



## WELCOME TO THE GOTR HEART OF KANSAS SPRING 5K!



Girls on the Run Heart of Kansas  
5K EVENT GUIDE

Saturday, May 10, 2025

Girls and running buddies arrive at 7:45 AM to check in with coaches  
on the Wichita Hyatt Regency Lawn, 400 W Waterman St, Wichita, KS 67202  
5K starts at Starts at 9:00 AM!



GOTR girls have spent the last two months learning how to make healthy choices and training to run/walk a 5k! We are so proud of all of you!

### RACE DAY SCHEDULE:

7:45 AM – 8:00 AM: Girls check in with coaches  
on Hyatt Lawn

8:00 AM: Pre-race activities

8:50 AM: Head to Start Line

9:00 AM: 5K Starts



### PACKET PICK UP:

RUNNING BUDDIES AND COMMUNITY RUNNERS  
WILL PICK UP 5K RACE PACKET AND SHIRT ON  
FRIDAY, MAY 9 FROM 3PM – 7PM AT THE WICHITA  
BOATHOUSE, 515 S WICHITA ST. WICHITA KS 67202

IF YOU ARE OUT OF THE WICHITA AREA, YOU CAN  
PICK UP YOUR PACKET AND T-SHIRT ON RACE DAY  
FROM 7:30AM – 8:30AM ON THE HYATT LAWN

### WHAT SHIRT DO I WEAR TO THE 5K??



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



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



Running Buddies and  
Community Runners shirts!  
Shirts will be picked up  
at packet pick up on 5/9  
or on race day.

### Getting There:

The GOTR 5K start and finish line is west of the Hyatt  
Regency Hotel. There is plenty of free parking in the  
Downtown area. We would recommend the following lots:

#### Free Parking:

350 W. Waterman, Wichita, KS 67202

600 S. Water, Wichita, KS 67202

515 S. Main, Wichita, KS 67202

605 S. Wichita, Wichita, KS 67202

#### Paid Parking:

301 S. Main, Wichita, KS 67202 (Century II)

### Need Coffee?

Travelin' Tom's Coffee Truck will be onsite  
from 7am – 10am selling coffee and other  
beverages! 15% of all sales will be donated  
back to GOTR Heart of Kansas!



## WHEN YOU ARRIVE:

### 1.) Check in with Coaches

Girls and running buddies will check in with their coaches on the Hyatt Lawn between 7:45 AM - 8:00 AM.

Find your team at the designated colored flag!

#### Yellow Flag:

Anderson Elementary

Circle Oil Hill

Boston Recreation

Mueller Elementary

William Allen White Elementary

#### Blue Flag:

Brooks Middle School

Edgemoor Rec

Vermillion Elementary

Circle Towanda Elementary

Oak Street Elementary

#### Light Green Flag:

Gammon Elementary

Graber Elementary

Inman Elementary

Rea Woodman Elementary

#### Pink Flag:

Anthony/Harper Elementary

Wheatland Elementary

L'Ouverture Elementary

Ruth Clark Elementary

#### Orange Flag:

Maize Recreation

Enders Open Magnet Elementary

Kensler Elementary

Santa Fe 5/6

#### Red Flag:

St. Anne Catholic School

St. Francis Catholic School

St. Margaret Mary Catholic School

Stone Creek Elementary

### 2.) Enjoy the Pre-Race Fun

Participants can sign teammates' shirts, get face painted, get a temporary tattoo, get hair "happied" and much more! All Pre-Race activities will be on the Hyatt Lawn.

### 3.) Unstoppable Us Campaign

Girls that participated in the Unstoppable Us fundraising campaign can turn in money collected and pick up prizes earned. This will be located on the Hyatt Lawn near the merchandise tent.

## MAKE THE MOST OF THE 5K EXPERIENCE

**Start SLOW!** That's right — start SLOW! About 800 GOTR girls, coaches and parents will join this event 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 girls 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 on yours.

**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 — parents, siblings, and friends— watching the event. 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. She values effort and good will. Parents, please try to model this behavior for your daughters. Be respectful and considerate of event 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 during the entire event and 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. Girls must be on-site by 7:45am that day to ensure enough time for check-in, pre-race activities, T-shirt signing and team warm-ups.

**NO PETS!** For everyone's safety, all furry friends are not allowed on the course or at the event, so please leave all pets at home on 5K day! All pets will be asked to return to the pet owner's vehicle if spotted at the event.





Looking for a fun and easy way to support GOTR? This Spring we are holding a "shoe drive fundraiser". We're collecting gently worn, used and new shoes and we need your help. We're looking for all types of shoes: sneakers, boots, dress shoes, sandals, athletic and casual shoes. We want them all! We will have a "drop off" spot at packet pickup and at the 5K for your convenience. Help us to reach our goal of collecting 100 bags of shoes! Contact [stephanie.hislop@girlsontherun.org](mailto:stephanie.hislop@girlsontherun.org) for more info!



Unstoppable Us is a completely optional and non-competitive, girl-led fundraising program supporting our council. Funds raised as part of Unstoppable Us support our financial assistance needs across our community next season. Girls that choose to participate in Unstoppable Us will pick up prizes earned at the 5K, near the Merch tent!

Contact [stephanie.hislop@girlsontherun.org](mailto:stephanie.hislop@girlsontherun.org) with any questions!



## Frequently Asked Questions

**Are There Restrooms?** We'll have a row of port-a-potties near the start and finish. **THERE WILL BE NO RESTROOMS ON THE COURSE!**

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

**Can I Bring My Dog?** No. This event isn't appropriate for pets. Pets are not allowed at this event.

**How Do We Find Our GOTR Team?** Girls will meet their teams on the Hyatt Lawn. Please look for brightly colored team flags.

**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 packet and t-shirt?** Running Buddies and community runners will pick up packets on **Friday, May 9 from 3:00 PM - 7:00 PM at the Wichita Boathouse, 515 S. Wichita. If you are out of the Wichita area, you can pick up your packet on race morning on the Hyatt Lawn from 7:30 AM - 8:30 AM.**

**When will my GOTR girl get her race number?** GOTR girls will receive everything race morning from their GOTR coach and will have nothing to pick up at packet pickup.

**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.

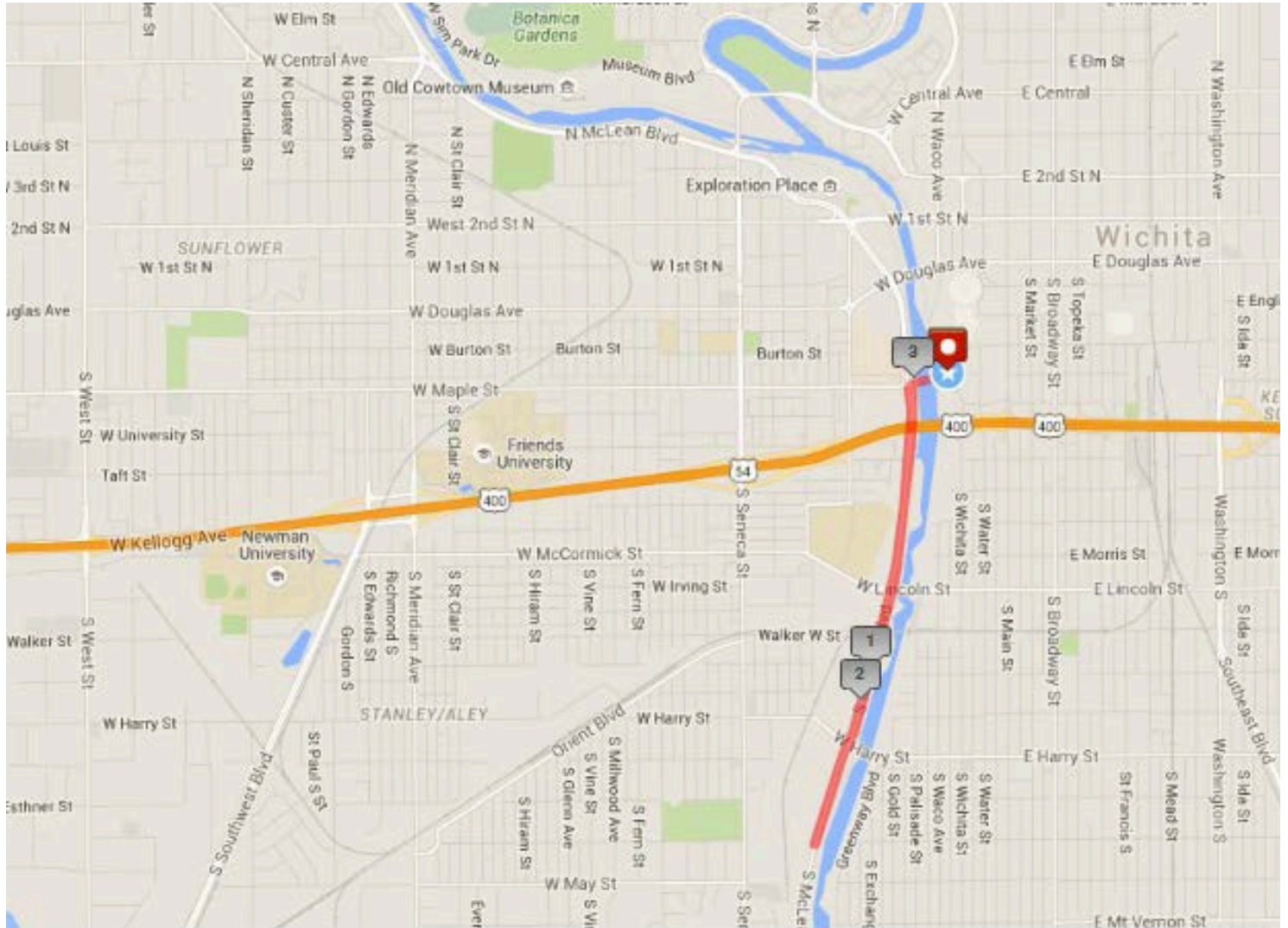
**What if there is bad weather?** Be prepared for all kinds of weather. We will run in rain, snow and cold weather! The event will only be canceled if weather is dangerous. If event is canceled, we cannot reschedule the event. Race registrations are non-refundable. Please check email and social media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

**What should my daughter wear?** Dress in layers with this season's GOTR program shirt on top. She will get her shirt from her coach. This season's shirt is teal (Girls on the Run) or yellow (Heart and Sole).

**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.**



# 5k Course Map



**Start/Finish line near Hyatt Regency and the Boathouse  
Course then runs South on McLean past Harry and turns back  
North on McLean to the finish line**



## **Camp GOTR:**

August 4-August 8

8:00am-12:00pm

Maize Community Building,

401 S Khedive St, Maize, KS 67101-9684

Register at [www.girlsontherunks.org](http://www.girlsontherunks.org)

**Registration for Camp GOTR is now open!**

## **Fall 2025 Program Details:**

For a complete list of teams visit: [hwww.girlsontherunks.org/Our-Locations](http://hwww.girlsontherunks.org/Our-Locations)

**Registration opens on July 21 at 8:00am! Spots will be limited!**

Season dates:

Fall season begins the week of September 22

5K:

Fall 2025 5K: Saturday, 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.stockemer@girlsontherun.org](mailto:camille.stockemer@girlsontherun.org)