

GIRLS ON THE RUN HUDSON VALLEY

5K SOUTH GLOW RUN

EVENT GUIDE



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EVENT DETAILS

Date:

Friday, June 5, 2026

Location:

Rockland Lake State Park
Congers, NY

Parking Field #1

Time:

Coaches Arrive: 5:30 pm

Participants Arrive: 6:00 pm

5K Starts: 7:00 pm

5K GUIDE KEY



Program Participants:

Girls who registered for and participated in the spring 2026 season of Girls on the Run



Running Buddies:

Individuals who registered to complete the 5K alongside a program participant



Spectators:

Anyone who comes to the 5K to cheer for all participants

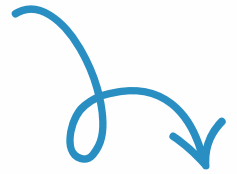


LEARN MORE

WWW.GIRLSONTHERUNHV.ORG/5K-SOUTH

REGISTRATION

**RUNNING BUDDY
REGISTRATION
HERE!**




RUNNING BUDDIES:

Running Buddies must be registered in order to be allowed on the 5K course.

- Now thru May 15th: \$30 (guaranteed race t-shirt)
- May 16 - June 4: \$30 (shirt not guaranteed)
- In-person at event: (\$35 NO shirt)



 Every program participant needs to have a registered 5K Buddy to accompany them on race day. A 5K Buddy is any trusted adult 16+, who can run/walk alongside their girl and cheer her on through this day of accomplishment.

Running Buddies can pick up their race bib and shirt on Friday, June 5th at Rockland Lake starting at 5:30 pm.



PROGRAM PARTICIPANTS & COACHES

Coaches and Program Participants are already registered for the GOTR 5K South event and do NOT need to submit another registration.

Coaches will receive race bibs for program participants and coaches in their 5K Fun Bag!



SPECTATORS

Spectators do NOT need to register in advance and are welcome at no cost.

Spectators may bring cheer signs and noisemakers, as well as anything that will make their experience more comfortable, such as lawn chairs.

Spectators must staff off the 5K course at all times.



EVENT TIMELINE

Coaches Arrive: 5:30 pm

One coach from every team should stop by the Coach Appreciation tent and exchange the black coach bag for their teams 5K Fun Bag!

Race Village Opens: 6:00 pm

Registration, Bib Pick-up, Merchandise, Sponsor Booths, and more!

Find Team in School Village: 6:15 - 6:45 pm

Program Participants will receive their bibs and other fun goodies from their coach at the school team flag

Warm-Up Dance Party: 6:45 pm

Gather in front of the stage for a fun warm-up and important announcements

5K Starts: 7:00 pm

Post-Race Activities: 7:30 - 8:30 pm

Team celebrations at team signs, finisher photo booths, vendors, dance party!



GOTR & SCHOOL VILLAGE MAP



SCHOOL VILLAGE

Teams can find their school district sign in the School Village area. Signs will be set up in alphabetical order. This will be your 'home base' for the evening.

Clarkstown	Rye City
Cornwall	Rye Neck
Croton-Harmon	Suffern
Eastchester	Tarrytown
Haldane	Valley Central
Harrison	Wappingers
North Rockland	Warwick Valley
Ossining	White Plains
Peekskill	Yonkers



COURSE



The course is one loop around Rockland Lake starting and ending in front of the Pavilion in Parking Field #1.

FREQUENTLY ASKED QUESTIONS & EVENT POLICIES

- ★ **WHEN SHOULD WE ARRIVE?**
Plan to arrive early! Registration, Bib-Pick-up, Merchandise, and more open at 6:00 PM. The 5K begins at 7:00 PM. Plan extra time for traffic and parking. Over 2,000 participants will be there on race day!
- ★ **WHAT PARKING OPTIONS ARE AVAILABLE?**
There is plenty of parking available at Rockland Lake in Parking Field 1.
- ★ **DO I HAVE TO REGISTER TO PARTICIPATE IN THE 5K?**
Yes. All 5K registration forms include liability waivers, so you cannot be on the course without an official 5K registration.
- ★ **WHAT SHOULD I WEAR AND BRING?**
Program participants and coaches should wear their GREEN GOTR t-shirt! 5K Buddies will receive their shirt at the 5K. Accessorize with colorful tutus, hats, hair ties, capes, etc. Bring a full water bottle and a blanket or folding chairs to sit on while waiting for the 5K to begin.
- ★ **WILL THERE BE FOOD & DRINKS?**
The park does not allow food and drinks to be sold through us or by food trucks. For those participating in the 5K, there will be a water stop near the halfway point on the course, and water & snacks will be handed out at the finish line.
- ★ **WILL THERE BE MERCHANDISE FOR SALE?**
Yes! Credit card, cash, and Venmo will be accepted. All proceeds from the sale of merchandise benefit Girls on the Run Hudson Valley's scholarship fund.
- ★ **ARE DOGS OR STROLLERS ALLOWED ON THE COURSE?**
No. Pets are not allowed at Rockland Lake State Park. The only exception to this rule is service animals. Strollers are highly discouraged as the course is a path and makes it difficult for participants to get around. If you bring a stroller, you must start at the back of the race line-up. This is to ensure a safe event for all participants.
- ★ **WHAT ABOUT BAD WEATHER?**
Our 5K is rain or shine, so be sure to keep an eye on the forecast. We will start as planned, even in the rain. If hazardous conditions arise (such as lightning), we may delay the start time or cancel the race. Participants will be notified via text message, email, and updates on our website and social media channels. The 5K cannot be refunded or rescheduled.
- ★ **WILL THERE BE MEDICAL SUPPORT?**
Valley Cottage EMS will be located at the Finish Line area. Additional First Aid kits will be with the volunteers on the course and at the water stop.
- ★ **I'M NOT RUNNING, CAN I STILL BE INVOLVED?**
Yes. Volunteer shifts are from 5-8:00 PM. **Sign-up by May 29th:** www.girlsontherunhv.org/5K-South

THANK YOU SPRING SEASON PONSORS

