



# GOTR 5K Schedule of Events

## Saturday, May 18, 2024

**6:00am**

Registration and Bib Pick-up opens

**6:15am-6:30am**

Coaches arrive at Team Tables

**6:30am-6:45am**

Girls on the Run and Heart & Sole participants arrive and check in with coaches at Team Tables

**6:45am-7:45am**

Team activities at the team tables:  
Happy Hair and tattoos with teammates

Fun activities in the GOTR Village:  
Inspiration Station, Picture Garden, Sponsor Bingo, Cheer Signs

**7:45am-8:10am**

Warm-Ups and Start by waves in the GOTR Village

**9:00-9:30am**

Fun Activities in the GOTR Village continue:  
DanceFest, Picture Garden, Inspiration Station, Sponsor Bingo

**9:30am**

Superstar Awards and Sponsor Bingo Raffle

**9:50am**

GOTR 5K wraps up

# GOTR 5K Wave Starts

Only program participants and coaches are assigned waves. Anyone running with a program participant (running buddies, family, friends, etc.) should WARM UP and START in THEIR girl's wave. Anyone NOT running with a program participant can WARM UP and START in any wave. Strollers must start at the BACK of each wave.

**Wave 1** 

**L - River Glen H&S + Carolyn Clark**

Warm Up @ 7:45am

Start @ 8:00am

**Wave 2** 

**Rocketship Alma - W**

Warm Up @ 7:52am

Start @ 8:07am

**Wave 3** 

**A - C**

Warm Up @ 7:59am

Start @ 8:14am

**Wave 4** 

**D - K and all Monterey Teams**

Warm Up @ 8:06am

Start @ 8:21am

