



Girls on the Run Mid Michigan 5K FAQ

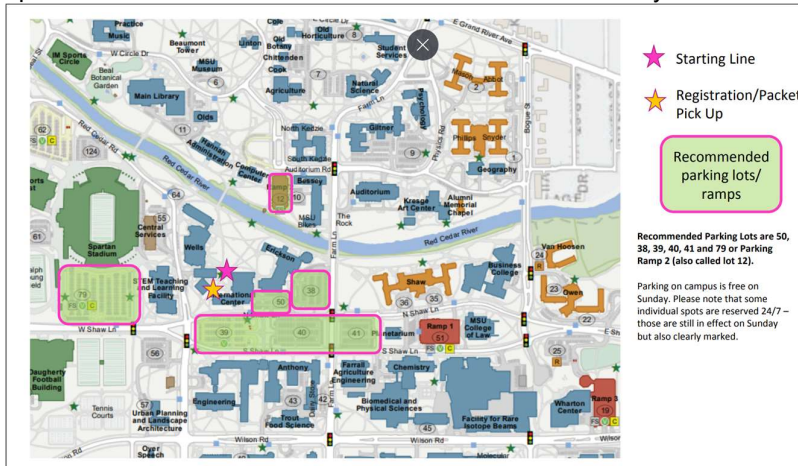
Date: May 19, 2024

Start time: 11 AM

Location: People's Park behind MSU's International Center, 427 N. Shaw Ln., East Lansing, MI

Details and Registration at gotrmidmichigan.org/5K

- **Is the 5K just for girls?**
 - No! Our event is open to the public. ALL proceeds benefit GOTR. ALL genders and ALL ages, genders, and levels of ability are welcome to register to run, walk, roll, or skip to the finish line! However, for safety reasons no wagons, in-line skates, skateboards, bicycles, or pets on the course. Strollers are allowed and should line up near the back of the group.
- **Where does the 5K start and finish?**
 - The 5K starts and finishes in People's Park behind MSU's International Center, 427 N. Shaw Ln., East Lansing, MI 48824
- **Where can I park?**
 - Recommended Parking Lots are 50, 38, 39, 40, 41 and 79 or Parking Ramp 2 (also called lot 12). Parking on campus is free on Sunday. Please note that some individual spots are reserved 24/7 – those are still in effect on Sunday but also clearly marked.



- **Is there a fee to park?**
 - No.
- **What time should we arrive?**
 - GOTR girls should be in People's Park behind the International Center at their designated school/site sign at least one hour prior to the designated 5K start time. Some sites may coordinate buses to transport girls and others will ask that girls find their own transportation. Please learn from your daughter's coaches what their transportation plan is. Spectators and community runners should arrive in advance of the designated start time. The opening ceremony will begin 30 minutes prior to the start time. You will need to allow time for traffic, parking, walking to the greenspace behind the International Center, and registration or packet pickup if you will be running/walking.
- **Do I need to register my GOTR girl for the 5K?**

- If your girl is currently participating in GOTR Mid Michigan's spring program, you **do NOT** need to complete a 5K registration form for her. Her registration for the 5K is included with her program registration. Friends, family members, coaches, and all other community members need to register.
- **Do I need to go to Packet Pick Up?**
 - GOTR girls will receive their bibs and any necessary items from their coach at the 5K and do not need to go to packet pick up.
 - All other runners including families of program participants, community members, running buddies and coaches will need to get their bib and shirt at packet pick up.
- **Where and when is Packet Pick Up?**
 - Friday, May 17 at Playmakers, 2299 W Grand River Ave, Okemos, MI 48864 11PM-6:30PM
 - Sunday, May 19 at People's Park behind MSU's International Center, 427 N. Shaw Ln., East Lansing, MI 48824 starting at 9:00 AM
- **Where should I go to watch the 5K?**
 - Spectators may want to watch the opening ceremony and the 5K start, or you may want to get out onto the course to cheer her on. For safety reasons, please do not bring pets, bicycles, roller blades, or skateboards onto the course.
- **What if my girl gets hurt or needs help?**
 - There will be emergency medical technicians and first aid volunteers on site.
- **If I plan to be a Running Buddy do I need to register?**
 - Yes, but the Running Buddy registration fee is discounted \$10.
- **What is a 5K Buddy?**
 - A 5K Buddy (or Running Buddy) completes the 5K with a GOTR girl and expresses support and enthusiasm for her accomplishment! Running Buddies must be 16 or older. Running Buddies must EITHER: be acquainted with the GOTR girl that they plan to run with and provide her name on their 5K registration form OR belong to a GOTR partner organization unless other arrangements have been made with a GOTR representative. Community runners who are NOT acquainted with the girl that they run with must complete a background check. (A link and instructions for this will be provided to you via email.)
- **If I am a GOTR MM coach do I need to register for the 5K?**
 - Yes, but you are not required to pay. Just select "coach" as the category on your registration form. Thank you for all your time and hard work. Enjoy the event!
- **How do I register to run with my GOTR girl?**
 - You can register online at GOTRMidMichigan.org/5K.
- **What if it rains or storms?**
 - The event will take place rain or shine and every effort will be made to proceed according to schedule. In the event of severe weather, participants will be notified of any delays or cancellations via text and BAND. Any pertinent 5K information will also be posted to [Facebook@gotrmidmich](https://www.facebook.com/gotrmidmich) and [Twitter@gotrmidmich](https://twitter.com/gotrmidmich). Like and follow us!
- **Are refunds available?**
 - No. If the event is canceled or if you are unable to participate in the event, no refunds will be issued. There are considerable costs involved in hosting a 5K. These expenses are incurred regardless of whether the event takes place or any given participant attends.
- **What should I bring?**
 - Sunscreen, cheer signs and cheer gear, and tons of energy and excitement, and cash, check, or cc if you would like to purchase any GOTR merchandise!
- **How do I find my girl after the 5K?**
 - After your daughter crosses the finish line, she should return to her team's camp. **Please be sure to check in with your girl's coach before you leave with her.**
- **When will the event finish?**
 - Please encourage your girl to stay until every girl has crossed the finish line. Every girl appreciates all the support she can get in reaching her goal! The event typically will finish in no longer than two hours.

- **Will you have GOTR merchandise for sale?**
 - Yes! There will be GOTR swag available at a variety of price points in our sales tent. Cash, checks, and credit/debit cards are accepted.
- **Will there be food and drinks available?**
 - Water, and snacks will be available near the finish line for event participants.