Girls on the Run
Sparkle & Stride 5K

EVENT GUIDE

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

Arrival Time & Parkingv

Parking lots open at 8:00 am. All participants should arrive by 9:00 am. The 5K start time is 10:00 am. See the schedule and corral procedure below.

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

Packet Pickup

Your pink GOTR 5K shirt and bib will be picked up on the day of the 5K. Pickups will be made at the Info Tent. Once you have picked up your packet, you are welcome to explore the Fairgrounds!



PRO TIP:
Pin your bib here!

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 General Public 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