



Celebratory 5K Guide DeSales University - Spring 2024

Each Girls on the Run (GOTR) season concludes with a joyful and fun non-competitive 5K. This culmination gives girls a tangible sense of accomplishment and the confidence to achieve her dreams. We look forward to you joining this season's end-of-season 5K to celebrate the accomplishments of your GOTR girl, as well as girls across our territory!

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

- **Date:** May 19, 2024
- **Location:** DeSales University - University Center, 2755 Station Ave, Center Valley, 18034
- **Pre-Race Activities:** 8:45 AM
- **Race Start Time:** 10:00 AM
- **End Time:** Approximately 11:30 AM

How to Register:

Running Buddies can register to run, walk, skip, hop or roll the 5K [here](#).

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

Online Running Buddy registration is currently open and will close on May 18th. Race day registration will be available prior to the start of the event. All participants who register **by April 22nd will be guaranteed their chosen size for the race day t-shirt.** After that date, shirts will be available at the 5K on a first-come basis and are not guaranteed.

What is a Running Buddy?

Every girl is strongly encouraged to have a Running Buddy for the 5K. A Running Buddy ensures each participant's safety and provides encouraging support throughout the 5K. **Each girl is allowed up to two Running Buddies.** The suggested age for Running Buddies is 16 or older, male or female, and may be a family member, caregiver, teacher, coach or another trusted person. Running Buddies do not need to be runners but should be able to complete the 5K (3.1 miles). There is a 5K training program included in this guide for walking, running or a bit of both! All Running Buddies must register for the event.

Parents/guardians are responsible for ensuring appropriate supervision for their participant before, during and after the 5K.

Is the 5K Accessible?

Yes! The course is 2 loops, and can be made fully-accessible by sidewalks and paved areas throughout the campus. In addition, the course can be easily shortened for purposes of accessibility as well. If you are in need of the accessible route, please contact [Liz Fones](#), Executive Director, for details or visit the information table on race day.

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 are welcome to attend – no registration is needed for spectators.

How do I pick up my 5K Shirt and Running Bib?

Pre-registered Running Buddies and program participants can go directly to their Team Table for everything they need. You DO NOT need to go to the Registration Table, UNLESS you need to register as a Running Buddy.

Race-day registration is available at the Registration Table. Cash and Credit payments are accepted.

What do I wear on 5K day?

On 5K day, GOTR and Heart & Sole participants should wear their program t-shirts that they received during the season, their running bib, athletic clothing and running shoes. Running Buddies should wear their 5K shirt, their running bib, athletic clothing and running shoes.

Dress for the weather! The 5K will be held rain or shine. If it's cold, consider wearing gloves, a hat and a jacket. If it's raining, bring a raincoat or poncho that you can run in. If it's warm, wear breathable clothing.

Are dogs allowed at the 5K?

Service dogs only please.

What interpretation support is available on-site?

Event signage on 5K day will be available in both English and Spanish. There will also be translation services available on the day of the race at the Information Table.

What parking and transportation options are available?

There is parking available at the 5K venue. All cars and buses must arrive by 9:00 AM to park in the designated venue parking. Volunteers will direct you where to park. **Handicap parking will be located in the Dooling Hall Parking Lot. Please allow extra time for traffic and parking.**

Some GOTR or Heart & Sole sites may provide the option of a team bus for transportation to the 5K. If a bus is available for your team, you will be informed by your team's coaches.

What are the Pre-Race Activities?

Before the start of the race, we will have 5K registration and packet pick-up available. We will also have Girls on the Run merchandise for sale, Mascot Mania, music, photo tent, Happy Hair, and sponsor tables.

Will there be food and drinks available for purchase?

Food trucks from the following vendors will be on-site:

- Kona Ice
- Travelin' Tom's Coffee
- Cactus Blue

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.

Please contact your team's coach if you have any questions about team meeting spot details.

What is the 5K course?

[Click HERE to view the Course and Parking Map](#)

The course will be 2 loops with the water stop being at the end of the first loop.

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

Prior to the start of the 5K, determine a meeting location with your runner where you will meet after completing the 5K course. If you are at the meeting spot and you do not see your runner by the time you'd expect, please head to the Registration tent. The staff member will make an announcement on the speaker for your runner to meet you at the Registration tent. If a Running Buddy and a race participant get separated, there will be many volunteers along the course to make sure your girl crosses the finish line safely.

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 Buddy Runners via email and text message (if you opted into receiving text message updates from our council).

What happens after each runner crosses the finish line?

- GOTR and Heart & Sole participants will receive a medal!
- ALL GOTR and Heart & Sole Participants will receive a FREE Kona Ice!
- ALL runners (GOTR participants and Running Buddies) will receive a free Philly Pretzel and water.
- Take pictures and enjoy your accomplishment!
- We encourage all GOTR participants to stay and cheer on all runners until the last runner crosses the finish line.

Please help keep the campus clean by picking up your trash and taking all belongings with you as you leave. Thank you!

Special thanks to:



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Don't forget to GET YOUR TAIL ON THE TRAIL!



Created in 2013 by St. Luke's University Health Network and the Delaware & Lehigh National Heritage Corridor in eastern Pennsylvania, Get Your Tail on the Trail is a free program aimed at helping people of all ages and abilities meet their personal fitness goals and experience the outdoors on local trails via day-to-day challenges, public events, and motivating prizes. **We encourage ALL GOTR participants and Running Buddies to register, log your training miles and even earn the official 5K badge sponsored by GOTR! Register [HERE](#).**

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

Questions?

If you have any questions about the 5K, please contact Girls on the Run Lehigh Valley and Pocono at info@gotrlehighpocono.org.