



WELCOME TO THE GOTR HEART OF KANSAS SPRING 5K!

GIRLS ON THE RUN HEART OF KANSAS

5K EVENT GUIDE

SUNDAY, MAY 5TH

5K STARTS AT 7:50AM



GIRLS AND THEIR BUDDIES WILL BE RUNNING THE PRAIRIEFIRE 5K COURSE!

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:

6:45-7:00AM: Check in with coaches inside Century II in the Expo Hall (North Side of Century II); take team photo.

7:00AM: Pre-race activities

7:40AM: Head to Start Line

7:50AM: Race Starts



PACKET PICK UP:

RUNNING BUDDIES WILL NEED TO PICK UP THEIR PACKET ON SATURDAY, MAY 4TH FROM 9AM-1:00PM AT AIRSTRIKE, 600 S TYLER RD, WICHITA, KS 67209. FAMILY MEMBERS AND FRIENDS CAN PICK UP YOUR PACKET IF YOU ARE UNABLE TO MAKE IT. IF YOU ARE OUTSIDE OF THE WICHITA AREA, YOU CAN PICK UP YOUR PACKET ON RACE DAY STARTING AT 6:30AM

GOTR PROGRAM PARTICIPANTS AND COACHES (EVEN COACHES THAT ARE RUNNING BUDDIES) DO NOT HAVE ANYTHING TO PICK UP FOR THE RACE. THEY WILL RECEIVE EVERYTHING RACE MORNING.



WHAT SHIRT DO I WEAR TO THE 5K??



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



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



Running Buddies and Community Runners
Pick up on May 4 from 9-11 at Airstrike

Getting There:

The GOTR 5K start and finish line will be located at Century 2 Plaza (North Side of Century 2) 225 W. Douglas Street, Wichita, KS 67202.

For Parking Information visit:
<https://downtownwichita.org/get-around/parking>

Find more info at www.girlsontherunks.org

WHEN YOU ARRIVE:

1.) Check in with Coaches

Girls and running buddies will check in with their coach inside Century II in the Expo Hall (North side of Century II). Running buddies and GOTR program participants will go to your school/sites designated area and look for your team sign. Check in with coaches by 6:45AM.

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 in Expo Hall.

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 in Century II Expo Hall.

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. In addition to the GOTR race there will be the Prairiefire 1/2 marathon and 5k events! There will be several THOUSAND people in attendance! Girls must be on-site by 6:45am 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.





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? Yes, but all runners/walkers must start at the back of the starting line for the safety of others.

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 inside Century II in the Expo Hall. Please look for your team sign.

Where Can I Watch? See attached course map. Please respect the course boundaries!

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? All Running Buddies can pick up their packets on Saturday, May 4th 2024 from 9am-1:00pm at Airstrike, 600 S Tyler Rd, Wichita, KS 67209. If you live outside of Wichita you can pick up your packet on race day at Century II in the Expo Hall.

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

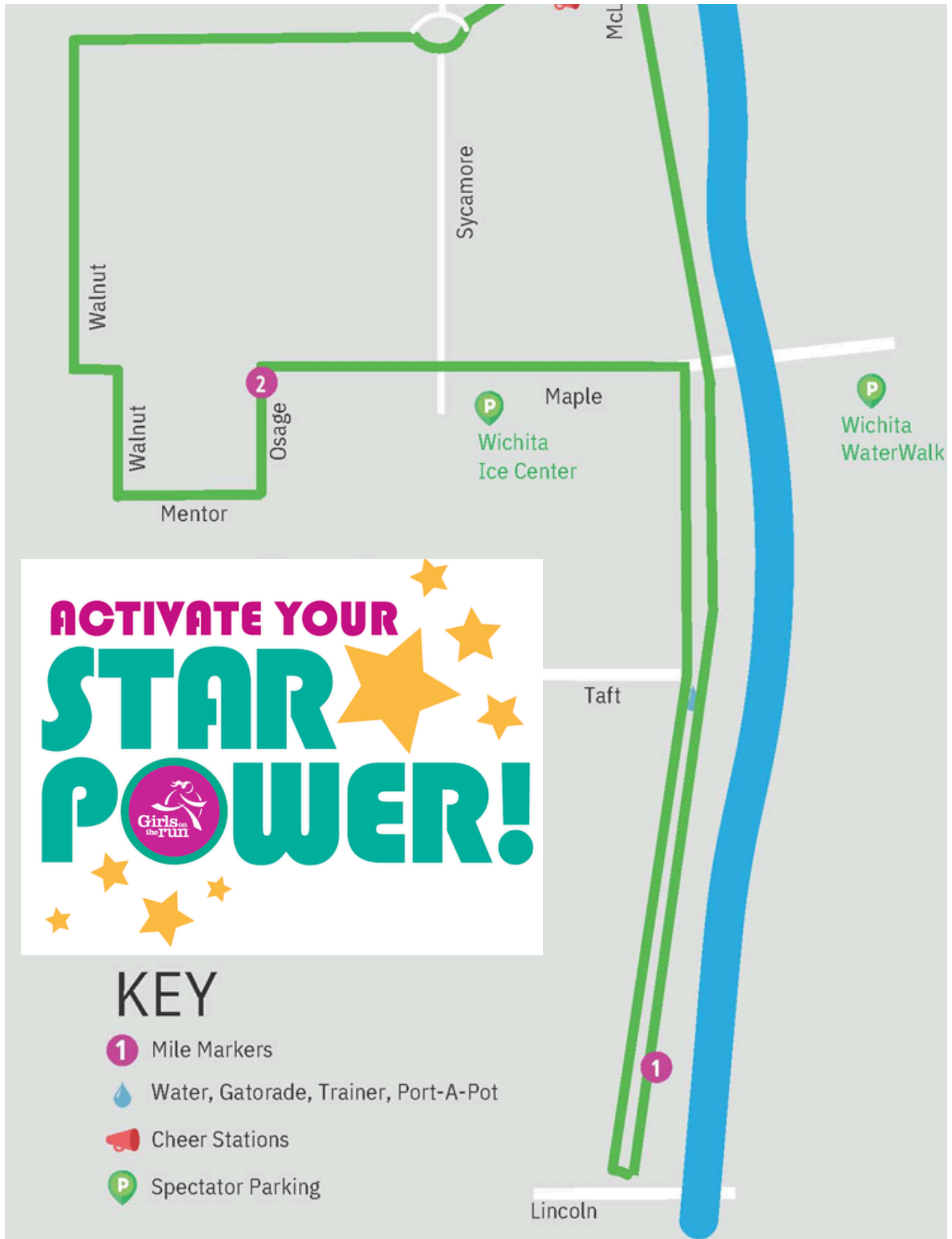
Will you have GOTR merchandise for sale at the race? YES, we will be selling a variety of GOTR items. Cash and credit cards will be accepted.

What if there is bad weather? Be prepared for all kinds of weather. We will run in rain! 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 Pink for GOTR or Teal for our Heart & Sole teams.

Please make sure your daughter gets a good night's sleep and eats a light meal a couple hours before the start time. There will not be food or drinks for sale. Please bring snacks and water for your family! All runners will receive water and a snack at the finish line after the race. Please note that some race amenities at the event will just be for Prairiefire Marathon runners.

5K COURSE



ACTIVATE YOUR
STAR
POWER!



KEY

-  Mile Markers
-  Water, Gatorade, Trainer, Port-A-Pot
-  Cheer Stations
-  Spectator Parking

Thank you to our 2024 Sponsors:

THANK YOU



Would your company be interested in sponsoring our Program/5K/Special Events in 2024-2025?

If so, please have them reach out to Christy Thomas at Christy.thomas@girlsontherun.org for more info!

We have opportunities ranging from \$100-\$10,000!



Fall 2024 Program Details:

For a complete list of Fall teams visit: www.girlsontherunks.org/Our-Locations

Registration opens on July 22nd at 8:00am! Spots will be limited!

Season dates: September 23rd-November 23rd

5K: Saturday, November 23rd

Girls are welcome to participate in the program multiple seasons!

Interested in coaching or starting a new team at your school, church, park or anywhere we can safely meet? Please email Christy at christy.thomas@girlsontherunks.org