



Celebratory 5K Family Guide

Girls on the Run Serving Greater Kansas City

Fall 2023

Each Girls on the Run (GOTR) season concludes with a joyful and fun non-competitive 5K. This culmination gives girls a tangible sense of accomplishment and the confidence to achieve her dreams. We look forward to you joining this season's end-of-season 5K to celebrate the accomplishments of your GOTR girl, as well as girls across Greater Kansas City!

Here are the details for this season's 5K event:

- **Date:** Saturday, November 4th
- **Location:** Swope Park, 3999 E Meyer Blvd, Kansas City, MO 64132
- **Start Time:** The race will begin at 8:00am. We recommend families arrive between 6:30-7:00am
- **End Time:** The 5K event will end at 9:30am. Participants are encouraged to arrive early to enjoy the Fun Zone & pre-race activities and then head home once the 5K concludes.

What is a Running Buddy?

Every girl is strongly encouraged to have a Running Buddy for the 5K. A Running Buddy ensures each participant's safety and provides encouraging support throughout the 5K.

Running Buddies may be a family member, caregiver, teacher, coach or another trusted person. Running Buddies do not need to be runners but should be able to complete the 5K (3.1 miles). **All Running Buddies must register for the event.**

Parents/guardians are responsible for ensuring appropriate supervision for each girl before, during and after the 5K.

Can family and friends come to the 5K to cheer, or do they have to register for the 5K to attend?

Anyone who would like to support, encourage and cheer on the runners are welcome to attend – no registration is needed for spectators.

How do I pick up my 5K packet?

Running Buddies who registered before the running buddy deadline on **October 5th** will receive their race packet from their girl's coach.

If you did not register before October 5th, please visit us at one of the packet pickup locations below on November 3rd or on Race Day at the pavilion to register.

Here's the Packet Pick-Up schedule:

- Dick's Sporting Goods at Town Center, Friday, November 3rd from 12-7pm, 11801 Nall Ave, Leawood, KS 66211
- Dick's Sporting Goods at Zona Rosa, Friday, November 3rd from 12-7pm, 8665 NW Prairie View Rd, Kansas City, MO 64153
- On-site at Swope Park Bandstand Pavilion between 6:30-7:30am
 - Race day packet pickup & on-site registration will be available at the 5K, however, we strongly encourage you to register & pick up your packet ahead of time if you are able to.

Girls will receive their 5K race bib, t-shirt & a commemorative GOTR beanie from their GOTR coaches. Caregivers do not need to pick up any items for your girl.

What do I wear on 5K day?

On 5K day, GOTR and Heart & Sole participants should wear their program t-shirts, their race bib, comfortable clothing and running shoes. Running Buddies should wear their race bib, comfortable clothing and running shoes.

Dress for the weather! The 5K will be held rain or shine. If it's cold, consider wearing gloves, a hat and a jacket. If it's raining, bring a raincoat or poncho that you can run in. If it's warm, wear breathable clothing.

What interpretation support is available on-site?

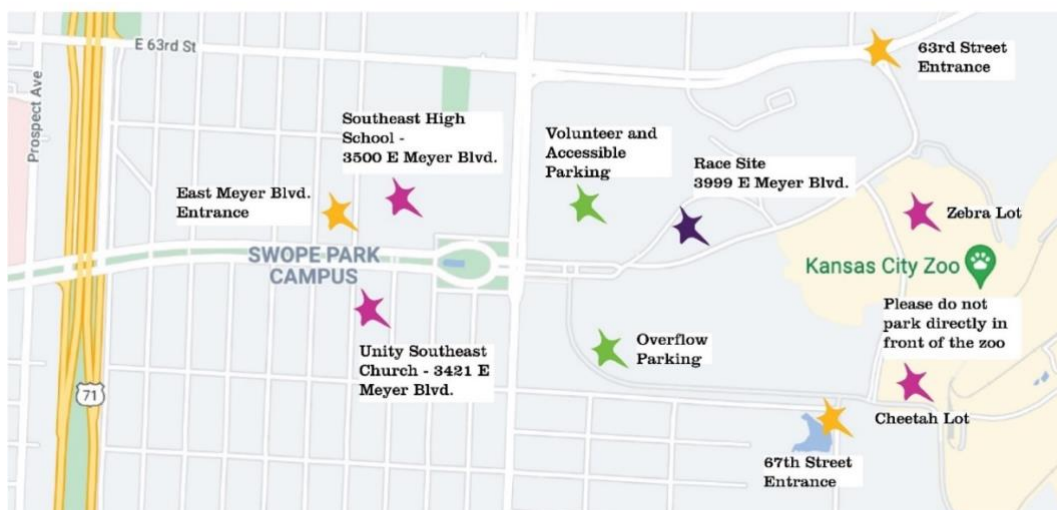
If you are registering for the 5K on-site, there will be team members to support runners in both English and Spanish at the Bandstand Pavilion. We will also offer our 5K Family Guide in Spanish. Please email leigh.krtek@gotrk.org if you would like a copy in Spanish.

What transportation options are available?

There is parking available at the 5K venue (please see parking map below). Roads along the 5K course will start to close by 7:30 AM. **We encourage families to arrive between 6:30-7:00am to find parking.** We are expecting close to 3,000 participants on race day, so we strongly encourage you to carpool with those in your group.

Some GOTR or Heart & Sole sites may provide the option of a team bus for transportation to the 5K. If a bus is available for your team, you will be informed by your team's coaches.

Cars will not be permitted to leave until roads are re-opened.



Girls on the Run 5K Parking

Park Entrances
63rd and Zoo Drive (Zebra Lot)
67th and Elmwood (Cheetah Lot)
3999 E. Swope (Grass Lots)

Race Site
3999 E Meyer Blvd, Kansas City, MO 64132

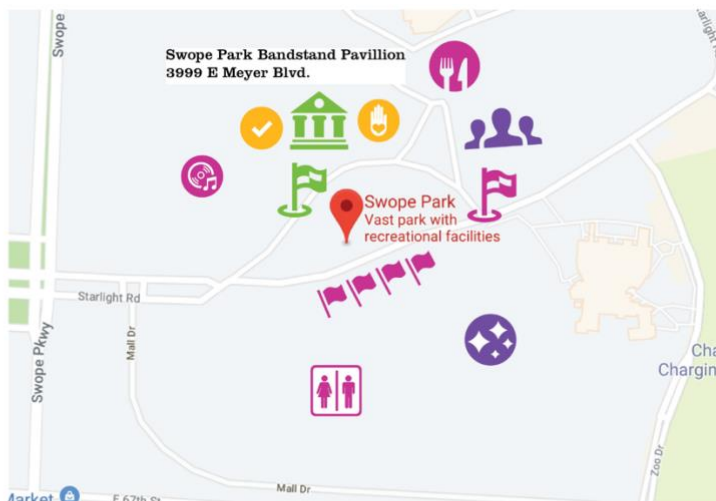
Participant Parking

Grass Parking

How do we meet our team before the 5K start?

All GOTR and Heart & Sole teams will be able to warm up and start the 5K together! Each Girls on the Run team has their own flag based on their school/site name. Flags will be organized in alphabetical order. This is where you'll be able to find your team.

Please contact your team's coach if you have any questions about team meeting spot details.



Girls on the Run 5K Event Information

School Village

DJ

Finish Line

Fun Zone,
Open 6:00-7:15am

Registration

Finish Line Hospitality
for Participants

Water, fruit and race medals will
be available at the finish line

Starting Line

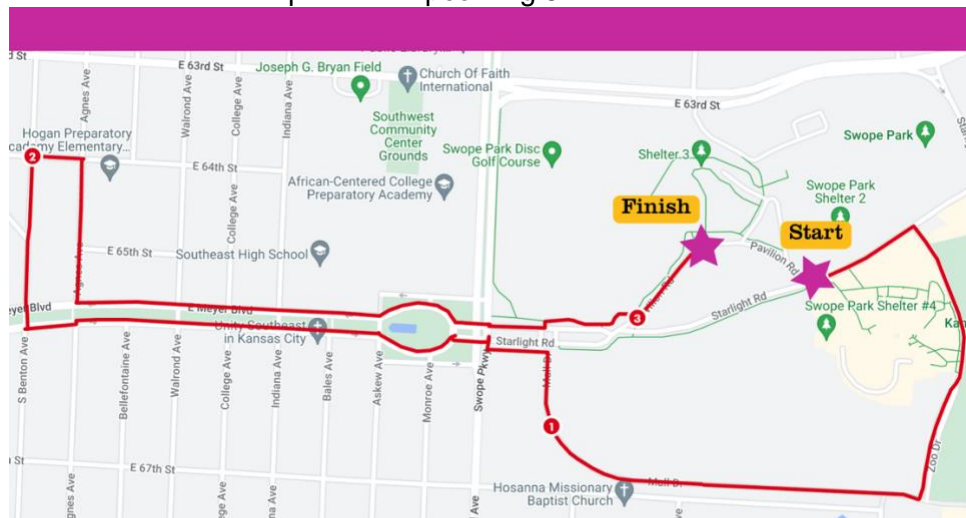
Restrooms

Spectator's Station
Please meet your girl at her
team's flag after the race

Volunteer Check-in

What is the 5K course?

Here's the course map for this upcoming 5K:



Girls on the Run 5K Race Route

- Portable restrooms will be available at the Start/Finish of the 5K, as well as at the roundabout on Askew Avenue
- 1 water station will be available close to the 1.5 mile mark at the roundabout on Askew Avenue

What should I do if my daughter and I get separated during the 5K?

Your team flag is the meeting spot for your team before and after the 5K. If you are separated from your girl, discuss ahead of time to meet at your team flag. If there are any questions, you can find GOTR Staff at the Bandstand Pavilion for additional help.

What happens if there is bad weather?

The 5K will be held rain or shine! However, event management reserves the right to cancel or modify the event due to dangerous or unfavorable conditions. Registration fees are not refundable in the event of cancellation. In the event of needing to cancel the 5K for participant safety, notification will be sent to all participants and registered Running Buddies via email and text message.

Questions?

If you have any questions about the 5K, please contact Girls on the Run Kansas City at victoria.patrick@gotrkc.org

We can't wait to see you on 5K Day!