



Spring 2026 Event Guide

DATE AND TIME



Sunday, May 31, 2026

Morning 5K: Arrive by 9AM

Afternoon 5K: Arrive by 1PM

LOCATION



Topsham Fairgrounds

32 Community Way

Topsham, ME

Teams in the following counties will attend the Morning 5K:

Cumberland, Androscoggin, and Sagadahoc Counties + Madawaska team

Teams in the following counties will attend the Afternoon 5K:

Franklin, Hancock, Knox, Kennebec, Oxford, Penobscot, Waldo, Lincoln and York + the NYA team

The Fort Fairfield and Presque Isle teams will gather together to host a local 5k. Info to come from coaches.

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/GIRLS/PRE-REGISTERED 5K BUDDIES: 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 team family until the run begins, at which time we encourage you to watch the event and cheer girls on from the grass alongside the start. Please stay clear of the pavement.

NON-GOTR 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.
- If you pre-ordered a 5K Shirt, you can pick it up at the 5K Shirt tent next to Merch Tent.

Questions? Please email allison.ayan@girlsontherun.org



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, friends 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.
- Youth Participant: Non-GOTR participants (ages 15 and under) are welcome to register. Adult required to run with youth participants.

5K REGISTRATION FEES THROUGH 5/27:

5K Buddy (16 & Up) \$25

Youth/Non GOTR Girl (15 & Under) \$20

5K REGISTRATION FEES ON 5K DAY:

5k Buddy (16 & Up) \$30

Youth/Non GOTR Girl (15 & Under) \$25

Entries are non-refundable and non-transferable. 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, May 27 at 11:59AM.
- AM 5K day registration will be available from 8:15am - 9:30am. Cash and cards accepted.
- PM 5K day registration will be available from 12:15pm-1:30pm. 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 5k

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!



DIRECTIONS & PARKING INFO

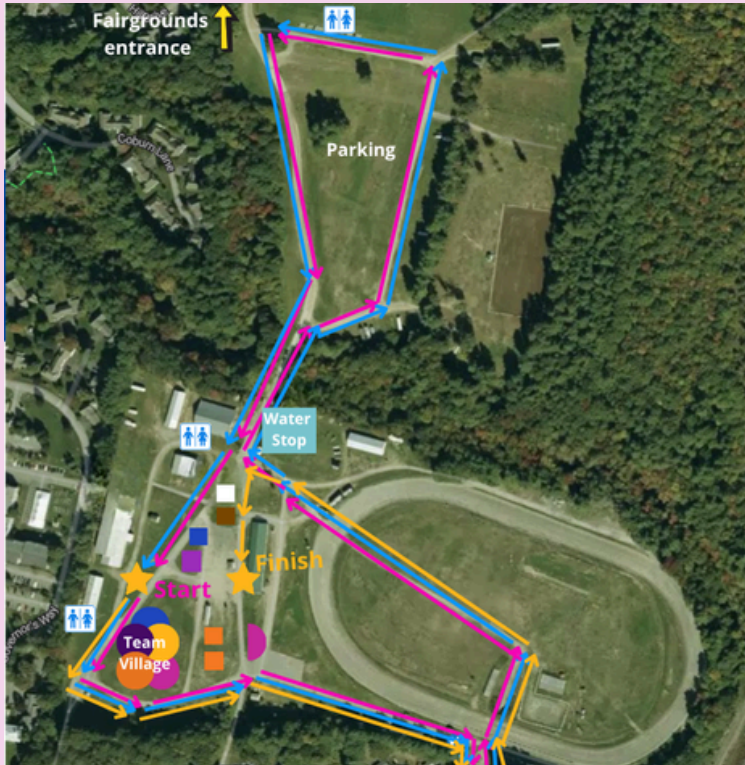
Address for GPS: 32 Community Way, Topsham

Parking will be in the fields on your left after you go through the Fairgrounds entrance. Parking attendants will be there to assist you.

Scan here to view the course map!



COURSE MAP



GOTR 5K Course

Two and Half loops

Lap 1

Lap 2

Lap 3

The 5K course is a flat, approximately 3-mile, two and a half loop run/walk through the fairgrounds. Runners will start and finish adjacent to the Team Village. 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.
- The course is mostly pavement, with one dirt road, and one decline.
- 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.
- Runners - 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.



TEAM VILLAGE

Teams will be lined up alphabetically in rows by color zone. Look for your colored team sign.

MORNING 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 this point. Runners can stay and enjoy the finish line refreshments.

12:00 p.m.

The 5K concludes



Team signs look like this



BREAKWATER



YELLOW ZONE

Breakwater
Brown
Congin
Connors
Dyer
East End



PINK ZONE

Elm Street
Falmouth
Gorham MS
Great Falls
HBS
Lyseth



ORANGE ZONE

Madawaska
Mast Landing
Memorial (GNG)
Mt. Ararat MS
Narragansett
Phillip Sugg MS



PURPLE ZONE

Poland
Presumpscot
Reiche
Rowe
Sherwood
Heights
Skillin
Small



BLUE ZONE

S. Portland MS
Village
Walton
Washburn
Williams-Cone
Windham MS
Windham Primary



TEAM VILLAGE

AFTERNOON 5K SCHEDULE

By 12:30 p.m.

Coaches and afternoon event volunteers arrive

By 1:00 p.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.)

1:40 – 1:55 p.m.

Announcements and group warm up

2:00 p.m.

The 5K begins

3:15 p.m.

Most 5K participants have crossed the finish line by this point. Runners can stay and enjoy the finish line refreshments.

3:45 p.m.

The 5K concludes

Team signs look like this

**BERWICK
REC**



Teams will be lined up alphabetically in rows by color zone. Look for your colored team sign.



YELLOW ZONE

Berwick Rec
Buxton
Center
Carl J Lamb
Central
CK Burns
Dayton
Deer Isle



PINK ZONE

Downeast
Edna Drinkwater
Farrington
Fourteenth St
Weatherbee
Gilbert
Great Salt Bay



ORANGE ZONE

Hall-Dale
HB Emery
Hollis
Hussey
Kingfield
Knowlton



PURPLE ZONE

Lincolnton
Margaret Chase
Smith
Massabesic MS
Miller
NYA



BLUE ZONE

Oxford
Sacopec Valley
Sanford MS
Sanford Pride
St. George
Wells



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 truck, Eighty-8 Donuts truck, Crepe Elizabeth truck, Kelly's ice cream truck.

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

Dog Policy: Dogs are **not allowed** on the fairgrounds property.

Restrooms: Portable Toilets are available at the Team Village and near the finish line.

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 the 5k.

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 allison.ayan@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. Please keep in mind that the course includes some dirt roads.

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.

THANK YOU TO OUR LOCAL 5K SPONSORS!



THANK YOU TO OUR NATIONAL 5K PARTNERS!

