

# 2026 Celebrate Your Start



## **GOTR HEART OF KANSAS SPRING 5K**

Saturday, May 9, 2026  
Wichita State University  
1845 Fairmount St, Wichita, KS, 67260

GOTR Participants & their Running Buddies should arrive at 7:45 AM to check in with their team outside of Shocker Hall.

Pre-Race Activities begin at 8:00 AM.

5K Begins at 9:00 AM.

### Packet Pick-Up

Running Buddies and Community Runners will pick up their race packet & 5K t-shirt on Friday, May 8 from 3:00 PM – 6:00 PM at Big River Footwear, 1423 N Webb Rd, Suite 131, Wichita, KS, 67206.

Those who live outside of the Wichita area can pick up race packets & 5K t-shirts on race morning from 7:30 AM – 8:30 AM at the packet pickup table.

## WHEN YOU ARRIVE:

GOTR Participants and their Running Buddies will check in with their coaches at their team's designated flag.

### Yellow Flag:

Anderson Elementary  
Cheney Elementary  
Mueller Elementary  
William Allen White Elementary  
Riverside Leadership Magnet  
St. Mark Elementary

### Blue Flag:

Brooks Middle School  
Edgemoor Recreation Center  
Vermillion Elementary  
Oak Street Elementary  
Mulvane Recreation Commission  
St. Joseph Catholic School

### Light Green Flag:

Graber Elementary  
Inman Elementary  
Rea Woodman Elementary  
Colvin Elementary  
Roosevelt Elementary  
Sunflower Elementary

### Pink Flag:

Anthony/Harper Elementary  
Wheatland Elementary  
Ruth Clark Elementary  
Cooper Elementary  
Saint Elizabeth Ann Seton Catholic School

### Orange Flag:

Maize Recreation Center  
Enders Open Magnet Elementary  
Kensler Elementary  
Santa Fe 5/6  
Chisholm Middle School  
Spaght Elementary

### Red Flag:

St. Francis of Assisi Catholic School  
St. Margaret Mary Catholic School  
Stone Creek Elementary  
Heartspring  
Irving Elementary



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!

## What shirt do I wear to the 5k??

### Green



GOTR Coaches and Program Participants  
Coaches will pass out the shirts to the girls at practice

### Blue



Heart and Sole Coaches and Program Participants  
Coaches will pass out the shirts to the girls at practice

### Lavendar



Running Buddies and Community Runners shirts!  
Shirts will be picked up at packet pick up or on race day.

# 5K COURSE MAP

WICHITA STATE UNIVERSITY



# 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 (outside of Shocker Hall)

**How Long Will It 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 and 5K T-Shirt?** Running Buddies and Community Runners will pick up packets on Friday, May 8 from 3:00 PM – 6:00 PM at Big River Footwear, 1423 N Webb Rd, Wichita, KS, 67206. If you live outside of the Wichita area, you can pick up your packet on race morning at the packet pickup table from 7:30 AM – 8:30 AM.

**When will my GOTR girl get her race number?** GOTR participants will receive their race bibs from their GOTR coaches the morning of 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?** 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. (T-Shirts will be distributed by the team's coaches prior to the 5K)

Please make sure your daughter gets a good night's sleep and eats a light meal a few hours before the 5K. Please bring snacks and water for your family! All runners will receive water and a snack at the finish line after the race.

## CAMP GOTR SUMMER 2026

Registration for Camp GOTR is now open!

August 3 – August 7

8:00 AM – 12:00 PM

Maize Community Building,  
401 S Khedive St, Maize, KS 67101–9684  
Register at [www.girlsontherunks.org](http://www.girlsontherunks.org)

## FALL 2026 PROGRAM DETAILS

Registration opens on July 27 at 8:00am

Season will start in mid-September

(Tentative) 5K Date: Sunday, November 22

Girls are welcome to participate in the program for multiple seasons!

Interested in coaching or starting a new team at your school, church,  
park or anywhere we can safely meet?

Please email Camille at [camille.tangney@girlsontherun.org](mailto:camille.tangney@girlsontherun.org)



Unstoppable Us is a completely optional and non-competitive, girl-led fundraising initiative. Funds raised as part of Unstoppable Us help us provide financial assistance to Girls on the Run participants in future seasons. Girls that choose to participate in Unstoppable Us will pick up gratitude gifts at the 5K. Contact [stephanie.hislop@girlsontherun.org](mailto:stephanie.hislop@girlsontherun.org) with any questions!