

GOTR Capital Region Spring 5k: Event Guide

THANK YOU for joining us in finishing our season strong on Saturday, June 7, 2025! Please read the details in this Event Guide carefully. We look forward to seeing you line up with our GOTR girls soon!



Here are the details for this season's 5K event:

- **Date:** June 7, 2025
- **Location:** Central Park 500 Iroquois Way, Schenectady, NY
- **Event Opens:** 8:30 AM
- **Coaches & Participants Arrive:** 8:30 AM
- **Group Warm-up:** 9:15 AM
- **5K Start Time:** 9:30 AM

How to Register:

5K Buddies can register to run, walk, skip, hop or roll the 5K by registering here: www.gotrcr.org/5k

Important Reminder: Program participants do not need to be registered for the 5K - the 5K is already included in their program registration. **5K registration is only for Running Buddies and Community Runners.**

Online registration closes online June 2, 2025. The deadline for receiving a commemorative t-shirt has already passed. Here's the 5K Buddy fee timeline:

- **5/8/25-6/2/25 - Standard 5k Registration:** \$30
- **6/7/25 Day-Of Race Registration:** \$40

Can family and friends come to the 5K to cheer, or do they have to register for the 5K to attend?

Spectators are invited to bring their positive posters, cheer gear, and joyful spirit! Anyone who would like to support, encourage, and cheer on the runners is welcome to attend – no registration is needed for spectators.

How do I pick up my 5K packet?

Running Buddy Packets will be available for pickup on 6/5 from 3-6 at Fleet Feet in Albany, NY. Their address is 155 Wolf Road, Albany, NY 12205. You may also pick up your packets the morning of our 5k from 8:30-9:15 AM. Coaches will not have your packets! We strongly encourage you to pick up your packets on Thursday to avoid the lines on race morning.

5K packets for Girls on the Run and Heart & Sole participants will be distributed by their Coaches.

What do I wear on 5K day?

GOTR and Heart & Sole participants should wear their program t-shirts, race bib, athletic clothing, and running shoes. 5K Buddies should wear their 5K shirt, race bib, athletic clothing, and race shoes. *For safety, all participants on the 5k course must wear a race bib.* Dress for the weather! The 5K will be held rain or shine. If it's cold, wear layers. If it's raining, bring a raincoat or poncho that you can run in. If it's warm, wear breathable clothing.

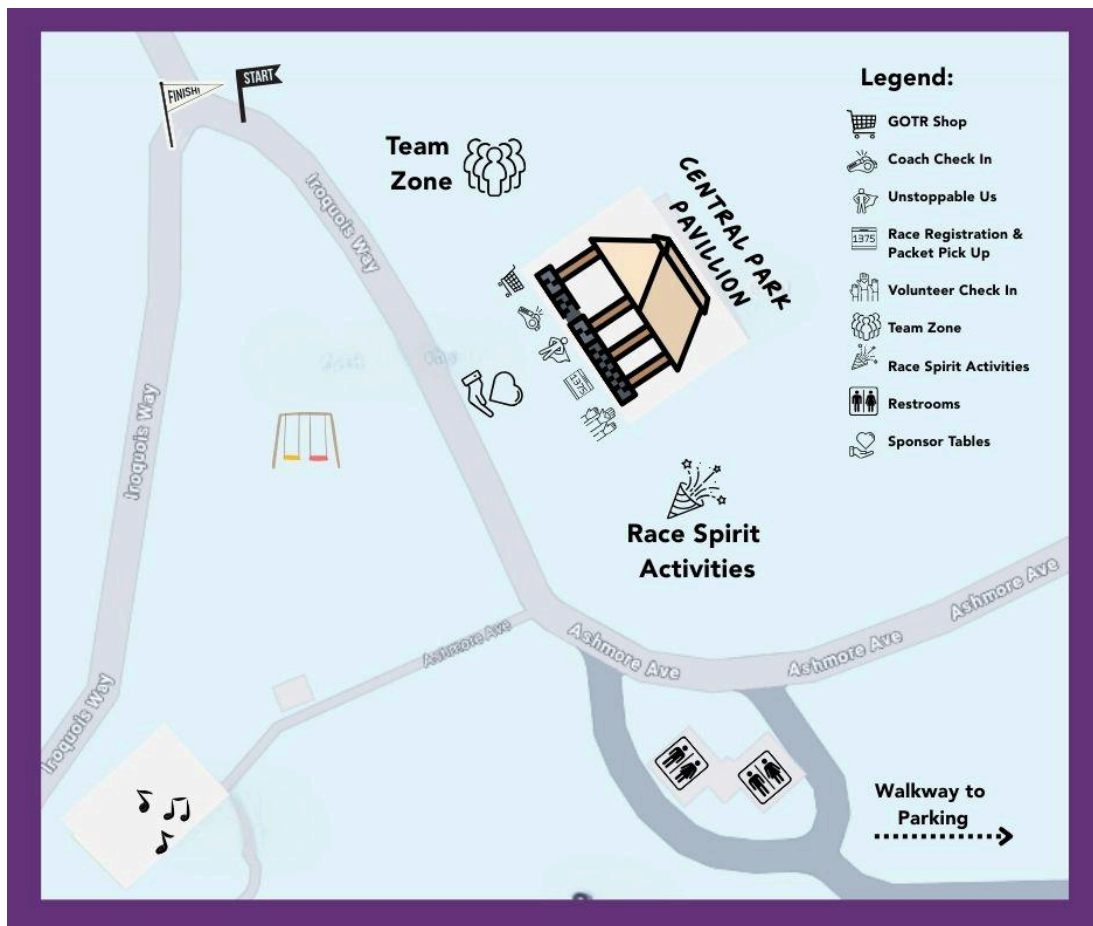
Is Parking Available?

There is parking available in various lots at Central Park. Please note that roads along the 5K course will start to close by 9:15 AM, so all cars and buses must arrive before 9:00 AM to park in the designated venue parking. Additionally, cars will not be permitted to leave the parking lot due to 5K road closures until 11:00 AM.

What's in the Race Village?

Race Village for the GOTR 5k is located in and around the Thomas E. Isabella Pavilion at Central Park. Here you'll be able to find Day of 5K Registration, Running Buddy Packet Pick-Up, Unstoppable Us drop off, the GOTR merchandise shop with fun new GOTR gear, our Coach Check In, and Volunteer Check In stations. Kona Ice & Stinky's Coffee will be on site selling their products to families as well.

Several Girls on the Run sponsors are attending the event with giveaways and fun activities! Please visit their booths outside of the pavilion.



How do we meet our team before the 5K start?

All GOTR and Heart & Sole teams will be able to warm up and start the 5K together! We have designated spots where you'll be able to find your team. Team areas will be labeled with signs. Please contact your team's coach if you have any questions about team meeting spot details.

What is the 5K course? Here's the course map for this upcoming 5K!



What should I do if my daughter and I get separated during the 5K?

Before the start of the 5K, determine a meeting location with your child where you will meet after completing the 5K course. 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.

What happens if there is bad weather?

The 5K will be held rain or shine! However, event management reserves the right to cancel or modify the event due to dangerous or unfavorable conditions. Registration fees are not refundable in the event of cancellation.

In the event of needing to cancel the 5K for participant safety, notification will be sent to all participants and registered 5K Buddies via email and text message (if you opted into receiving text message updates from our council).

Questions?

If you have any questions about the 5K, please contact Girls on the Run Capital Region at info@gotrcr.org or (518) 635-0828.

Thank you to our 5K Event Sponsors!

Our local sponsors and National Partners make crossing the finish line possible.

Our Local Supporters:



National Partners



We can't wait to see you on 5K Day!