

# **GOTR 5K Schedule of Events**

## **Saturday, May 16, 2026**

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**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, Bling Your Bib & 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

## Wave 1



schools starting with A-D  
& Lexington Elementary

Warm Up @ 7:45am

Start @ 8:00am

## Wave 2



schools starting with S-W

Warm Up @ 7:52am

Start @ 8:07am

## Wave 3



schools starting with M-R

Warm Up @ 7:59am

Start @ 8:14am

## Wave 4



schools starting with E-L

Warm Up @ 8:06am

Start @ 8:21am



- Only program participants and coaches are assigned waves.
- Anyone running with a program participant (5K buddies, family, friends, etc.) should WARM UP and START in THEIR girl's wave.
- Strollers must start at the BACK of each wave.