

GIRLS ON THE RUN MINNESOTA FALL 2022 5K EVENT GUIDE



JOIN US ON SUNDAY, NOVEMBER 13 AT THE MINNESOTA STATE FAIRGROUNDS FOR A JOY-FILLED 5K!

The Girls on the Run Minnesota 5K is the culminating event of our 9-week after school program, which uses the power of running to prepare girls for a lifetime of self-respect and healthy living. Join 1,200+ girls at over 70 schools in a community celebration of health, wellness and girl power!

RUNNING BUDDY REGISTRATION

GOTR participants and coaches are already registered! Every girl needs to have a registered Running Buddy to accompany her on a race day. A Running Buddy is any trusted adult 18+, who can run/walk alongside their girl and cheer her on through this day of accomplishment. **All Running Buddies, parents and friends running the 5k must register on our website at www.gotrmn.org.** Same-day registration will be limited so please register early. Running Buddy registration is \$30 until October 23rd, \$35 Oct 24th - Nov 12th and \$40 on race day, with a pay-what-you-can option. All Running Buddies will receive a GOTR long sleeve t-shirt, medal and post-race refreshments. Running Buddies will receive their t-shirts and race bibs from GOTR coaches on race morning.

WAVE ASSIGNMENTS

All teams/sites are assigned a wave color to organize teams in the GOTR Race Village. Please look for your teams color and sign when you arrive at the race site. We will call waves to the start line in 4-5 minutes intervals beginning at 9:00AM.

Yellow Wave: Teams A - E

Orange Wave: Teams F - K

Red Wave: Teams L - P

Blue Wave: Teams R - Z

Please plan to arrive at the event at 8:15AM to allow for parking and walking 15 minutes from the parking area to the start line.

RACE ETIQUETTE

This is a non-competitive event and we encourage all runners to go their "happy pace." To keep the course clear for all, we ask slower runners and walkers to stay to the right.

Event Details

Sunday, November 13, 2022
Minnesota State Fairgrounds
1690 Como Ave
St. Paul, MN 55108

8:15AM Arrival

9:00AM Race Starts



Scan the QR code with your phone camera to access the 5k registration form.

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PARKING & TRANSPORTATION

Free Parking will be available in the MN State Fairgrounds West and East Como Parking Lots (1690 Como Ave, St. Paul, MN). All other entrances to the Fairgrounds will be closed for the event. After parking proceed to the crosswalk to cross Como Ave and enter the MN State Fairgrounds. We will have volunteers and signs directing you to the start line in the Grandstand Infield. The walk from the parking lot to the start line will take approximately 15 minutes. **Please plan to arrive by 8:15 to allow time for traffic congestion and walking to the start line to find your team.** Metro Transit also has routes available and some teams may be taking a bus together from their school; check with your coaches.

WEATHER

This is an important day for GOTR participants and the 5K will be held rain or shine. Please dress for the weather with hats, gloves, and jackets as needed. Should outside conditions become unsafe, we will notify participants through email and social media as soon as possible. You can also visit our Facebook page for updates: www.facebook.com/GOTRMinnesota.

CHEERING

This is a special day of celebration and community! Signs, balloons and flair are all more than welcome as we come to celebrate our girls! Don't forget to share your photos from this exciting day by tagging GOTR Minnesota and/or using the hashtag #GOTRMN5K

