Girls on the Run 5k Event

I am going to run at the Girls on the Run 5k event! There will be fun activities and I might spend time with other people. I might feel scared or overwhelmed. But I can ask my adults to help me have a great time!	
If it is raining outside on the day of the event, I may be running in the rain. I might get wet, but I will be safe.	

When I arrive at Jennings Landing, I will go to my team's meet up area and check in with my coaches. This is where I will pick up my bib, which is a numbered paper I attach on my shirt with safety pins.	
Now that my bib is on, I can explore activities until 9:45 am, when I join other runners. There will be places to purchase merchandise, a fun photo station, and a place for refreshments. Some of these will be open after the event, too. This is when I can also find the BOTSmobile, and say hello to my friends from BOTS who will be there if I need a moment to collect myself.	
Before I leave my adult to join the other runners, we will decide on a place to meet after I cross the finish line. I will double check that I have sneakers on, as well as my race bib.	

Around 9:45 am, a group warm up will begin. I will listen closely, and I can ask questions if I feel unsure or confused.	
Around 10 am, the race will begin. I know that the race is not timed, and is not competitive. The race will begin in waves, so I will not start running at the same time as everyone else. I will begin at the same time as a small group of other runners.	
There will be a place that I can stop for water about one mile into the race.	

While I run, I will see volunteers wearing yellow safety vests. They may give me directions as I pass by. I can ask them to repeat the directions if I am confused. I can also ask them for help if I need it.	
After I cross the finish line, I will meet my adult at our meeting place. If I cannot find my adult, or if I cannot remember the meeting place, I will ask a volunteer in a pink vest. They will help me with anything I need.	
I finished the race! There will be water and snacks at the finish line. After celebrating, it will be time to go home. I can stop by the BOTSmobile to say goodbye to the BOTS team. I did a great job running!	