Celebratory 5K Guide
Lehigh Valley & Pocono - Fall 2023

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 Northeastern PA.

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

- **Date:** December 2rd, 2023
- **Location:** East Stroudsburg University - Zimbar-Liljenstein Hall , Centre Street, East Stroudsburg, PA 18301
- **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 December 1st. Race day registration will be available prior to the start of the event. All participants who register **by November 12th 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 each girl before, during and after the 5K.

Is the 5K Accessible?

The Course begins at Eiler-Martin Stadium and follows a paved pathway around the ESU campus with a turnaround and return that will follow the same pathway back to the stadium.   In addition, the course can be modified for purposes of accessibility. We understand that some

individuals may require accommodations or alternatives due to the specific terrain, and we are here to support you. An alternative route can be created to ensure that all participants can enjoy the race comfortably and safely.

 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 Race Bib?

Running Buddies will be able to pick up their 5K shirt and running bib the morning of the race. Program participants will also pick up their race bibs on the morning of the event. Pre-registered Running Buddies and program participants do not need to go to the Registration Table - your supplies will be located at your Team Table. 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?

The information table located in Zimbar Gym will have materials and volunteers. The materials will be in both English and Spanish.

What parking and transportation options are available?

Zimbar-Lilienstein Hall is located on Centre Street with several parking areas along the street Volunteers will be on hand to direct you, if needed. **Handicap parking will be located both across and next to the Zimbar Hall Parking Lot. Please allow extra time for traffic and parking.** Please note that parking on Normal Street is metered and may have a cost.

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, Kids Fun Run, music, photo tent, Happy Hour, and sponsor tables.

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 a mile and half in length with the water stop being just before the turn around heading back along the same path and ending at the Eiler- Martin Stadium where participants will enter the track heading through to the finish line.

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!
- There will be bagels and drinks available to purchase coffee, hot chocolate and other delicious items (before and after the race).
- ALL GOTR participants will receive a free bagel 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!

Questions?

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

Thank you to our 5K Event Sponsors!

Our local sponsors and National Partners make crossing the finish line possible.

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.**

Girls on the Run 5K Training Programs
Developed by Jenny Hadfield

The following training programs are designed to guide you to the finish line! There is a program for everyone. The real key to success starts with determining which program best fits your current activity level. That way, you will progress safely and enjoy a memorable experience with the 'Girl on the Run' in your life!

There are five 5K training programs:

- **Walk** (all walking)
- **Walk-Run** (a little running sprinkled in with walking)
- **Run-Walk** (a little walking sprinkled in with running)
- **Run** (all running)
- **Advanced Run** (for those who have run half marathons)

Why so many training plans?

Because everyone is at a different fitness level, and we all have varying goals for the day of the 5K. Some of you may be starting an exercise program for the first time and preparing to participate in your inaugural 5K event and others may be daily runners. Regardless, we are all training to reach the start line safely and more importantly, to be smiling as we cross the finish line with our GOTR girls, friends and family!

About Coach Jenny Hadfield

Jenny is a published author of three books (Marathoning for Mortals, Running for Mortals, Training for Mortals), writer, coach, speaker and endurance athlete. She has a Bachelor's degree in Exercise Physiology, a Masters Degree in Exercise Science and is a certified coach and personal trainer. For more information on Jenny, visit www.JennyHadfield.com.

5K Walk

Best suited for those who want to walk the 5K or those who have been inactive for four or more months.

Day Mode Intensity i-Rate Scale	Monday Walk Conversational Pace 6-7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Walk Conversational Pace 6-7	Thursday Rest Day	Friday Cross-Train or Rest Moderate 7	Saturday Walk Conversational Pace 6-7	Sunday Rest Day
Week 1	25 minutes	30 minutes	25 minutes	Rest	30 minutes	30 minutes	Rest
Week 2	25 minutes	30 minutes	25 minutes	Rest	30 minutes	30 minutes	Rest
Week 3	25 minutes	30 minutes	30 minutes	Rest	30 minutes	35 minutes	Rest
Week 4	30 minutes	30 minutes	30 minutes	Rest	30 minutes	35 minutes	Rest
Week 5	30 minutes	30-40 minutes	35 minutes	Rest	30 minutes	40 minutes	Rest
Week 6	30 minutes	30-40 minutes	35 minutes	Rest	30-40 minutes	40 minutes	Rest
Week 7	35 minutes	30-40 minutes	35 minutes	Rest	30-40 minutes	45 minutes	Rest
Week 8	35 minutes	30-40 minutes	40 minutes	Rest	30-40 minutes	50 minutes	Rest
Week 9	40 minutes	30-40 minutes	40 minutes	Rest	30-40 minutes	45 minutes	Rest
Week 10	30 minutes	30 minutes	30 minutes	Rest	30 minutes	**5K Walk**	Rest

5K Walk-Run

Best suited for those who have been walking or exercising regularly 2-3 times per week for at least 3-4 months.

Day Mode Intensity i-Rate Scale	Monday Walk-Run Moderate 7	Tuesday Cross-Train or Rest Easy 6	Wednesday Walk-Run Moderate 7	Thursday Rest Day	Friday Cross-Train or Rest Easy 6-7	Saturday Walk-Run Moderate 7	Sunday Rest Day
Week 1	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest
Week 2	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest
Week 3	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest
Week 4	28 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest
Week 5	28 minutes Run 1 min/Walk 3 min Repeat 7 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest	30-40 minutes	30 minutes Run 2 min/Walk 3 min Repeat 6 times	Rest
Week 6	30 minutes Run 2 min/Walk 3 min Repeat 6 times	30-40 minutes	30 minutes Run 2 min/Walk 3 min Repeat 6 times	Rest	30-40 minutes	35 minutes Run 2 min/Walk 3 min Repeat 7 times	Rest
Week 7	30 minutes Run 2 min/Walk 3 min Repeat 6 times	30-40 minutes	35 minutes Run 2 min/Walk 3 min Repeat 7 times	Rest	30-40 minutes	40 minutes Run 2 min/Walk 3 min Repeat 8 times	Rest
Week 8	35 minutes Run 2 min/Walk 3 min Repeat 7 times	30-40 minutes	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	30-40 minutes	40 minutes Run 2 min/Walk 2 min Repeat 10 times	Rest
Week 9	36 minutes Run 2 min/Walk 2 min Repeat 9 times	30-40 minutes	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	30-40 minutes	40 minutes Run 2 min/Walk 2 min Repeat 10 times	Rest
Week 10	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	36 minutes Run 2 min/Walk 2 min Repeat 9 times	30 minutes	Rest	**5K Run-Walk 2/2**	Rest

5K Run-Walk

Best suited for first-time 5K and those who run occasionally or runners who were injured and getting back into it.

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Mode Intensity i-Rate Scale	Run-Walk Conversational Pace 6-7	Cross-Train or Rest Moderate 7	Run-Walk Conversational Pace 6-7	Rest Day	Cross-Train or Rest Moderate 7	Run-Walk Conversational Pace 6-7	Rest Day
Week 1	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest
Week 2	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest
Week 3	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest
Week 4	30 minutes Run 3 min/Walk 2 min Repeat 6 times	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest
Week 5	30 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes	30 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest
Week 6	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest
Week 7	36 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes	35 minutes Run 4 min/Walk 1 min Repeat 7 times	Rest	30-40 minutes	40 minutes Run 4 min/Walk 1 min Repeat 8 times	Rest
Week 8	36 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes	35 minutes Run 4 min/Walk 1 min Repeat 7 times	Rest	30-40 minutes	40 minutes Run 4 min/Walk 1 min Repeat 8 times	Rest
Week 9	40 minutes Run 4 min/Walk 1 min Repeat 8 times	30-40 minutes	42 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest	30-40 minutes	42 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest
Week 10	30 minutes Run 5 min/Walk 1 min Repeat 5 times	Rest	30 minutes easy Run 5 min/Walk 1 min Repeat 5 times	Rest	Rest	**5K Run-Walk 5/1**	Rest

5K Run

Best suited for those who have been running at least 2-3 times per week for 20-30 minutes for at least 4 months.

Day Mode Intensity i-Rate Scale	Monday Run Conversational Pace 6-7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Run – Pick Ups* Conversational Pace 6-7	Thursday Rest Day	Friday Cross-Train or Rest Moderate 7	Saturday Run Conversational Pace 6-7	Sunday Rest Day
Week 1	25 minutes	30-40 minutes	25 minutes	Rest	30-40 minutes	30 minutes	Rest
Week 2	25 minutes	30-40 minutes	25 minutes	Rest	30-40 minutes	30 minutes	Rest
Week 3	25 minutes	30-40 minutes	30 minutes	Rest	30-40 minutes	35 minutes	Rest
Week 4	30 minutes	30-40 minutes	30 minutes *Pick Ups	Rest	30-40 minutes	35 minutes	Rest
Week 5	30 minutes	30-40 minutes	35 minutes *Pick Ups	Rest	30-40 minutes	40 minutes	Rest
Week 6	30 minutes	30-40 minutes	35 minutes *Pick Ups	Rest	30-40 minutes	40 minutes	Rest
Week 7	35 minutes	30-40 minutes	40 minutes *Pick Ups	Rest	30-40 minutes	45 minutes	Rest
Week 8	40 minutes	30-40 minutes	40 minutes *Pick Ups	Rest	30-40 minutes	45 minutes	Rest
Week 9	40 minutes	30-40 minutes	35 minutes *Pick Ups	Rest	30-40 minutes	40 minutes	Rest
Week 10	35 minutes	Rest	30 minutes *Pick Ups	Rest	30 minutes	**5K Run**	Rest

Advanced 5K Run

Best suited for those who have been running at least 4 times per week for 40-50 minutes for at least 1 year.

Day Mode Intensity i-Rate Scale	Monday Run Moderate 7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Run Hard 8	Thursday Cross-Train or Rest Moderate 7	Friday Run Conversational Pace 6-7	Saturday Run Conversational Pace 6-7	Sunday Rest Day
Week 1	40 minutes	30-45 minutes	45 minutes *Pick Ups	30-45 minutes	40 minutes	45 minutes	Rest
Week 2	40 minutes	30-45 minutes	45 minutes *Pick Ups	30-45 minutes	40 minutes	45 minutes	Rest
Week 3	40 minutes	30-45 minutes	45 minutes *Pick Ups	30-45 minutes	40 minutes	50 minutes	Rest
Week 4	45 minutes	30-45 minutes	45 minutes *Speed A Workout	30-45 minutes	40 minutes	50 minutes	Rest
Week 5	45 minutes	30-45 minutes	45 minutes *Speed A Workout	30-45 minutes	40 minutes	45 minutes	Rest
Week 6	45 minutes	30-45 minutes	45 minutes *Speed B Workout	30-45 minutes	40 minutes	60 minutes	Rest
Week 7	45 minutes	30-45 minutes	45 minutes *Speed B Workout	30-45 minutes	40 minutes	50 minutes	Rest
Week 8	45 minutes	30-45 minutes	45 minutes *Speed C Workout	30-45 minutes	40 minutes	60 minutes	Rest
Week 9	45 minutes	30-45 minutes	45 minutes *Speed C Workout	30-45 minutes	40 minutes	45 minutes	Rest
Week 10	40 minutes	Rest	40 minutes *Speed D Workout	Rest	30 minutes	**5K Run**	Rest

TRAINING SCHEDULE KEY TERMS

WARM-UP: 5 minutes at an easy pace prior to every workout.

COOL-DOWN: Walking 5 minutes at an easy pace after every workout to gradually bring heart rate and breathing back to normal levels.

FLEXIBILITY: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

HEART RATE: Using a heart monitor maintain a range between the prescribed percentages...65-75% of estimated maximum heart rate.

I-RATE: Rate of perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all-out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

CROSS-TRAINING: Include activities that are non-walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, Stairmaster, spinning are great cross training modes for training. Cross-training allows you to actively rest your walking muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Heart rate zone of 75-80% of maximum or I-Rate of 7-8.

STRENGTH-TRAINING (ST): Strength train with machines, weights, resistance tubes/bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body.

EASY PACE: Walk at an easy pace at 70-75% of maximum heart rate or an i-Rate level of 7+.

CONVERSATIONAL PACE: Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of

maximum or I-Rate of 6-7.5. Note: Heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

MODERATE PACE: Moderate pace at 75-80% of maximum heart rate or an i-Rate level of 7-8. A pace where you can hear your breathing, but not breathing hard.

PICK-UPS: Run the workout at an easy pace and include 3-4 short, 30-60 second "pick-up's" within the run. Pick up your pace to a challenging pace where you can hear your breathing and it feels just outside your comfort zone.

WALK-RUN WORKOUT: Warm-up by walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 2 minutes - Walk 2 minutes - repeat sequence 10 times for a total of 40 minutes. Cool-down by walking 5 minutes at an easy pace.

RUN-WALK WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 3 minutes - Walk 2 minutes - repeat sequence 8 times for a total of 40 minutes. Cool-down walking 5 minutes at an easy pace.

RUN WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" at an i-Rate level of 6-7 or if you are using a heart rate monitor at 65-75% of maximum heart rate. Cool-down walking 5 minutes at an easy pace.

SPEED "A" WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 5 times: Run one minute hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise, the quality of your running and progressing is compromised. After the one-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SPEED "B" WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 5 minutes at an easy pace. Then Repeat the Following 5 times: Run two minutes hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise, the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SPEED "C" WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 5 minutes at an easy pace. Then Repeat the Following 6 times: Run two minutes hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 2 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise, the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SPEED "D" WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the Following 4 times: Run one minute hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise, the quality of your running and progressing is compromised. After the one-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

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