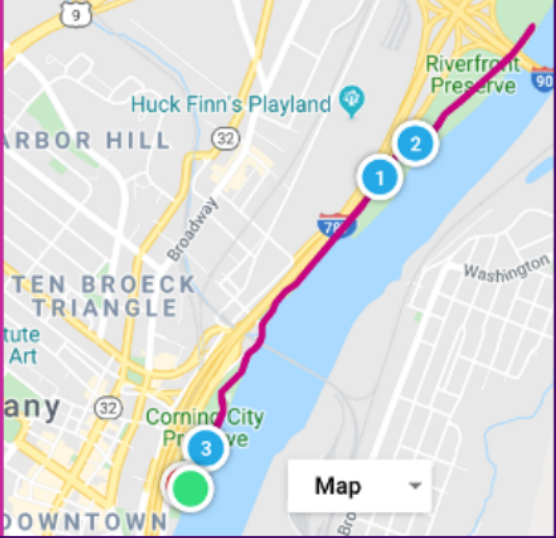




GOTR CAPITAL REGION FALL 5K - EVENT GUIDE

THANK YOU for joining us in finishing our season strong on Saturday, November 19, 2022! Please read the details in this Event Guide carefully. We look forward to seeing you line up with our GOTR girls soon!

Jennings Landing - Albany, NY

Course Description:

The course follows an out and back path along the river beginning and ending at the park. The course is flat, paved and free of traffic. Baby strollers and wheelchairs are welcome. No bikes, roller blades or pets please.

GET MORE INFO AT WWW.GOTRCR.ORG/5K



PACKET PICK UP:

Coach and program participant t-shirts and bibs are not available for advance pick up. Coaches will receive all girl and running buddy materials on race morning when they hand in their program materials.

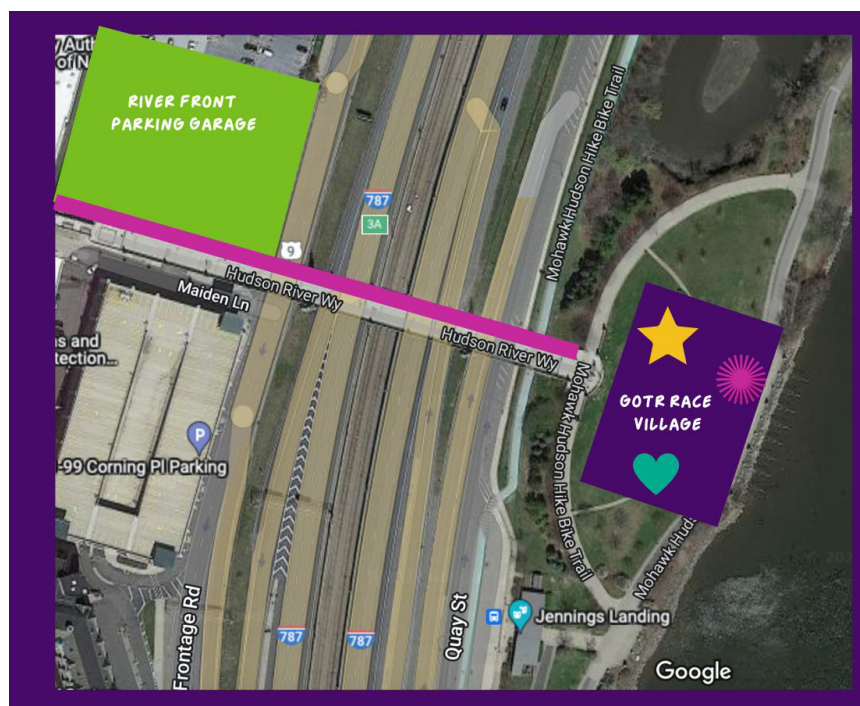
Please hand out bibs to girls as they check-in at the 5K, not beforehand.

MERCHANDISE is available for purchase including 5K spirit wear, cold weather gear, and GOTR apparel. Our full merchandise selection is available at the 5K beginning at 8am.

PARKING:

Parking is located in the surface lots, garages, and metered spots throughout downtown and is also available at the Riverfront Parking Garage for \$5. Please note any parking restrictions and street closures when planning your route. For more information on parking options, visit www.parkalbany.com. Please follow our GOTR signs and volunteers to the Jennings Landing starting area.

UPON ARRIVAL:



The race site can be accessed from the Hudson River Walkway in downtown Albany or via Quay Street.

Program participants should go immediately to their team's sign and check-in with their coach. Girls will receive their 5K bib and materials at this time. Coaches will also have any running buddy race bibs and packets.

After checking in, make sure to participate in all of the fun girl activity stations we have set up for race day! A race warm up for all participants will take place at 9:30. This will be led by our friends at Orange Theory Fitness. It's a great way to get warmed up and to get

excited about hitting the pavement for the 5k.

GOTR GIRLS AND COACHES must wear their #1 & name bibs and public participants are required to wear their sequential number bib. Dress according to the weather as we are a rain or shine event. Inclement weather will be monitored closely and delays will be implemented as necessary as safety is our top priority. In the unfortunate event of cancellation, we will be unable to have a weather makeup date due to the many other previously scheduled events in the downtown area.

RUNNING BUDDIES are selected by each GOTR participant to participate in the entire 5K celebration with her. From time of arrival until event completion, all running buddies must stay with their GOTR

participant AT ALL TIMES. For safety purposes, buddies must be able to keep up with their girl and be by her side for the entire 5K.

FIRST AID & LOST PERSONS Our Command Center is located in the race village. The primary meeting location for all girls and teams will be at their assigned Team Sign. An ambulance will be stationed on site. In the event of any true emergency before or during the 5K, please call 911 so the closest emergency personnel can respond.

PET POLICY requires ALL animals (except approved service animals) MUST be left at home to ensure the safety of all attendees both on and off the course.

EVENT TIMELINE:

8:00am Welcome!

- 5k Runner Packet Pick Up Opens
- Activities open

8-8:30am Program participants arrive

- Please check in with your team at your team's sign before moving to activities
- All girls should plan to arrive by 8:30am

9:15 am Celebration activities close

9:30 am Warm up, stretching, and National Anthem

9:45am Participants travel to their wave start line ONLY WHEN CALLED

Waves will be called in the following order...

- Wave 1: Run the entire 5K course
- Wave 2: Run / Walk
- Wave 3: Mostly Walk
- Wave 4: Strollers

10:00am *** 5K Start ***

11:30am Last 5K Participant Finishes, revisit Fun Zone, Photo Backdrop and Merchandise

TIPS FOR A GREAT 5K EXPERIENCE!

- Prepare your clothes and shoes the night before. Dress in layers. Prepare to be cold before the start and warmer while running.
- Review all maps and instructions ahead of 5K morning.
- Allow plenty of time to arrive early, park, and walk to the venue.
- Pay close attention to announcements over the PA system that morning.
- Use the Restrooms Portalets EARLY to avoid the last-minute lines right before the start.
- Be respectful of the environment by not littering. We will have recycling available for plastic bottles and you can donate your safety pins after the 5K to volunteers or drop them by the Program table.
- Line up in your correct Start Wave and allow faster runners to line up ahead of you within your Wave.
- If you need to walk, move to the right BEFORE stopping to avoid causing a traffic jam.
- Double knot your shoes BEFORE the start. If you need to tie your shoe on course, move to the side and onto a sidewalk to re-tie to avoid being run into from behind.
- As much as possible, let faster runners pass you without blocking their effort.
- Run or walk no more than two abreast so that other runners can pass. Even if you are running with friends, be careful to not be a course hog by running more than 2 wide.
- Be respectful and considerate towards all participants, volunteers, and race officials, as everyone's collective goal is to have a great 5K experience!
- Fill out the feedback survey sent via email after the 5K to share your thoughts & suggestions!

THANK YOU TO OUR SPONSORS!

We appreciate your support and dedication to helping every girl know her limitless potential! You've got real Star Power, and it shows.

PRESENTING SPONSOR:



SUPPORTING SPONSORS:

