



Celebratory 5K Event Guide Mid & Western Maryland – Spring 2024 Frederick County Teams

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 her dreams. We look forward to you joining this season's end-of-season 5K to celebrate the accomplishments of your GOTR participant, as well as participants across Frederick County!

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

- **Date:** Sunday, June 2, 2024
- **Location:** Hood College Athletic Center
Campus address: 401 Rosemont Ave, Frederick MD 21701
Athletic Center Address: Blazer Trail, Frederick, MD 21701
- **Start Time:** 9 am 5k start!
- **End Time:** until the last runner crosses the finish line!
- **Parking:** **There is no parking on the Hood College campus.** Families, runners etc. must park in the Frederick Health garage located adjacent to the event area or on the street.

How to Register:

5K Buddies can register to run, walk, skip, hop or roll the 5K at www.gotrmidmd.org.

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.**

Registration is open and closes at 8:45am on race day. Register early to receive your preferred shirt size! Here's the 5K Buddy fee:

Running Buddy (16yr+):

- Regular Fee - **\$30**
- Day of Event - **\$35**

Community Runner

- Regular Fee
 - Adult - **\$30**
 - Youth - **\$20**
- Day of Event
 - Adult - **\$35**
 - Youth - **\$25**

Virtual Runner

- Adult - **\$35**
- Youth - **\$25**

What is a Running Buddy?

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

5K Buddies must be 16 or older and may be a family member, caregiver, teacher, coach or another trusted person. 5K Buddies do not need to be runners but should be able to complete the 5K (3.1 miles). There is a 5K training program included in this guide for walking, running, or a bit of both! All 5K Buddies must register for the event.

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

What if I cannot participate and am unable to find a 5K 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 5K 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 **Friday May 10, 2024** if you'd like your participant to be matched up with a 5K 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 is welcome to attend – no registration is needed for spectators.

How do I pick up my 5K packet?

5K Buddies will be able to pick up their 5K shirt, running bib, and other 5K goodies on-site on 5K day.

Here's the Packet Pick-Up schedule:

- Charm City Run (467 W Patrick St. Frederick MD, 21701) – Wednesday May 29, 2024, from 4:30 to 6:30 pm
- On-site in front of the athletic center starting at 7:15am
 - If you are registering or picking up your 5K packet on 5K day, be sure to arrive by 8:00am to ensure you are registered and have your bib prior to the 5K start time. Registrations will not be permitted after 8:45am on 5K day.

5K packets for Girls on the Run and Heart & Sole participants are distributed differently than 5K Buddy 5K packets. Girls will receive their 5K items from their GOTR Coach.

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. 5K 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.

****Bonus points for tutus, capes, and fun spirit wear!****

What interpretation support is available on-site?

If you are in need of interpretation support at any time during the event, please contact GOTR staff and we will be happy to ensure the necessary interpretation supports are available.

What transportation options are available?

There is parking available at the 5K venue. Roads along the 5K course will start to close by 8:00am.

What's in the Family Fun Zone?

At the Family Fun Zone, we'll have 5K registration and packet pick-up available as well as activities, giveaways, warmups, and more! We'll have Girls on the Run merchandise for sale as well.

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

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.

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 child of where you will meet after completing the 5K course. If you are at the meeting spot and you do not see your child by the time you'd expect, please head to the command center located at the school. The staff member will make an announcement on the speaker for your daughter to meet you at the command center booth.

What happens if there is bad weather?

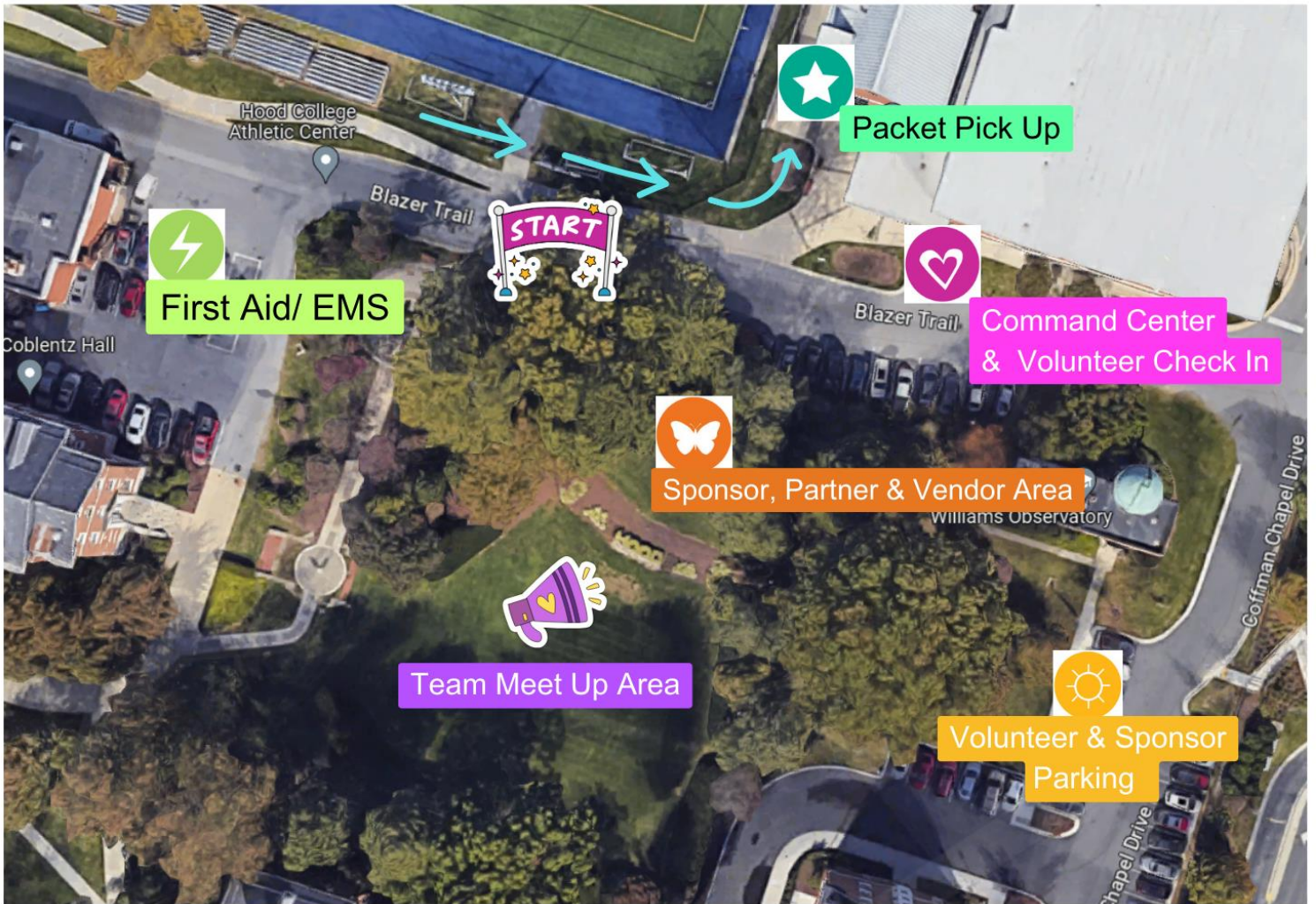
The 5K will be held rain or shine! However, event management reserves the right to cancel or modify the event due to dangerous or unfavorable conditions. Registration fees are not refundable in the event of cancellation.

In the event of needing to cancel the 5K for participant safety, notification will be sent to all participants and registered 5K Buddies 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 Girls on the Run at info@gotrmidmd.org.

Event Map:



2024 Course Route

Note: loop to be completed **twice**.



Girls on the Run Mid & Western MD– Spring 2024 5K Guide

Distance (mile)	Direction
Start	Blazer Trail (near Athletic Center)
	Head west on Blazer Trail toward Hodson Drive
	Head southwest on Magnolia Ave
	Turn left onto Evergreen Ave
	Turn right onto Ferndale Ave
	Turn left onto Rosemont Ave
	Turn left onto Hood College Dr toward Broadbeck Drive
	Left on Brodbeck Dr
	Right onto path next to Hood College Alumnae Hall and follow path clockwise around the hall
	Right on Brodbeck Dr toward Hood College Dr
	Left onto College Ave/Hood College Dr
1.00	Left onto Dill Ave (stay on left side of road)
	Left on Martha Church Dr
	Right onto Coffman Chapel Drive (snake through the parking lot) toward Blazer Trail
	Complete loop around Blazer Trail Parking lot
	Right onto Blazer Trail
	Head southwest on Magnolia Ave
2.00	Turn left onto Evergreen Ave
	Turn right onto Ferndale Ave
	Turn left onto Rosemont Ave
	Turn left onto Hood College Dr toward Broadbeck Drive
	Left on Brodbeck Dr
	Right onto path next to Hood College Alumnae Hall and follow path clockwise around the hall
	Right on Brodbeck Dr toward Hood College Dr
	Left onto College Ave/Hood College Dr
	Left onto Dill Ave (stay on left side of road)
	Left on Martha Church Dr
3.00	Right onto Coffman Chapel Drive (snake through the parking lot) toward Blazer Trail
	Complete loop around Blazer Trail Parking lot
Finish	Finish on Blazer Trail

Thank you to our 5K Event Sponsors!

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

National Partners



THANK YOU TO OUR LOCAL SPONSORS!



Interested in becoming a sponsor? Email us at info@gotrmidmd.org

We can't wait to see you on 5K Day!

