

2025

MEMORIES

in motion



Event Guide:

DATE AND TIME



Sunday, June 1 2025

Arrive no later than 8:15AM

5K begins at 9:00 AM

LOCATION



Hood College at Coblentz Hall
650 Blazer Trail, Frederick, MD 21701

**Parking at Frederick Health Garage;
NO parking on Hood College Campus**

WHEN YOU ARRIVE



GOTR TEAM MEMBERS: Head directly to the Team Meet Up Area to check in with coaches and pick up bibs. Then, explore the fun pre-event activities until the group warm-up begins.

RUNNING BUDDIES & COMMUNITY PARTICIPANTS: Head on over to the Registration Check In located inside Coblentz Hall for your bib, and shirt/tank top. Then check out the pre-event activities until the group warm-up begins.

WHAT TO WEAR AND BRING



- Dress for the weather
- Wear your best GOTR gear (or program shirt if you are a GOTR team member) and layers, if needed
- Lace up your comfortable, athletic shoes
- Accessorize with colorful GOTR gear like hats, hair ties, signs, stickers, capes, tutus, etc. or stop by our happy hair station!
- Bring a full water bottle

Questions? Please email info@gotrmidmd.org.

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Scan here to view our
interactive course map!



5K DAY SCHEDULE

7:00 - Registration Opens

7:00 – 7:45 a.m.

Team leads, coaches, and event volunteers arrive

7:45 a.m.

Participants, families/GOTR team members, and spectators arrive, and pre-event activities begin (Reminder: GOTR families must check in with coaches first upon arrival.)

8:45 – 8:50 a.m.

Group warm-up and GOTR announcements

8:50 a.m. - Registration Closes

9:00 a.m.

The 5K begins

9:30-9:45 a.m.

Finisher Awards & GOTR Raffle

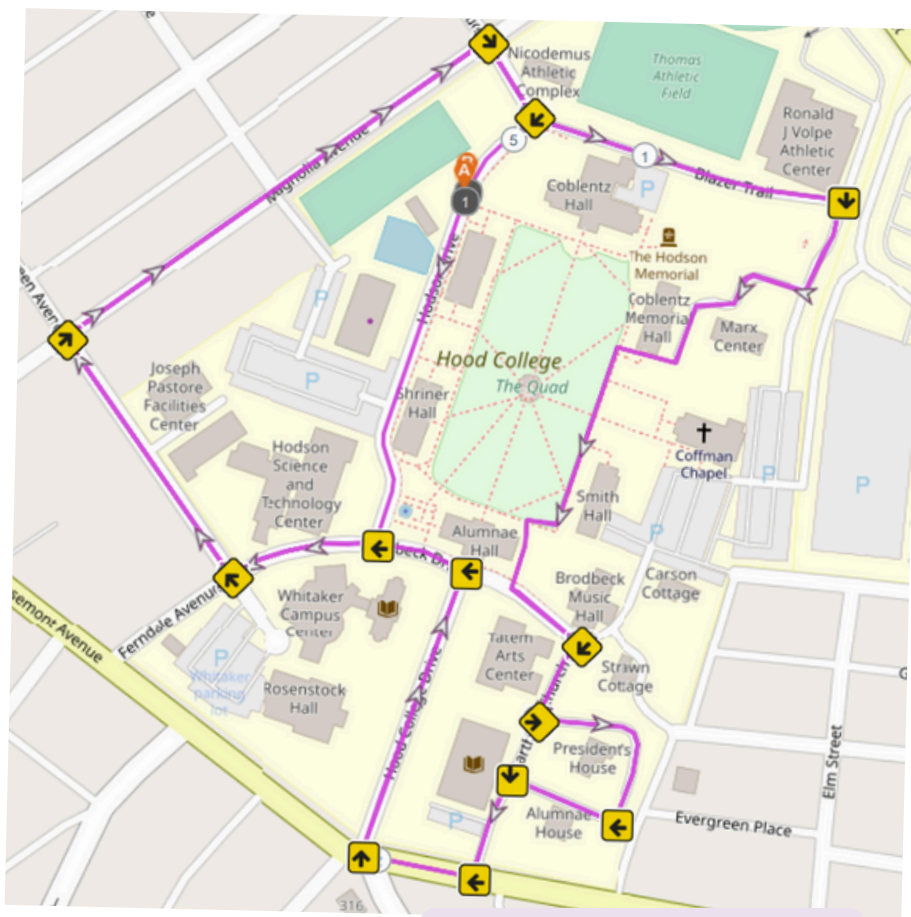
10:15 a.m.

Most 5K participants have crossed the finish line by this point. Continue the celebration with refreshments, activities, and merchandise tents!

10:45 a.m.

The 5K concludes

COURSE MAP



**YOU WILL COMPLETE 2
LOOPS BEFORE FINISHING**

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EVENT AREA MAP



1. Baker Park

2. Ballenger Creek

3. Blue Heron

4. Butterfly Ridge

5. Carrol Manor

6. Crestwood MS

7. Green Valley

8. Hillcrest

9. Lincoln

10. Middletown

11. Orchard Grove

12. Walkersville

13. Waverley

14. West Frederick MS

15. Whittier

16. Yellow Springs

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THANK YOU TO OUR
LOCAL
5K SPONSORS!



THANK YOU TO OUR NATIONAL 5K PARTNERS!



Gamma Phi Beta

