



GIRLS ON THE RUN IS SO MUCH FUN!

Girls on the Run Heart of Kansas 5K EVENT GUIDE



Sunday, November 19th

5K Starts at 2:00pm

Welcome to the GOTR Heart of Kansas Fall 5k!



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!

learn. dream. live. *run.*[™]



Getting There

The GOTR 5K will start and finish at OJ Watson Park. Please arrive by **12:45pm** to allow plenty of time to park at South High, ride the free shuttle to Watson Park and walk to check-in with coaches. Race will start promptly at 2:00pm. The shuttle will return you to South High after the race.

Packet Pick up

Running Buddies will need to pick up their packet on Saturday, 11/18/22 from 9:00am-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 12:30pm.

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.



Race Day Schedule

12:45pm Arrive at South High School (701 W 33rd S) to park and take free shuttle to Watson Park.

1:00pm Check in with coaches; take team photo

1:00-1:45pm Pre-race activities

1:35-1:45 Warm-up/stretch

1:50pm Head to Start Line

2:00pm Race Starts

When you arrive:

1.) **Park at South High School** There will be **NO PARKING** at OJ Watson Park. All runners and spectators **MUST** park at South High and take the free shuttle to Watson Park. **Cars parked on side streets or on Old Lawrence Road will be towed, DO NOT PARK in those areas. Please instruct any family/friends coming to cheer on your daughter to park at South High and take shuttle! The shuttle will take you back to South High after the race.**

2.) **Check in with Coaches**

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 1:00pm. Girls will check in with their coaches at Watson Park.

3.) **Enjoy the Pre-Race Fun**

Participants can sign teammates' shirts, take pictures at Photo Booth, get face painted, get a temporary tattoo, get hair "happied" and much more!

4.) **Unstoppable Us Campaign**

Girls that participated in the Unstoppable Us fundraising campaign can turn in money collected and pick up prizes earned.



Make the Most of the 5K Experience

Start SLOW! That's right — start SLOW! About 500 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 alcohol, 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 1:00pm 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 at Watson Park. 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, November 18, 2023, from 9:00am-1:00pm at Airstrike, 600 S Tyler Rd, Wichita, KS 67209.

When will my GOTR girl get her race number? GOTR girls will receive everything race morning. 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 and snow! 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!

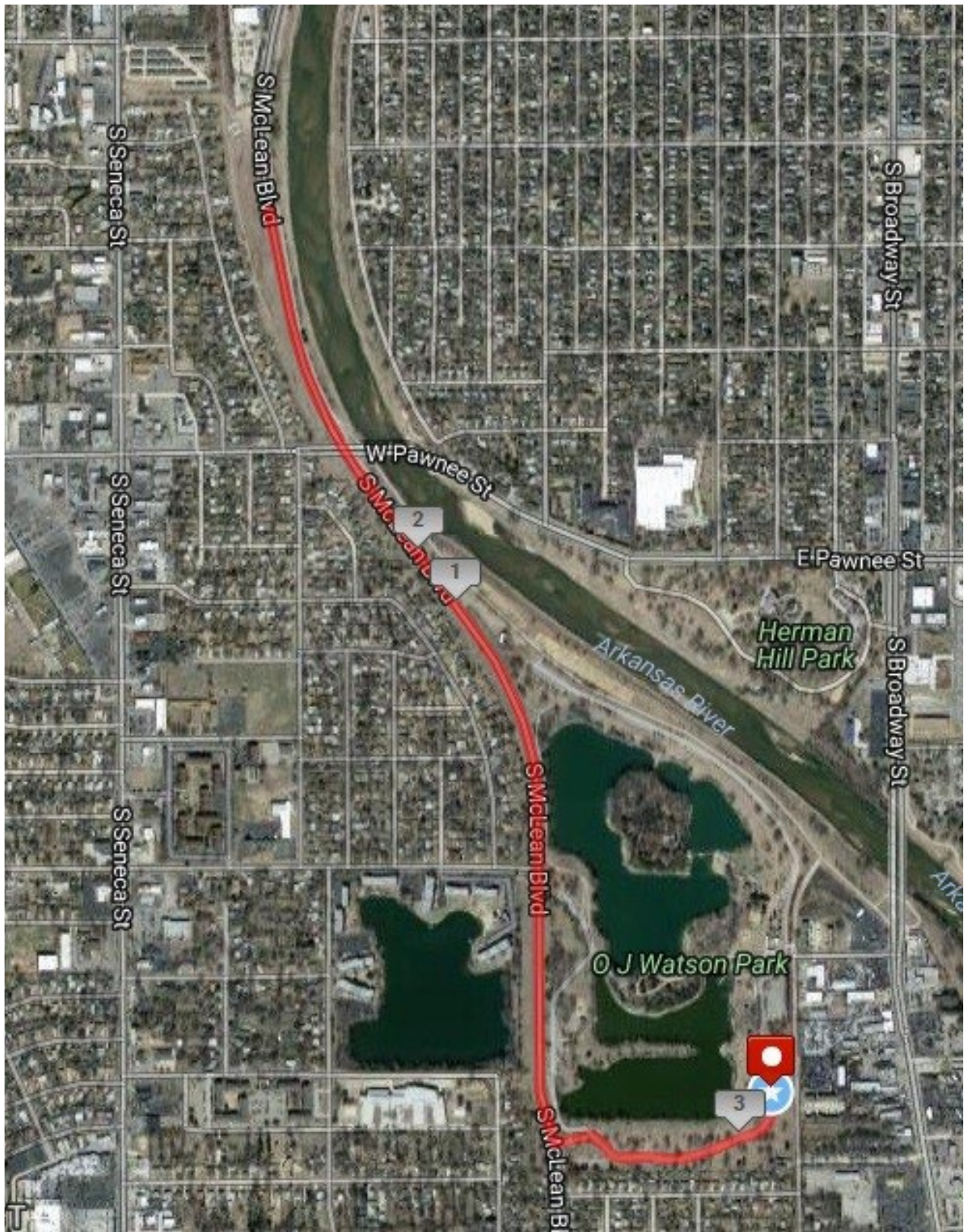
What should my daughter wear? Dress in layers with this season's **GOTR program shirt on top**. She will get her shirt from her coach. This season's shirt is GOLD for GOTR and BLUE for Heart & Sole

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.

Thank you to our 2023 Sponsors:



5k Course at Watson Park



The 5k course is an out and back course. Runners will start and finish at the same spot.

Runners and Spectators **MUST** take the free shuttle from South High School (701 W 33rd S.) to Watson Park. **NO PARKING AT WATSON PARK!**
The shuttle will take you back to South High School after the race.



Upcoming GOTR Events

Spring 2024 Program Details:

For a complete list of Spring teams visit:
hwww.girlsontherunks.org/Our-Locations

Registration opens on January 8 at 8:00am! Spots will be limited!

Season dates: February 26th (tentative)

5K: STAY TUNED!

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

Would your company be interested in sponsoring our Program/5K/Special Events in 2023?

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!

Upcoming Fundraising Events:

April 13, 2024: Brews, Clues and Running Shoes- Amazing Race meets pub crawl! For adults 21+ in Downtown Wichita! Registration is now open at: girlsontherunks.org/brews-clues-running-shoes

Email Steph at Stephanie.Hislop@girlsontherun.org for more info.

