

# 2026 Celebrate Your Start



## DATE AND TIME



May 17, 2026

8:30 AM - Event Opens

5K begins at 10:00 AM

## LOCATION



Shaker HS Campus

445 Watervliet Shaker Road

Latham, NY 12110

## WHEN YOU ARRIVE



**COACHES:** Head to Coach Check-In to pick up your team's supplies- starting at 8:30 AM

**FAMILIES/GOTR TEAM MEMBERS:** Head directly to your Team Meet Up Area to check in with coaches & get your bib. Then, explore the fun pre-event activities until the group warm-up begins

**SPECTATORS:** Listen for warmups and announcements. Once the 5k begins please stay clear of the running path.

**5k BUDDIES:** If you don't have your 5k bib yet, got to the Day of Registration Tent to retrieve your bib and/or register.

## WHAT TO WEAR AND BRING



- GOTR and H&S participants and coaches should wear their program shirt, athletic clothing, sneakers and race bib.
- 5k Buddies should wear their race bib, athletic clothing and sneakers.
- Dress for the weather - consider wearing layers. We are a Rain or Shine event.
- Lace up your comfortable athletic shoes.
- Wear a smile and remember to bring your positive energy!

Questions? Please email [info@gotrcr.org](mailto:info@gotrcr.org)

# 2026 Celebrate Your Start



## IMPORTANT INFO

- **Program Participants and Coaches** are already registered for the 5k.
- **Event** is open to the public, not timed and non-competitive.
- **Run, hop, roll, walk, push or skip** - participants of ALL abilities welcome.
- **Spectators** welcome and invited to bring their positive posters, cheer gear and joyful spirit! No registration needed for spectators.

## PACKET PICKUP

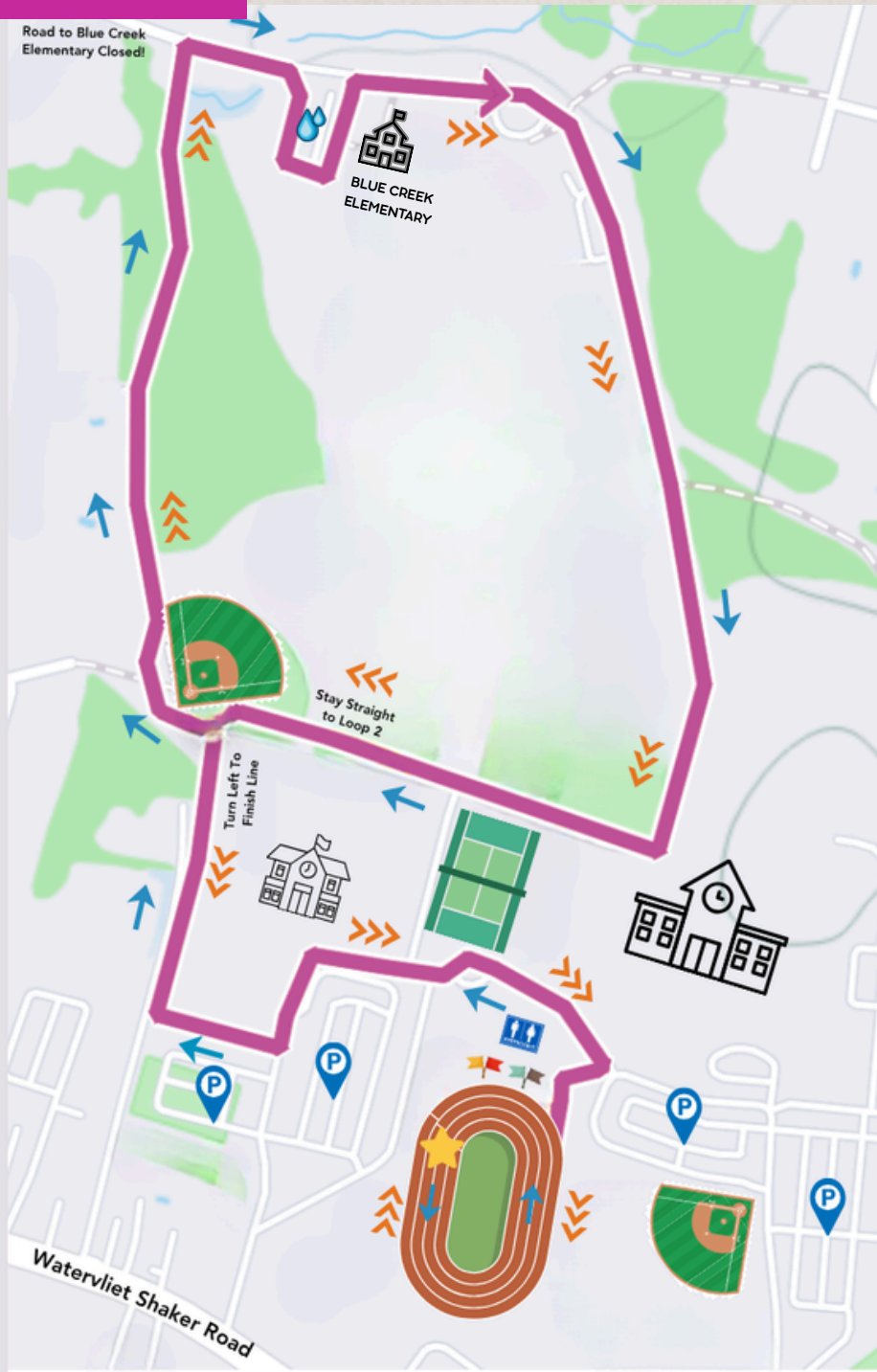
- **5K Buddy packets** will be available for pickup on 5/14/26 from 4-7 at Fleet Feet in Albany. Their address is 155 Wolf Road, Albany, NY 12205.
- **\*\* Please note that packets for girls and coaches will NOT be available at packet pickup — they will be distributed on race day. \*\***
- A **GOTR shop** will be available at packet pick up - come and get a first look at race day merchandise!
- All packets not picked up in advance will be available from 8:30-9:30 AM at the Race Day Registration Tent. 5k giveaways are available first come, first served while supplies last.

## PARKING

Please park in the lots in front of Shaker Middle School or Shaker High School. Do not park at Blue Creek Elementary School. The road in front of Blue Creek will be closed for the duration of the event as it is part of the course. For Accessible Parking closest to the venue, please park in front of the Middle School.

*Questions? Please email [info@gotrcr.org](mailto:info@gotrcr.org)*










# COURSE MAP



presented by:  HIGHMARK

## Shaker High School Campus

### Map Legend

-  Start & Finish Line
-  Restrooms
-  Water Stop
-  Loop 1
-  Loop 2
-  Shaker High School
-  Shaker Middle School
-  Parking
-  Team Zones

8:30 AM Event Activities  
Open  
10:00 AM 5k Starts

## 5K COURSE OVERVIEW

The 5K begins and ends on the track at Shaker High School and includes a combination of track running and a scenic campus loop. Here's how the course works:

### Start on the track:

All participants will begin on the track and complete one lap.

### Exit to the course:

After your first lap, you'll exit the track and head out onto the campus course.

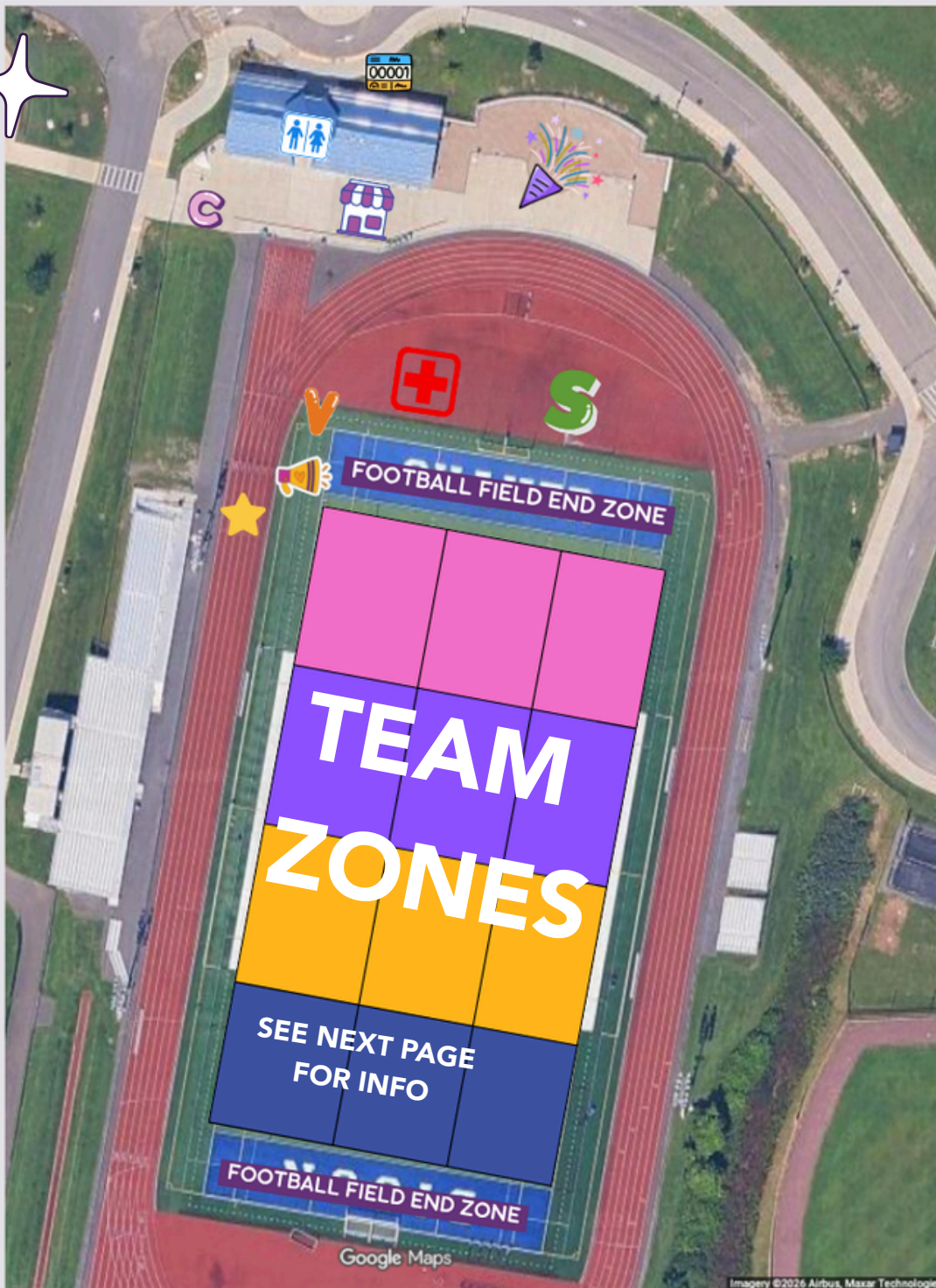
### Complete the main loop (twice):

You'll follow the marked route around campus, including the loop down around Blue Creek Elementary. After returning to the high school area, you will continue back out and complete this outer loop a second time.

### Return to the track to finish:

After completing the second loop, you'll turn left back toward the track, re-enter, and finish with one final lap on the track.

# RACE VILLAGE MAP



presented by:



HIGHMARK.

## Race Village

### Map Legend

- Coaches Check In
- GOTR Merchandise Shop
- Day of Registration/Packet Pick Up
- EmUrgent Care / First Aid
- Restrooms
- Spirit Station Activities
- Sponsor Activities
- Start & Finish Line
- Volunteer Check In
- GOTR Command Station

## 5K DAY SCHEDULE

**8:30 am**

Participants, Coaches/GOTR team members and spectators arrive. Pre-event activities begin (Reminder: GOTR families must check in with their coaches first upon arrival)

**9:45 - 10:00 am**

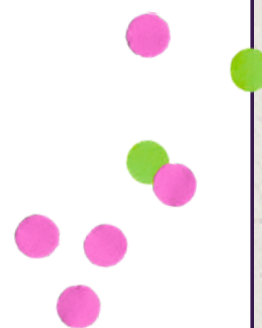
Group warm-up & announcements

**10:00 am**

The 5k Begins

**11:30 am**

Event concludes





# TEAM MEETING LOCATIONS



## FOOTBALL FIELD END ZONE

|   |   |  |
|---|---|--|
| Abram Lansing<br>Albany Academy<br>Blue Creek                                     | Forts Ferry Elementary<br>Girls Inc. Albany<br>Westmere               | Bethlehem Middle                             |
| Poestenkill Elementary<br>Rensselaer Park Elementary<br>West Sand Lake Elementary | Historic Salem<br>Courthouse<br>Hudson Falls Intermediate             | KIPP Troy Prep Middle<br>Hudson Falls Middle |
| Ballard Elementary<br>Glencliff Elementary<br>Lake Avenue Elementary              | Mechanicville GOTR<br>Southern Saratoga YMCA<br>Tanglewood Elementary |  |
| Hamilton Elementary<br>Howe Elementary<br>Keane Elementary<br>Yates Elementary    | Paige Elementary<br>Van Corlaer Elementary<br>Woodlawn Elementary     | Scotia Glenville Middle                      |



## FOOTBALL FIELD END ZONE

**FIND YOUR TEAM'S MEETING LOCATION ON THE GRID.**

**THE COLOR INDICATES WHICH WAVE YOU'RE IN. PLEASE LISTEN FOR THAT WAVE TO BE CALLED, THEN PROCEED TO THE STARTING LINE.**

**WAVE ORDER- PINK, PURPLE, YELLOW AND THEN BLUE**

**SIGNS WILL BE PLACED FOR EASE IN FINDING YOUR MEETING LOCATION.  
MULTIPLE TEAMS WILL SHARE THE SAME MEETING LOCATION.**



# FREQUENTLY ASKED QUESTIONS & EVENT POLICIES

## What is a race bib?

A race bib is the tag that identifies each participant in a race. Please make sure they are secured to the front of your shirt using safety pins, which we provide.

## What is a wave?

A wave is a group of runners. We separate the large group of 5k participants into small groups to allow everyone to spread out at the start of the 5k.

## Will there be food & drinks?

Yes! For those participating in the 5k, there will be a water stop that you will pass twice. Water & snacks for participants will be provided at the finish line. As always, guests are welcome to bring their own food and drinks. Please dispose of all trash in the appropriate containers.

## I bought a 5K t-shirt. Where do I pick it up?

Pre-purchased 5K t-shirts will be included in your packet. Pick yours up at packet pickup or at the Race Day Registration Tent the morning of the event. (Please note that lines may be longer on race day, so we encourage picking up your packet at packet pickup!)

## Will there be other merchandise for sale?

Yes! GOTR has a whole merchandise shop on race day. Cash, credit cards, and contactless payments will be accepted.. All proceeds from the sale of merchandise benefit Girls on the Run Capital Region.

## Can I bring my pet?

No! While we love pets, they are not allowed at our venue or on the 5k course. 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 lightening), we will delay the start time. We recommend arriving as planned unless a cancellation is posted on our social media channels or a text is sent.

## Will there be a photographer?

Yes! We'll have a photographer on site to take pictures, but we encourage guests to take lots of photos and tag us on social media. @gotrcr

# SAFETY REMINDERS

## Weather emergencies

If hazardous weather conditions arise (such as lightning), the start may be delayed. Participants should return to their vehicles for shelter and await further instructions. Announcements will be made regarding updated timing. There is no rain date if the event is cancelled due to hazardous conditions.

## First Aid

The First Aid Tent will be located near the finish line area.



## Separated Family Members

Before the start of the 5K, determine a meeting location with your child where you will meet after completing the 5K course. You may use any landmark around the venue! If you are at the meeting spot and you do not see your child by the time you'd expect, find a volunteer wearing a pink vest. Program participants race bibs will have their emergency contact listed on the back and volunteers are instructed to call that number if a child is in need of assistance.

## Course Safety

Follow all directions given by volunteers along the route in safety vests. Volunteers are placed strategically along the course to ensure the safety and well-being of all 5k participants.

## Emergency Announcements

In the case of an emergency, announcements will be made from the command center at the finish line. Please follow the instructions provided in these announcements, as well as the directions of event personnel (volunteers & staff).

## Questions or Concerns?

If you see something, say something. For any questions or concerns during our event, please talk to a member of our staff or volunteers (pink and yellow safety vests).



2026  
Celebrate  
Your  
Start



THANK YOU TO OUR

LOCAL  
5K SPONSORS

Presenting Sponsor



Courageous Coach Sponsor



Adopt-A-Team Sponsor



Coach CPR & First Aid Sponsor



Strider Sponsors



Warm Up Sponsors



Stretch Sponsors



THANK YOU TO OUR

NATIONAL 5K PARTNERS!



Gamma Phi Beta





THANK YOU TO OUR

5K

COMMITTEE

RACHEL FAZIOLI

JESS KLOS-SHAPIRO

SUE JORDAN

HANNAH AKOTS

BOB BARBATO

THANK YOU TO OUR BOARD OF DIRECTORS

ABBY NERO

AIMEE VAUGHAN

JESS GUIDO

AMBER SCHILLER

LAUREN MAXWELL

KADAN SAMPLE

MCKENZIE COLWELL

KAY BODHANKAR

KIMMY VENTER

ANGELIQUE POWELL

KALYN WEBER

HANNAH AKOTS

BOB BARBATO

MELISSA RUSSOM

2026  
Celebrate  
Your  
Start



THANK YOU TO OUR

# VOLUNTEER COACHES

NATALIE PARTYKA  
BRIDGET QUINLAN  
CAITLIN KELLY  
KAYLA GERMAIN  
RACHEL CLEARY  
ROBIN COONEY  
JEN POOLE  
KAELAN GLASS  
GABRIELLE LAMOUREE  
ALLIE DENSMORE  
MARTYNA BROOKS  
LISA HOERZ  
MICHELLE GORMAN  
KRISTEN KUHN  
IRAM NELSON  
DOROTHY SURPRISE  
KELLEY LEMYRE  
LIZ ISABELLE  
MEGHAN PISER  
STELLA CALLAHAN  
ERIN ABRIEL  
JORDYN BEACH  
PAMELA O'CONNOR  
ANNABEL GREGG  
BOB BARBATO  
JEANNINE TRIMBOLI  
NIKKIE PHILPOT  
JENNIFER GALAVOTTI  
LAURA ZALUCKY  
ASHLEY CHAMPITTO  
ANN MARIE PARISI  
PRESLEY BARNES

HEATHER COUPAL  
TONI BALLARD  
CLAIRE ANGIER  
MEG PARILLO  
BETH TRELA  
GRACE PASTER  
MADDISON THOMAS  
BRITTANY FADER  
MADISON PASTORIZA  
OLIVIA STANZL  
STACY RICHE  
ERIN CARR  
TARA CALIGURE  
JENNIFER DIXON  
JULIA CUTLER  
KAITLIN DEIGAN  
HILLARY BECK  
KRISTI PURDY  
JOHANNA REESE  
JENNY LEMERY  
CAITLIN CANAVAN  
KARA COE  
EMMA GALUS  
AMEERA CRELLIN  
MICHELLE STEINBEISER  
RACHEL DREW  
LAUREN CHURCH  
MADISON SCHERMERHORN  
VICTORIA GIAQUINTO  
KAITLIN SOELLNER  
BRITTANY WATSON  
FRAN MARSHALL-VARGAS  
JESSICA WOODYARD

ANDREA RIEDMAN  
TA'MICIA BUTLER  
EMILY HEALD  
HAYLEY HICKS-MURRAY  
ABIGAIL CARNEVALE  
ALYVIA CARTIER  
AYLA CHAVEZ  
ELLA WAGNER  
MAGGIE QUILLINAN  
D'NAJA TROTTER  
TIFFANY HARRIS  
JULIA GRECO  
AUBREY CLEMENTS  
ALICIA SENTER  
SHANNON DICKINSON  
JAMIE SMITH  
LESELLE BELLAMY  
LYNN SIEBERT  
KENNEDY NORDBY  
SOFIA DECOLA  
KATIE KENCSPAN  
MCKENZIE COMITO  
JEAN LOEWENSTEIN  
CHRISTINE NICKERSON  
MARY DALABA  
LAURA HENZEL  
SARAH HAY  
SARA O'GRADY  
CAMMIE JO BOLIN  
ISABELLE CAVAZOS  
CAILIN CANOSA  
KATIE HUNTER  
KIERSTEN GREGWARE