

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

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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

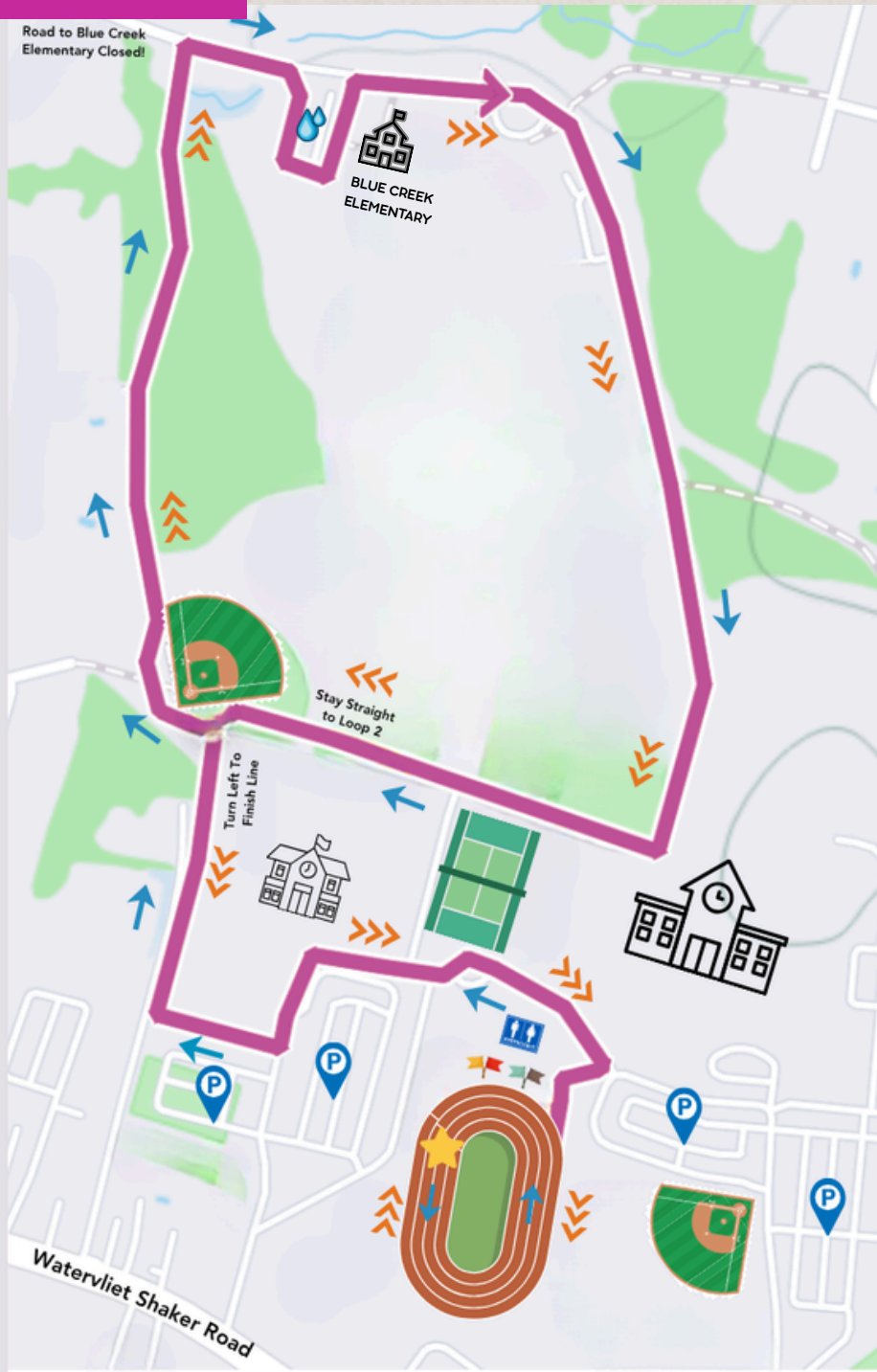
- **5K Buddy packets** will be available for pickup on 5/7/26 from 4-7 at Fleet Feet in Albany. Their address is 155 Wolf Road, Albany, NY 12205.
- **** Please note that packets for girls and coaches will NOT be available at packet pickup — they will be distributed on race day. ****
- A **GOTR shop** 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










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.

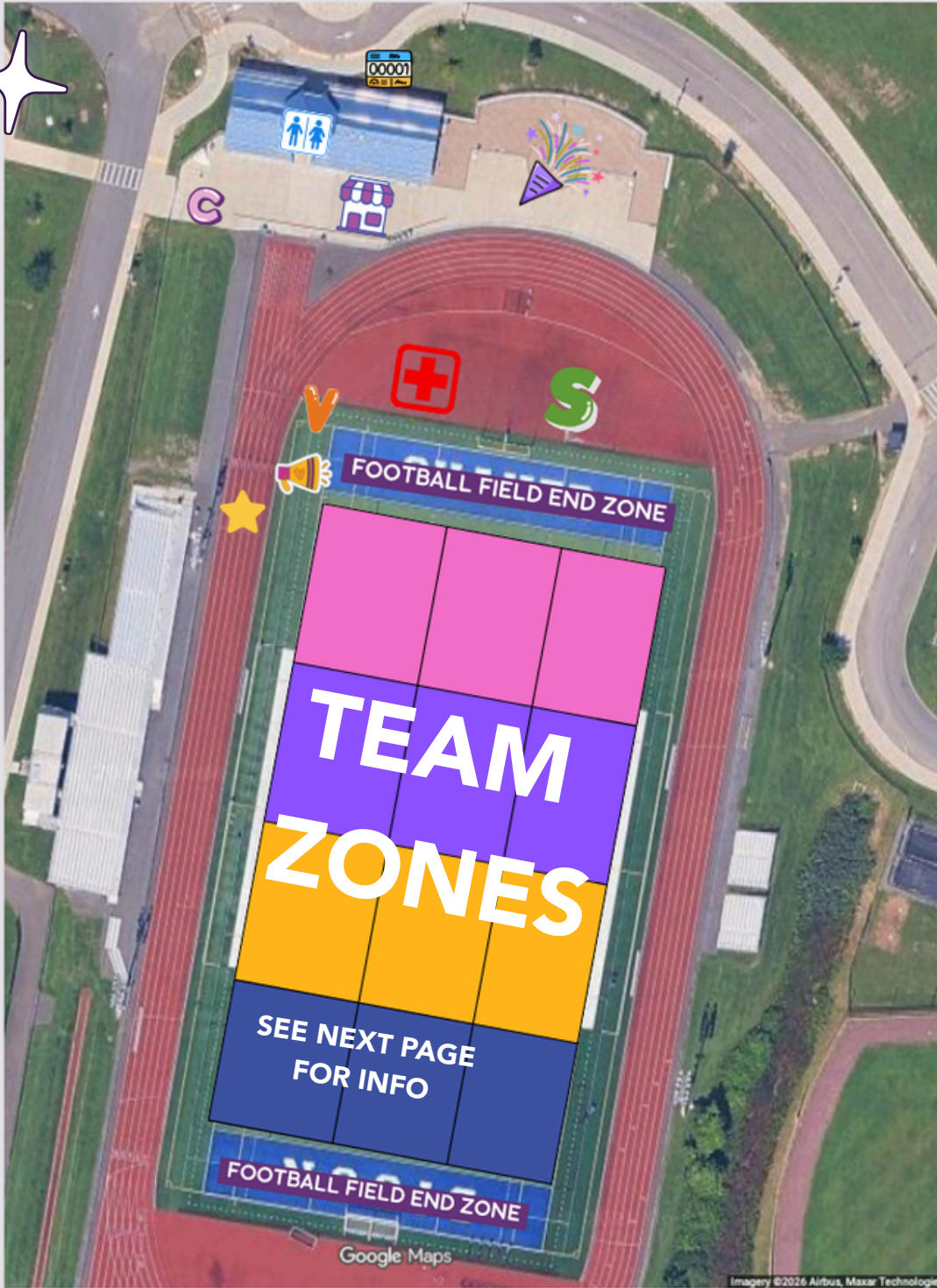
Complete the main loop (twice):

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

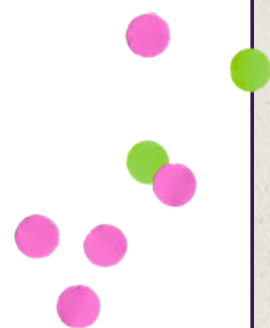
Group warm-up & announcements

10:00 am

The 5k Begins

11:30 am

Event concludes





TEAM MEETING LOCATIONS



FOOTBALL FIELD END ZONE

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





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!





THANK YOU TO OUR

5K

COMMITTEE

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JESS KLOS-SHAPIRO

SUE JORDAN

HANNAH AKOTS

BOB BARBATO

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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
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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
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