2026 Celebrate Your Start

Girls on the run 5K

DATE AND TIME

Saturday, November 14
8:30 AM - Event Opens
5K begins at 10:00 AM

LOCATION

Jennings Landing
1 Quay Street
Albany, NY 12205

WHEN YOU ARRIVE

COACHES: Head to Coach Check-In to pick up your team's supplies.
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: Join us in the amphitheater area for warmups and announcements, and be sure to visit our sponsor stations! Once the 5K begins, help us keep the course safe by staying clear of the running path. Get ready to cheer on our girls!
5k BUDDIES: If you haven't picked up your 5K bib yet, stop by the Day-of Registration Tent to grab it. Still need to register? You can do that there, too! Once you're checked in, join your GOTR girl and team for the pre-race festivities.

WHAT TO WEAR AND BRING

- GOTR & Heart & Sole Girls and Coaches: Wear your program shirt, race bib, comfortable athletic clothing, and sneakers.
- 5K Buddies: Wear your race bib, comfortable athletic clothing, and sneakers.
- Dress for the weather! Fall mornings can be chilly, so consider layers, hats, and gloves. Spectators may want to bring a blanket to stay cozy while cheering!
- Bring your GOTR spirit! Pack your biggest smile, positive energy, and plenty of cheers as we celebrate our girls crossing the finish line!

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, un-timed and non-competitive.**
- **Move Your Way! Run, walk, roll, hop, push, or skip your way to the finish line. Participants of all abilities are welcome!**
- **Spectators Come cheer on our girls! Bring your signs, cheer gear, and GOTR spirit. No registration is needed to spectate.**

PACKET PICKUP

- **5K Buddy packets ONLY** will be available for pickup on 11/12/26 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 by your coach. **
- 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

$6 flat fee parking will be available at ParkAlbany's Riverfront Garage, located at 2 Columbia St. in Downtown Albany, directly next to the pedestrian bridge leading to/from Jennings Landing. Handicap parking and EV charging spaces are available at this location. Please note that all ParkAlbany garages are cashless parking locations. For additional parking information, visit: www.parkalbany.com. Limited on-street parking is also available.



EVENT SCHEDULE & COURSE MAP

5K DAY SCHEDULE

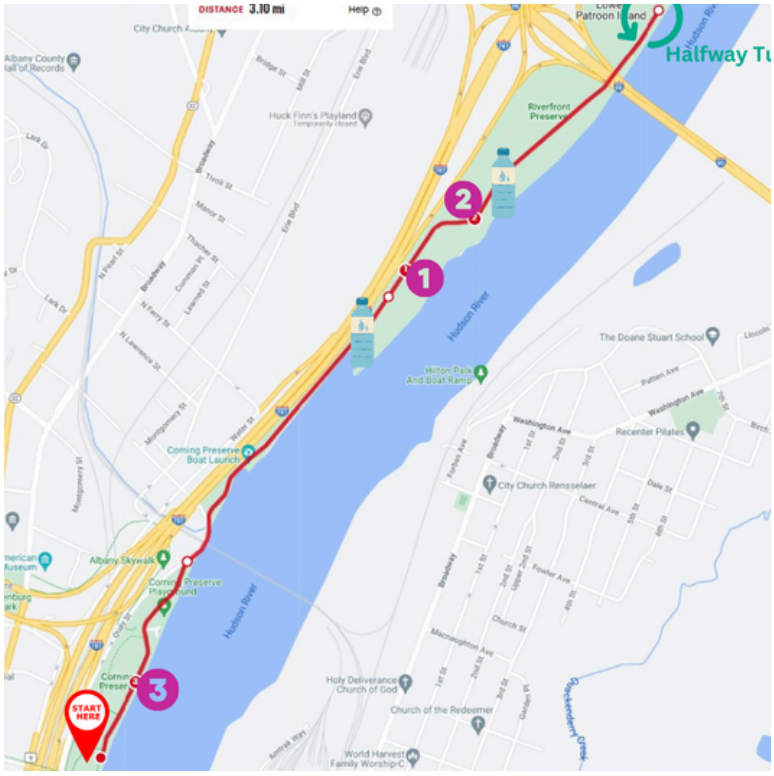
8:30 a.m.
Participants, Coaches/GOTR team members, and spectators arrive, and pre-event activities begin (Reminder: GOTR families must check in with coaches first upon arrival.)

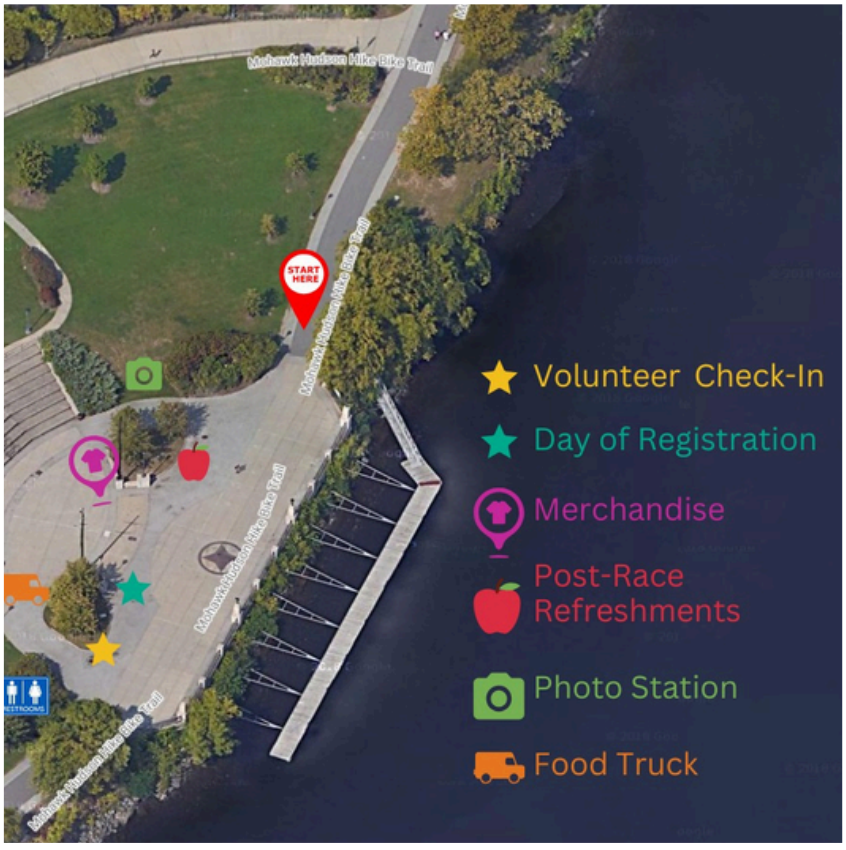
9:45 – 10:00 a.m.
Group warm-up & announcements

10:00 a.m.
The 5K begins

11:30 a.m.
The 5K concludes

ARRIVE EARLY TO ACCOUNT FOR PARKING





5K BUDDY REGISTRATION

Sept 1 - Nov 7
Standard 5k Registration $25*

Day of Race Registration - Nov 14
Standard 5k Registration $35

*Online registration will close on November 7.

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! There will be a Food Truck (Meet me at the Kitchen) on site selling a limited selection. For those in the 5k, there will be a water stop near mile 1. Water & snacks 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 commemorative 5K t-shirts for 5K Buddies and other registrants will be included in their race packets. Packets can be picked up at **Fleet Feet during advance packet pickup** or at the **Race Day Registration Tent from 8:30–9:30 AM** on race day.

GOTR & Heart & Sole Participants: Coaches will distribute program shirts to their girls. If you purchased an additional commemorative 5K t-shirt for your girl, her coaches will receive it on race morning and distribute it to you.

We strongly encourage advance packet pickup! Expect long lines on race morning, so picking up ahead of time will help you avoid the wait and enjoy the festivities!

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. @gotrcapitalregion

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THANK YOU TO OUR LOCAL 5K SPONSORS

Presenting Sponsor

HIGHMARK

Courageous Coach Sponsor

THE mailworks Direct Mail Experts

Coach CPR & First Aid Sponsor

ALBANY MED Health System URGENT CARE

Strider Sponsors

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Dr. Todd Shatynski of the Bone & Joint Center

Warm Up Sponsors

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Fleet Feet Albany + Malta

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Albany Management

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Arrow Bank

BOTS

Brown & Brown

Burnt Hills Optical

Pioneer

RMES

THANK YOU TO OUR NATIONAL 5K PARTNERS!

GIRLS ON THE RUN NATIONAL 5K PARTNERS

Gamma Phi Beta True and Constant

band

Fleet Feet

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).

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THANK YOU TO OUR 5K COMMITTEE

HANNAH AKOTS
BOB BARBATO
SUE JORDAN
JESS KLOS-SHAPIRO
JEAN LOWENSTEIN
LAURA ZALUCKY

THANK YOU TO OUR BOARD OF DIRECTORS

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ANGELIQUE POWELL
KALYN WEBER
KADAN SAMPLE
KIMMY VENTER

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THANK YOU TO OUR VOLUNTEER COACHES

KARA PEDERSEN
EMILY SUCHEWSKI
LAURA MILKIEWICZ
KELLEY LEMYRE
DOROTHY SURPRISE
LIZ ISABELLE
SHANNON PERCEY
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KELSEY RYAN
MADISON SCHERMERHORN
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KARA COE
KRISTI PURDY
JOHANNA REESE
JENNY LEMERY
CHRISTINA BENOIT
CASSANDRA SHEDRICK
SARAH-MARIE ALAM EL DIN
HELEENA APARICIO
EGYPT BENJAMIN
NAHKI RICHARDSON
VICKI BENTLEY
ELKE FARINACCI
TAYLOR FEDOR
JENNIFER GALAVOTTI
DIANE ROSEBERGER
BRIANNA MCGLAUFLIN
D'NAJA TROTTER
NICOLE COONS
GRACE GARGAN
BOB BARBATO