



GOTR HEART OF KANSAS FALL 5K

This Fall, we're celebrating our council's 15th year of Girls on the Run! We're so grateful that you'll be part of our celebration!

Sunday, November 22, 2026
Wichita State University
1845 Fairmount St, Wichita, KS, 67260

GOTR Participants & their Running Buddies should arrive at **12:45 PM** to check in with their team in front of Hubbard Hall

Pre-Race Activities begin at **1:00 PM**

5K Begins at **2:00 PM**

Parking

Please park in the Charles Koch Arena parking lot.
Enter the parking lot off of 21st and Hillside.

Packet Pick-Up

Running Buddies and Community Runners will pick up race packets on Saturday, November 21 from 10:00 AM – 1:00 PM at Big River Footwear, 1423 N Webb Rd, Suite 131, Wichita, KS, 67206.

Running Buddies who live in McPherson or Great Bend do not need to pick up race packets. We will distribute your race packets to your team's coaches so you do not have to come to Wichita for packet pickup.

WHEN YOU ARRIVE:

GOTR Participants and their Running Buddies will check in with their coaches at their team's designated flag in front of Hubbard Hall!

Yellow Flag:

Anderson Elementary
Derby Middle School
Washington Elementary

Blue Flag:

Amelia Earhart Elementary
Edgemoor Recreation Center
Lincoln Elementary

Light Green Flag:

Colvin Elementary
Roosevelt Elementary
Barton County/Family Crisis Center

Pink Flag:

Maize Recreation Center
Gardiner Elementary
Prairie Creek Elementary

Orange Flag:

Enders Open Magnet Elementary
Levy Special Education Center

Red Flag:

Bel Aire Recreation Center
Annoor Islamic School
Horace Mann Dual Language Magnet



Travelin' Tom's Coffee Truck will be at the 5K selling coffee and other beverages! 10% of all sales will be donated back to GOTR Heart of Kansas!

MAKE THE MOST OF THE 5K EXPERIENCE

Start Slow

That's right — start SLOW! About 1,000 GOTR girls, coaches and parents will participate in the 5K, so the starting line will be crowded. DO NOT “bust out” of the crowd. Take your time and go with the flow until the crowd thins out. Remember: This is a fun run, not a competitive event! It's tempting for GOTR participants to sprint off the starting line and try to maintain that pace. We encourage girls to start slow and speed up near the end of the course. It makes the experience more pleasant, and they'll likely get to the finish line faster.

No Timing System

We want girls to enjoy the experience of attaining their goal without the added pressure of an official timing system. The thrill of crossing the finish line is the same, whether girls run the course, walk the course, or do a bit of both! If your daughter is curious about her 5K time, lend her a watch for the event or you can time her.

Run with Friends

We want girls to cheer on one another during the event. The 5K is a celebration of every GOTR team's hard work — and we want girls to motivate their teammates on the course and cheer for them as they all cross the finish line. We also encourage girls to greet fellow runners with high fives and positive messages on the route.

Sideline Cheering

There will be hundreds of spectators, including parents, siblings, and friends. Please respect the 5K course boundaries and stay off the course. There are several vantage points on the course to watch the runners. Keep young children from stepping onto the route, and don't dart across the 5K course.

Be Positive

The hallmark of a GOTR girl is that she treats everyone with respect and consideration. We ask that all who attend the event be respectful and considerate of our volunteers and thank them for their help. Our goal is a fun, safe and happy event. This will be achieved if everyone cooperates and follows directions.

No Smoking

This event is drug and commercial tobacco-free. Cigarettes, cigars, and other commercial tobacco products on all event grounds are prohibited.

Don't Be Late

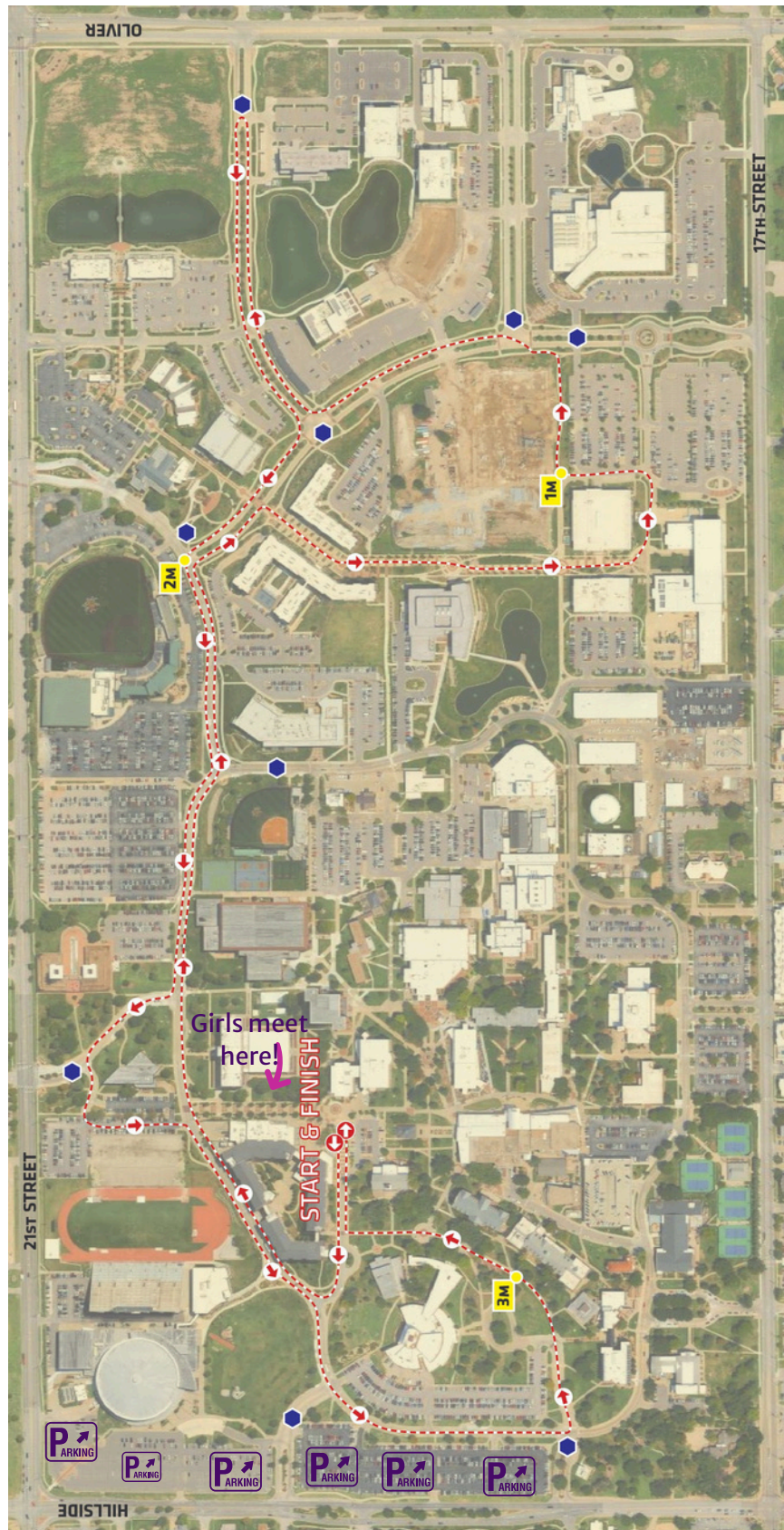
Allow yourself plenty of time to arrive, park and get where you need to go — especially if you are unfamiliar with the area.

No Pets

For everyone's safety, all furry friends are not allowed on the course or at the event, so please leave pets at home on 5K day!

5K COURSE MAP

WICHITA STATE UNIVERSITY



Please park in the Charles Koch Arena parking lot. Enter the parking lot off of 21st and Hillside.

FREQUENTLY ASKED QUESTIONS

Are There Restrooms? WSU will have restrooms available for use during the event.

Can I bring a stroller on the 5K course? No, for the safety of our runners/walkers, strollers are not allowed on the course.

Can I Bring My Dog? No, pets are not allowed at this event.

How Do We Find Our GOTR Team? GOTR Participants and their Running Buddies will meet their coaches at their team's designated flag in front of Hubbard Hall.

How Long Will the 5K Last? The earliest runners will complete the course in about 25 minutes. The bulk of the crowd will cross the finish line between 36 and 48 minutes. After your daughter has crossed the finish line, received her medal, and had refreshments, please cheer on all the girls as they attain their goal.

I am a Running Buddy. When can I pick up my race packet? Running Buddies and Community Runners will pick up packets on Saturday, November 21 from 10:00 AM – 1:00 PM at Big River Footwear, 1423 N Webb Rd, Wichita, KS, 67206. (Running Buddies who live in McPherson or Great Bend do not need to come to packet pickup. We will distribute your race packets to your team's coaches so you do not have to come to Wichita for packet pickup on Saturday).

When will my GOTR girl get her race number? GOTR participants will receive their race bibs from their GOTR coaches when they arrive at the 5K.

Will you have GOTR merchandise for sale at the race? Yes, we will be selling a variety of GOTR items. Cash and credit cards will be accepted.

What if there is bad weather? All activities will be held outside. Be prepared for all kinds of weather. We will run in rain, snow and cold weather! The event will only be canceled if weather is dangerous. If the event is canceled, we cannot reschedule the event. Race registrations are non-refundable. Please check email and social media for updates!

What should my daughter wear? GOTR Participants should wear their program t-shirt. (Each team will distribute t-shirts to participants prior to the 5K).

I am a running buddy. What should I wear? We encourage running buddies to wear the 5K t-shirt that they receive at packet pickup.

Please make sure your daughter gets a good night's sleep and eats a light meal a few hours before the 5K!