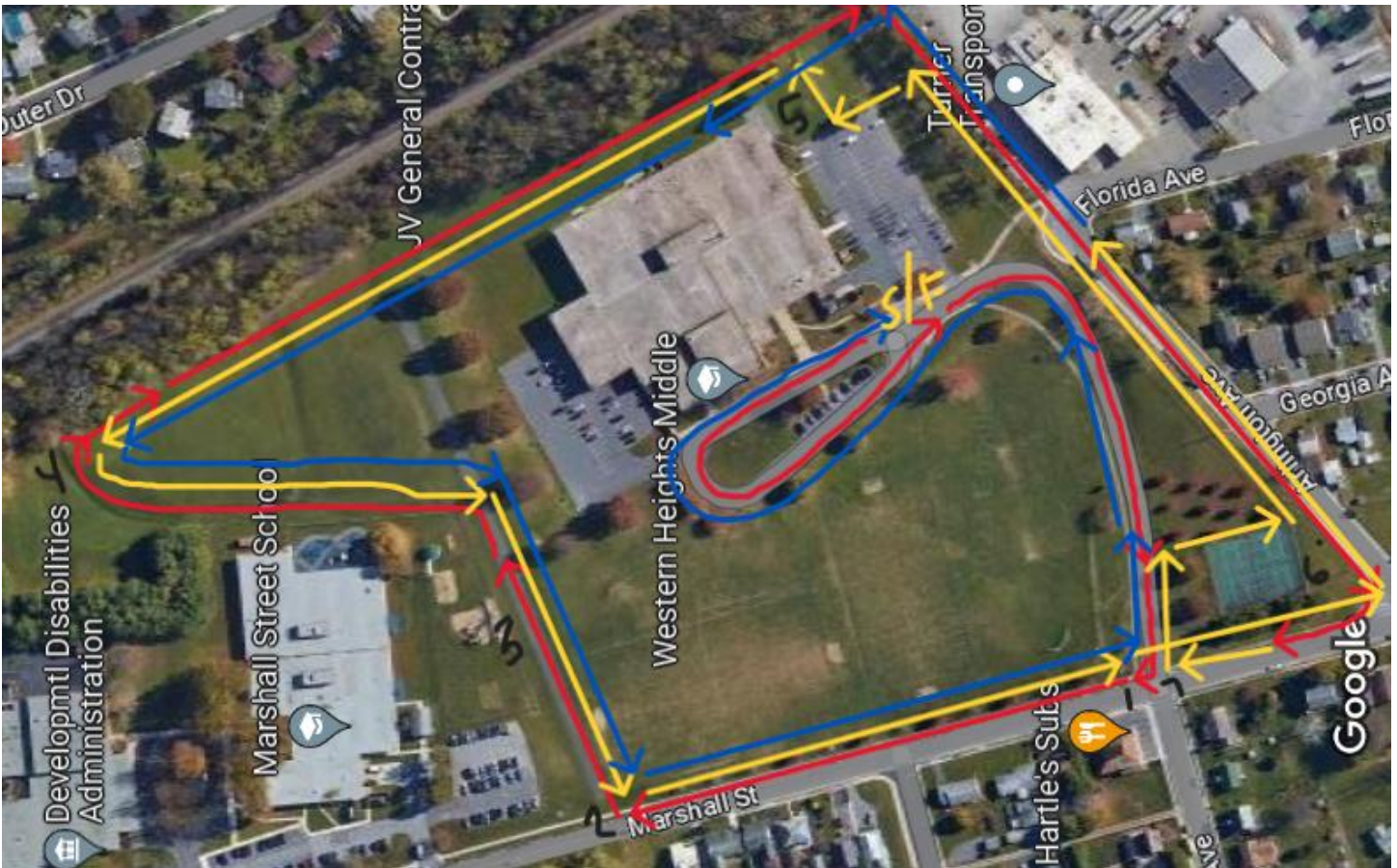


- 1** – Bathrooms (porta potties)
- 2** – Race Day Registration, Packet Pick Up & Command Center (in front of the school)
- 3** – Sponsor, GOTR Merchandise and Family Fun Area
- 4** – Coach Check In
- 5** – Team Meet Up Area (teams organized by site name starting Z to A)
- 6** – Main Parking Lot; accessible through main school entrance
- 7** – Side Parking Lot; accessible through side road NOT the main school entrance
- 8** – Marshall Street School Parking Lot

2023 Spring Course Map

5K Cross Country Course at Western Heights Middle School

RED = Mile 1 Yellow = Mile 2 Blue = Mile 3



Thank you to our 5K Event Sponsors!

Our local sponsors and National Partners make crossing the finish line possible.

National Partners



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