

# GIRLS ON THE RUN HUDSON VALLEY

## 5K NORTH EVENT GUIDE



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### EVENT DETAILS

#### Date:

Sunday, June 7, 2026

#### Location:

LEGOLAND NY Resort  
Goshen, NY

#### Time:

Coaches Arrive: 6:30 am  
Participants Arrive by: 7 am  
5K Start: 8 am

### 5K GUIDE KEY



#### Program Participants:

Girls who registered for and participated in the 8-week season of Girls on the Run or Heart & Sole



#### 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

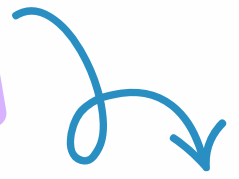


LEARN MORE

[WWW.GIRLSONTHERUNHV.ORG/5K-NORTH](http://WWW.GIRLSONTHERUNHV.ORG/5K-NORTH)

# REGISTRATION

**RUNNING BUDDY  
REGISTRATION  
HERE!**



## RUNNING BUDDIES:

Running Buddies must be registered online BY JUNE 5TH to be allowed on the 5K course.

- Now thru May 15<sup>th</sup>: \$30 (guaranteed race t-shirt)
- May 16 - June 5<sup>th</sup>: \$30 (shirt not guaranteed)
- **THERE IS NO IN-PERSON REGISTRATION AT THE EVENT**



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 Sunday, June 7<sup>th</sup> at LEGOLAND NY Resort starting at 7:00 am.



## PROGRAM PARTICIPANTS & COACHES

Coaches and Program Participants are already registered for the GOTR 5K North 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 and are welcome to attend 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 are NOT permitted inside the park and must stay at the start/finish line area in Parking Lot A.



## EVENT TIMELINE

### **Coaches Arrive: 6:30 am**

*One coach from each team should stop by the Coach Appreciation tent to exchange the black coach bag for their team's 5K Fun Bag!*

### **GOTR Village Opens: 7:00 am**

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

### **Find Team in School Village: 7- 7:45 am**

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

### **5K Starts: 8:00 am**

*5K participants will be released in three waves based on race bib colors*

### **Post-Race Activities: 8:30 - 10:00 am**

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

### **Park Opens: 10:00 am**

*Park opens for families who wish to stay. Discounted tickets are available*

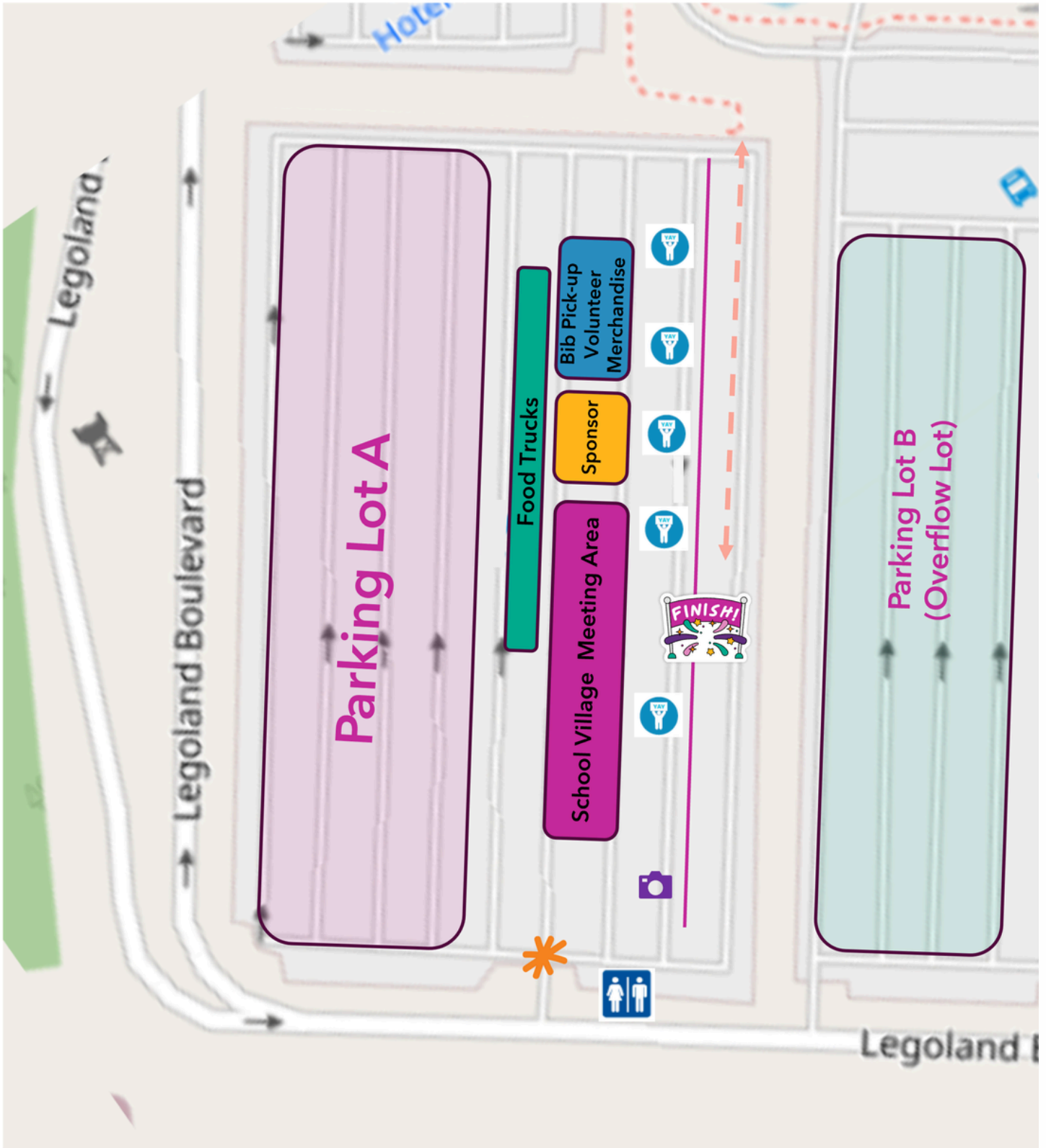
## **NEVER BEEN TO A GIRLS ON THE RUN 5K?**

### **HERE'S WHAT TO EXPECT:**

Our 5K is a fun, high-energy, celebratory, untimed 3.1-mile run/walk event for our spring-season participants. We encourage all participants to go at their own pace!

- It's an early morning with over 2,000 runners/walkers.
- Please plan to arrive early to allow time to park and locate your team
- Program participants are required to have a Running Buddy at the 5K
- Girls are asked to have only one Running Buddy to keep the course safe and fun
- Community runner registration is full. Families can still attend as volunteers or spectators. We just reached capacity on community runner registrations.
- All runners MUST attach their race bib to the front of their shirt
- No one will be allowed to enter the park without a race bib or volunteer shirt

# GOTR VILLAGE MAP



Cheer Zone



Start & Finish Line



Restrooms



Photo Booths



Parking Lot Entrance



Course

## COURSE

- The 5K course will start and finish in Parking Lot A (the upper lot).
- Participants will exit Parking Lot A, proceeding down the walkway and into the park's main entrance.
- Participants will complete **TWO loops inside the park** before returning to the finish line in Parking Lot A.
- A water station will be available before runners begin the second loop.
- Girls and runners are advised to pace themselves and walk up any hills as needed. This is a very fun course with lots to see along the way.



## FREQUENTLY ASKED QUESTIONS & EVENT POLICIES

### ★ **WHEN SHOULD WE ARRIVE?**

Plan to arrive early! Bib-Pick-up, Merchandise, and more open at 7:00 AM. The 5K begins at 8:00 AM. Plan extra time for traffic and parking. Over 2,000 participants will be there on race day!

### ★ **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 and bib.

### ★ **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. All runners must attach their bib to the front of their shirt. 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?**

Food trucks will be available to purchase drinks and food. 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 LEGOLAND NY Resort. The only exception to this rule is service animals.

### ★ **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?**

Medical personnel 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. It takes over 100 volunteers to keep this event fun and safe. Volunteer shifts are from 6:30-9:30 AM. **Sign-up by May 29<sup>th</sup>:**

★ [www.girlsontherunhv.org/5K-North](http://www.girlsontherunhv.org/5K-North)

### **DO I HAVE TO PAY TO PARK AT LEGOLAND?**

All participants who exit the parking lot by 11 AM will not have to pay for parking. Families who choose to stay at the park for the day will be required to pay for parking.



# LEGOLAND PROMOTIONAL TICKETS

## 1-DAY LEGOLAND NEW YORK EXCLUSIVE PROMOTIONAL PRICE TICKETS!

LEGOLAND New York is offering ALL GOTR 5K participants (runners, spectators, & volunteers) exclusive promotional price general admission tickets for Sunday, June 7<sup>th</sup> only.

### General Admission (Ages 2+)

Gate Price: \$94.00

Exclusive Online Promotional Price: **\$25.00**

### Important Information:

- This is a single-use, dated ticket for one-day admission to LEGOLAND New York.
- Ticket must be used on June 7th only.
- Parking is not included
- Ticket required for all Guests ages 2+ years.
- Upon completing purchase, a digital ticket with a scannable barcode will be issued
- Cannot be combined with other offers

**Purchase Tickets Here:** <https://www.legoland.com/new-york/?promocode=GOTYR>



THANK YOU SPRING SEASON PONSORS

