

2025

MEMORIES

in motion



Fall 2025 GOTR 5K

DATE AND TIME



Sunday, November 9, 2025

Participant Families:

Arrive by 9AM

LOCATION



**Brunswick Recreation Center
220 Neptune Drive
Brunswick, ME**

WHEN YOU ARRIVE



COACHES: Head to the Coach Check-in Tent to turn in your season supplies and pick up your gratitude gift(s).

FAMILIES/GOTR TEAM MEMBERS: Head directly to your team sign in the Team Village to check in with coaches and pick up bibs for GOTR participants and 5K Buddies. Then, explore the fun pre-event activities until the group warm-up begins.

SPECTATORS: You are welcome to stay with your GOTR family until the run begins, at which time we encourage you to watch the event and cheer girls on from the sidewalk of Neptune Drive or along the path in the green space adjacent to the Rec parking lot.

NON-GOTR TEAM PARTICIPANTS (youth and adult): Go to the Registration Tent to retrieve your bib and/or register. Then check out the pre-event activities.

WHAT TO WEAR AND BRING



- The GOTR 5K is RAIN or SHINE. Dress for the weather - layers are recommended.
- GOTR season participants and coaches should wear their program shirt
- Wear your comfortable athletic shoes
- Accessorize with colorful GOTR gear like hats, headbands, capes, tutus, silly socks, etc.
- Bring a water bottle if you wish. Participants will receive water in cups at the water stop.
- Cash or Card to pay for Registration (if you did not pre-register) and any GOTR Merchandise you may want to buy

Questions? Please email allison.ayan@girlsontherun.org

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REGISTRATION

- All program participants AND coaches are automatically registered for the 5K. Participants will receive their 5K bibs and pins from their coaches at their team sign.
- All other 5K participants (5K Buddies, community members and family) must register.
- **WHAT IS A 5K BUDDY?** GOTR participants are encouraged to be accompanied by an adult (16+) 5K Buddy for their safety and comfort on the course. 5K Buddies give each girl individual encouragement and support as she takes on a great challenge.
- **5K SUPPORTER REGISTRATION:** The GOTR 5K is open to additional runners as a fundraiser. This is an untimed event and community runners are there to support the program, the girls and to have fun! Event Day registration is available beginning at 8:15am at the Registration Tent.

5K REGISTRATION FEES THROUGH 11/5:

5K Buddy (16 & Up) \$25
Youth/Non GOTR Girl (15 & Under) \$20

5K REGISTRATION FEES ON 5K DAY:

Adult (16 & Up) \$30
Youth/Non GOTR Girl (15 & Under) \$25

Entries are non-refundable and non-transferable. 5K Shirts are NOT INCLUDED In your registration. A limited number of 5K shirts will be available for purchase at the Merchandise Tent. Girls on the Run - Maine reserves the right to cancel or modify the event due to unfavorable conditions.

- Online 5K REGISTRATION will close on Wednesday, November 5 at 11:59PM.
- 5K day registration will be available from 8:15am - 9:30am. Cash and cards accepted.

5K START

To help ease congestion on the course, we use a self-selected Three Wave Start. Participants should choose the wave that is right for them – their happy pace – and line up behind the correct flags. Each Wave will be released about 1 minute apart. Please wait for the signal from the Starting Line Volunteers.

WAVE 1 – GREEN WAVE - RUN – Participants plan to run the entire 3.1 miles

WAVE 2 – PURPLE WAVE - RUN/WALK – Participants plan to do a combination of running and walking

WAVE 3 – BLUE WAVE – WALK/RUN – Participants plan to do a combination of walking and jogging

5K BUDDY REMINDER

It is important to remember that each girl will find her own pace, so whether she walks, skips or runs, THAT IS OK! No matter what pace she chooses, you will be the support along the way! Encourage her to try her best and to keep moving forward. Keep your comments positive and make it fun!

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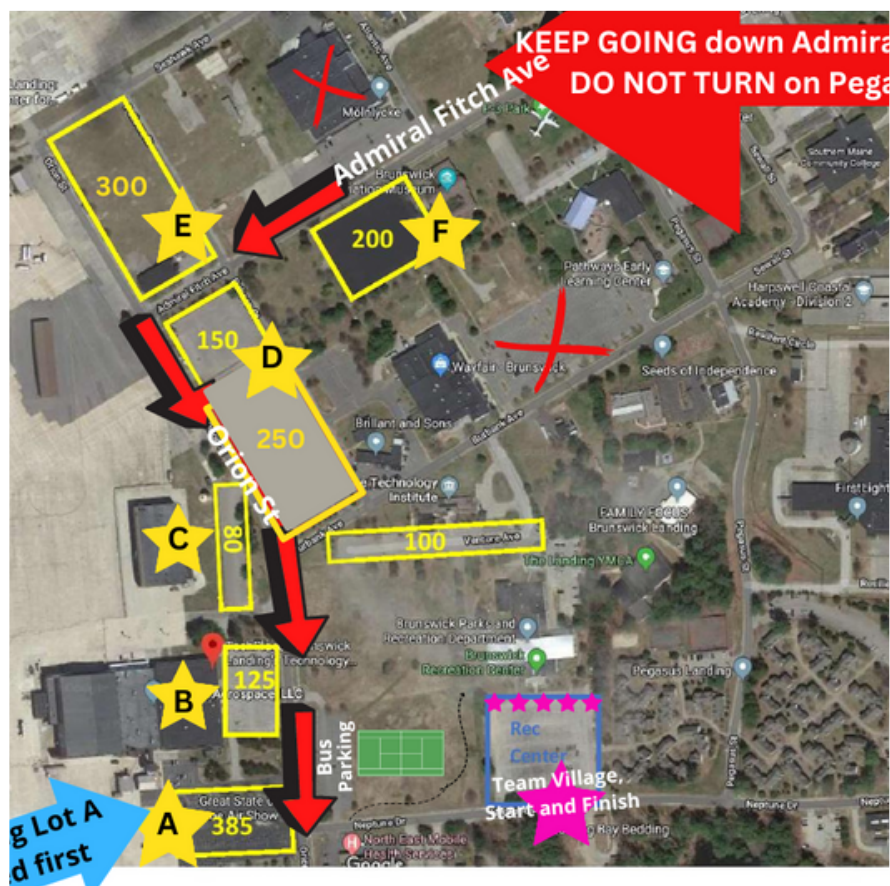
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Scan here to view
the parking map!



PARKING MAP



PARKING INFORMATION

- Carpooling is highly encouraged.
- Please anticipate Race Day Traffic.
- Please Use Admiral Fitch Ave to Orion Street to Park. Your GPS may direct you to Pegasus - do not - please continue down Admiral Fitch.
- Coaches, Participants and Families, and Volunteers will all walk to the Brunswick Rec Center. Please allow extra time to park, walk, use the restroom and join pre-run fun.
- All cars will be directed to one of the lots by our parking attendants. Keep your car moving and follow the directions of parking attendants to expedite the parking process. Lots on Orion Street will be filled first (A then B, then C and so on - SEE MAP). See attendants for Handicapped Parking.

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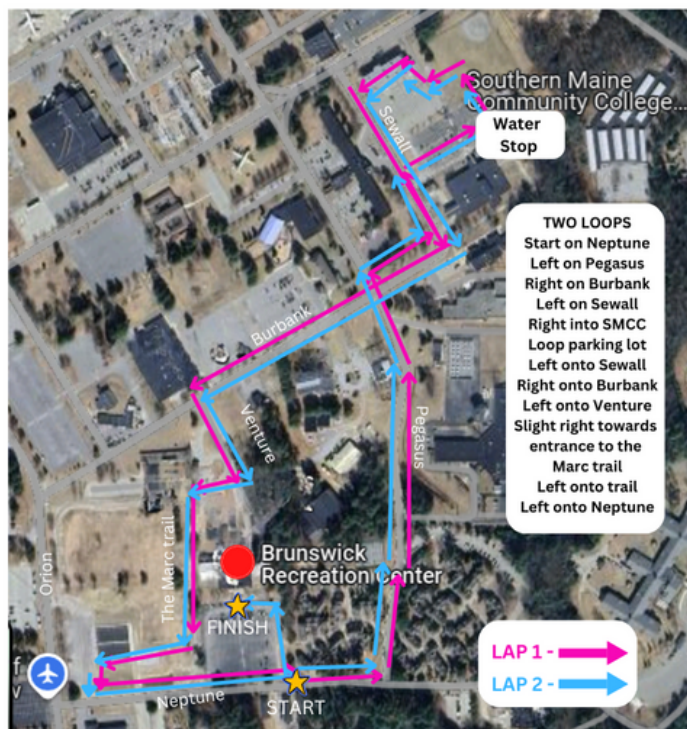
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Scan here to view
the course map!



COURSE MAP



The 5K course is a flat, 3.1 mile, two loop run through Brunswick Landing. Runners will start outside the Brunswick Rec on Neptune Drive and head left on Pegasus St, then right on Burbank Ave, then left on Sewall St to the SMCC campus parking lots where they will turn around, run back down Sewall to make a right on Burbank, then left on to the Marc walking path next to the Rec and then left back on to Neptune Drive.

Runners will do this loop twice.

Participants will then enter the Brunswick Rec parking lot for the finish line! There will be one water stop on the course which runners will pass twice. Participants will be guided through the course by signs and volunteer course marshals in orange vests.

COURSE SAFETY

- Please respect all volunteers, staff, course signs and directions.
- There are many tables at the water stop, so you don't have to take a cup from the first table you see. If you need to stop and drink, please move to the side.
- Do not stop at the finish line - keep moving through the finisher's chute. Coaches, parents and spectators are not allowed in the finish line chute for the safety of our girls.

****IMPORTANT ROAD INFORMATION**** THERE ARE NO ROAD CLOSURES. The roads will remain open to the public as per the Town of Brunswick. Please avoid driving down Pegasus Street as it could be busy with cars parking for the pickleball courts. To keep our runners safe, cars will not be allowed to enter or exit from the parking lots while runners are on that area of the course. Please plan accordingly.

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5K SCHEDULE

By 8:30 a.m.

Coaches and morning event volunteers arrive

By 9:00 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.)

9:40 – 9:55 a.m.

Announcements and group warm-up

10:00 a.m.

The 5K begins

11:15 a.m.

Most 5K participants have crossed the finish line by the point. Continue the celebration with refreshments, activities

12:00 p.m.

The 5K concludes

TEAM VILLAGE

Teams will be lined up alphabetically in rows in the Rec parking lot. Look for your colored team sign.



YELLOW ZONE

Central



PINK ZONE

Connors
Crescent Park
East Auburn
Elm Street
Great Falls
Great Salt Bay



ORANGE ZONE

HBS
Hancock Grammar/
Lamoine
Longfellow
Lyseth



PURPLE ZONE

Memorial GNG
Monmouth
Narragansett
Park Ave



BLUE ZONE

Sacopee Valley
Woodside

Team signs look like this

POLAND

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EVENT INFO & FAQs

Visit the Fun Zone before the 5k for face painting, temp tattoos, bling your bib, photobooth and more!

GOTR Merchandise will be available for sale in the Merch Tent. Pick up a keepsake or fun apparel item!

Water for Spectators and Participants: There will be a water stop on the course that participants will pass twice. There will be water for everyone near the finish line.

Food for Participants: Snacks for all participants will be available at the Runner Food tent at the finish line.

Girls on the Run makes every effort to keep our events "green" Please help us by recycling all bottles, cans and paper in the appropriate bins.

Food for Spectators: PB & ME Food Truck will be on site. Wild Oats Bakery & Cafe is walking distance.

5K Sponsor Tables: Please stop by and thank our sponsors and participate in their activities!

Dog Policy: Dogs are **not allowed** on the Brunswick Rec property during the events.

Restrooms: Portable Toilets are available in the Rec parking lot.

Lost & Found will be located at the Volunteer Check-in Tent.

First Aid / Medical is located in the red tent located near the finish line.

Weather: The 5k will go on regardless of inclement weather. Be sure to dress for rain or cold - layers are recommended. The GOTR Staff will determine if we require a delayed start due to lightning. We do not have a rain date due to event costs and our dependence on volunteers.

CAN I SIGN UP TO RUN ON EVENT DAY? Yes! Registration is available starting 8:15 am. The event day fee is \$30 for Adult Participants and \$25 for Youth Participants. Walkers are welcome! Cash preferred.

ARE SPECTATORS WELCOME AND DO THEY HAVE TO PAY? Yes, spectators are welcome and they do not need to pay. We do ask that you limit the number of guests to one car.

IS THE GOTR 5K TIMED? No. This is an untimed, non-competitive run where the focus is on the accomplishment of completing 3.1 miles.

IS THE GOTR 5K FOR GIRLS ONLY? No, the event is open to the public and all are welcome!

I NEED TO CHANGE MY DAUGHTER'S 5K BUDDY, WHAT SHOULD I DO? Leading up to the event, please email andrea.webb@girlsontherun.org to make a 5K Buddy change. To make a change on race day please have the 5K Buddy stop by the 5K Registration Tent to sign a waiver.

CAN I RUN WITH A JOGGING STROLLER? Yes, strollers are allowed, but we ask that you line up in the back of Wave 2 or Wave 3.

IS THE EVENT DOG FRIENDLY? **No.** Please leave all furry friends at home.

CAN I WEAR MY EAR BUDS DURING THE 5K? For the safety of all runners, ear buds and other personal listening devices are prohibited.

WILL THERE BE FINISH LINE PICTURES? We will have a photographer at the finish line who will do her best to capture everyone. A link to event photographs will be on our website and Facebook page 7-10 days after the event.

I CANNOT MAKE THE RUN; CAN I GET A REFUND? Unfortunately, we are unable to process any refunds. All registrations are non-refundable and non-transferable.

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THANK YOU TO OUR
LOCAL
5K SPONSORS!

wex

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NATIONAL BANK

Marathon Sports

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COMMUNITY BANK


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PERSONAL INJURY ATTORNEYS


PIERCE ATWOOD LLP

 **MaineHealth**

GARMIN

Southern Maine

Pediatric Dentistry

L.L.Bean®

M&T Bank


RUNNING PEAS

 **BerryDunn**

 **Oldcastle** APG
A CRH COMPANY

 **KV** FEDERAL
CREDIT UNION
INVESTED IN YOU

 **RENEWAL**
by ANDERSEN
FULL-SERVICE WINDOW & DOOR REPLACEMENT

 **Northeast**
BANK


MB BARK

 **REDI-ROCK**
OF CENTRAL MAINE


TIM DUNHAM
REALTY

 **CENTRAL MAINE**
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Bangor
Savings Bank
You matter more.

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CREDIT UNION

 **DELTA DENTAL**

 **Kennebunk**
Savings
PURPOSE DRIVEN.

Oakhurst
The Natural Goodness of Maine

THANK YOU TO OUR NATIONAL 5K PARTNERS!



Gamma Phi Beta

BAND **Rowan**



gorjana

TEAM
MILK

FLEET
FEET