Girls on the Run

Sparkle & Stride 5K

EVENT GUIDE

The Mariners' Museum; Newport News
Sunday, November 22nd



Arrival Time & Parking

Parking lots open at 8:00 am. Coaches arrive by 8:30 am. All girls, families, & 5K Buddies should arrive by 9:00 am. The 5K start time is 10:00 am.

You will recieve a separate email with detailed parking instructions and locations.

What to Wear

GOTR participants and coaches wear their maroon shirt.

H&S participants and coaches wear their gray shirt.

5K Buddies and Friends & Family wear their pink shirt that will be picked up the day of the 5K.



PRO TIP:
Pin your bib here!



When You Arrive

All participants should arrive between 8:00 am and 9:00 am. Report directly to your Team Meet Up Sign on the Fairgrounds.

Once your girl and her buddy receive their bibs from her coach at the Team Meet Up Sign, you are welcome to explore the Fairgrounds.

Does Your Girl Still Need a 5K Buddy?

Get in touch with her Head Coach as soon as possible! 5K Buddy registration ends Thursday, November 19th at 11:59 PM. WITH NO EXCEPTIONS! Click here or scan the QR code to sign up!

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INFORMATION & SCHEDULE

Frequently Asked Questions

1. HOW MANY PEOPLE WILL BE THERE?

We expect around 2,000 people to attend. Please carpool to reduce traffic congestion!

No dogs are allowed at the 5K venue.

2. WHAT IS THE FAIRGROUNDS?

This is where all the fun happens before the 5K! Be sure to visit our vendors, enjoy our free yard games and inflatable slides, grab some grub at our food trucks, or snag GOTR swag at the GOTR Shop!

3. HOW DO I GET MY 5K SHIRT AND BIB?

All bibs will be located at your girl's site's Team Meet Up Sign. Report directly there once you arrive. All participants on the 5K course MUST wear a bib pinned to the front of their shirts.

5K shirts will ALSO be picked up at the Team Meet Up Sign the morning of the 5K.

4. WHAT IF I CAN'T ATTEND?

The 5K will take place rain or shine. We invite you to complete a "virtual 5K" if you can't attend. With this option, participants may choose a time and place to walk/run a 5K (contact our office to receive your medal and bib). If day-of weather conditions are deemed unsafe, the entire 5K will convert to a virtual event - no returns will be offered.

5K Day Schedule

8:00 AM Parking Lots open

8:30 AM Fairgrounds open
All coaches arrive by this time

9:00 AM All girls, 5K Buddies, and Friends & Family participants arrive by this time

9:40 AM Energetic warm-up at Team Meet Up Signs

9:45 AM Cape Campaign ceremony and opening remarks at Team Meet Up Signs (If your girl has earned a cape, you will get it from one of her coaches when you arrive.)

10:00 AM 5K BEGINS!

IMPORTANT! New Corral Procedure:
This season, we will be corralling 5K participants by pace. Three pace groups will be called; runners, run/walkers and joggers, and walkers. Each participant will join the group that best describes her or his pace. 5K Buddies and their girls should enter the same corral together. Once in the chute, corrals will be marked off every 100 feet with a rope.

Share the GOTR Magic on Social Media!

Girls on the Run Hampton Roads

gotrhr