

Celebratory 5K Family Guide

Girls on the Run of Southeastern Wisconsin Spring 2024



Each Girls on the Run (GOTR) season concludes with a joyful and fun, non competitive 5K. This event 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 participant and all participants across Southeastern Wisconsin!

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

Date: Saturday, May 18th

Location: American Family Field Tailgate Haus – 1 Brewers Way

Wave Group Start Times:

- **Sites that begin with letters A-F:** 9:00 AM
- **Sites that begin with letters G-O:** 9:30 AM
- **Sites that begin with letters P-W:** 10:00 AM

We recommend arriving an hour prior to your wave start time. Please plan to be at your team's meeting spot at least 15 minutes before your wave is scheduled to start.

How to Register:

We strongly encourage all 5K participants to register in advance.

If you have not already registered, please register by May 14th @ 11:59 pm:

[Register 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 5K Buddies and Community Runners.**

You can also register in person the day of the event or at one of our early packet pick up dates (see below). Day-of registration begins at 7:30 AM on Saturday, May 18th. This event will have about 4000 people participating so please plan for lines.

- **Adult 5K Buddy or Community Runner:** \$30
- **Youth Runner (13 years of age or younger):** \$15

Financial assistance is available. During registration, check 'yes' when asked if you need financial assistance. On the final page of registration, look for the Additional Adjustments box to select a lower registration fee as needed.

What is a 5K Buddy?

Every participant is strongly encouraged to have a 5K Buddy for the event. A 5K Buddy ensures each participant's safety and provides encouraging support throughout the 5K.

5K Buddies must be 16 or older and may be a family member, caregiver, teacher, coach or

another trusted person. 5K Buddies do not need to be runners but should be able to complete the 5K (3.1 miles).

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

Can family and friends come to the 5K to cheer?

Yes! 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 is welcome to attend – no registration is needed for spectators.

How do I pick up my 5K packet?

5K Buddies will be able to pick up their 5K shirt and bib at one of our early packet pick-up dates prior to 5K day, or on-site on the day of the 5K. Girls on the Run merchandise will also be available for purchase during packet pick-up on Friday and the day of the event. You may pick up packets for other runners. You will just need to provide the name of the runner.

Packet Pick-Up Schedule:

- Wednesday, May 15th - 4:00 PM to 7:00 PM at Dick's Sporting Goods in Greendale (5200 S. 76th St. Greendale, WI 53129)
- Thursday, May 16th - 1:00 PM to 7:00 PM at Dick's Sporting Goods in Wauwatosa (11500 W. Burleigh St. Wauwatosa, WI 53222)
- Friday, May 17th - 1:00 PM to 4:00 PM at American Family Field Tailgate Haus (1 Brewers Way Milwaukee, WI 53214)

Girls on the Run and Heart & Sole participants will receive their bibs from their coaches on the morning of the 5K. They do not need to pick anything up from packet pick up.

What do I wear on 5K day?

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. There is very limited shade and no indoor spot to wait, so please plan accordingly!

What interpretation support is available on-site?

If you are registering for the 5K on-site on May 18th, there will be team members to support runners in Spanish at the registration tables.

What transportation options are available?

There is free parking available at the 5K venue in the Yount or Uecker parking lots. American Family Field parking attendants will be on hand. There are a large number of people arriving at once, so please plan for delays. We appreciate your patience!

ADA Parking will be available for those with a state issued ADA parking permit. ADA Parking will be near our bus parking in the American Family lot. Please follow signs for bus parking. Cars will not be permitted to leave the ADA parking lot due to 5K course road closures until 10:30 AM.

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.

MAP & DIRECTIONS RUN/WALK

STEP ONE GETTING TO AMERICAN FAMILY FIELD

I-94 Westbound / I-43 North/Southbound

- Take I-94 West towards Madison to Exit 30BB (LEFT LANE) for 175 South Brewers Blvd.
- Merge right and exit at American Family Field/ Canal St.; Stay in the right lane to exit for General Parking.
- At the four-way stop lights, turn right. Follow Canal St. straight through the next set of stoplights. The Yount Lot will be on your left as you cross the river bridge and approach the general lots. Turn left onto Selig Drive, before the industrial park, and the Yount Lot will be accessible on your left.

I-94 Eastbound / I-41 North/Southbound

- Traveling on I-94 East toward Milwaukee, take exit 30BA (from LEFT LANE) for the General Mitchell Blvd. / VA Hospital Exit.
- At the bottom of the ramp turn right and follow the road, General Mitchell Blvd., under the interstate.
- At the stop sign under the American Family Field arch turn left; at the next four-way stop sign, continue straight.
- At the next four way stop sign, proceed straight over the river bridge. The Yount Lot will be on your right.

43rd Street Northbound

- Traveling north towards the stadium on 43rd Street, pass National Avenue and get into the right lane to exit at American Family Field/ Canal St.
- At the stoplight, turn right onto Canal St.. The Yount Lot will be on your left as you cross the river bridge and approach the general lots. Turn left onto Selig Drive, before the industrial park, and the Yount Lot will be accessible on your left.

Canal Street Westbound

- Traveling west on Canal Street, once you pass the industrial park, turn right onto Selig Drive. The Yount Lot will be accessible on your left.

STEP TWO | PARKING

- **PLEASE NOTE:** If you arrive to American Family Field grounds and are instructed to park in an alternate location, please follow the instruction of our parking staff. Parking locations may change depending on available lots and road closures during events.
- Once you arrive to the parking lot, follow instruction from our parking attendants.
- The Start/Finish line and Tailgate Haus will be accessible via the pedestrian bridge on the west side of the Yount Lot, between pavilions 2 and 3.



ONE BREWERS WAY | MILWAUKEE, WISCONSIN 53214

How do we meet our team before the 5K start?

We have designated spots where you'll be able to find your team. Here's a diagram of where to meet your team:

[Click here for wave map!](#)

Here's the course map for this upcoming 5K:



presented by:
HUSCO

Saturday, May 18th

7:30 AM
Registration
& Packet Pickup

9:00 AM
Sites that begin with A-F

9:30 AM
Sites that begin with G-O

10:00 AM
Sites that begin with P-W

- GUEST / PARTICIPANT PARKING
- CLOSED LOTS / NO PARKING
- 5K ROUTE
- MILE MARKER
- WATER STOP
- RESTROOMS
- MEDICAL/AMBULANCE
- TAILGATE HAUS
 - Registrations/ Packet Pickup
 - Volunteer Check-in



Course maps will be available on-site on 5K day.

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

Prior to the start of the 5K, determine a meeting location with your child of where you will meet after completing the 5K course. If you are at the meeting spot and you do not see your child by the time you'd expect, please head to the safety and lost person tent. A staff member will make an announcement on the speaker for your daughter to meet you there. If you get separated while on the course, please plan to finish the course and find each other back at the start/finish.

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. If we need to cancel for any reason, the event will not be rescheduled due to the availability of American Family Field.

In the event of needing to cancel the 5K for participant safety, notification will be sent to all participants and registered 5K Buddies via email and text message (if you opted into receiving text message updates from our council).

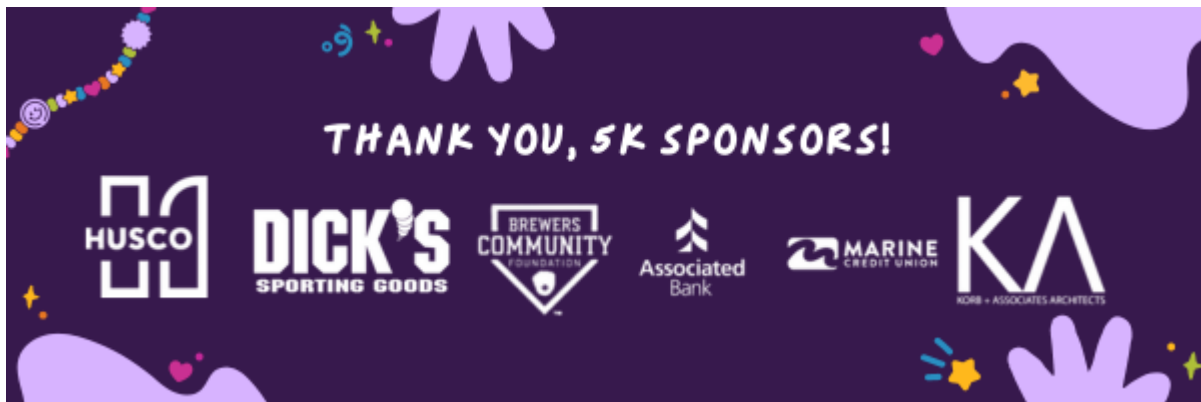
Questions?

If you have any questions about the 5K, please contact Girls on the Run of Southeastern Wisconsin at Kristi.knoedler@girlsontherun.org or 414-622-0127.

Thank you to our 5K Event Sponsors!

Our local sponsors make crossing the finish line possible.

Local Sponsors



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

Guía familiar para la celebración de la carrera de 5 km

Girls on the Run del sureste de Wisconsin - Primavera 2024

2024 **better**
together

Cada temporada de Girls on the Run (GOTR) concluye con una carrera de 5 km, alegre y



divertida, no competitiva. Este evento les da a las niñas una sensación tangible de logro y la confianza necesaria para alcanzar sus sueños. ¡Esperamos que te unas a la carrera de 5K de fin de temporada para celebrar los logros de tu niña de GOTR, así como todas las niñas del sureste de Wisconsin!

Aquí están los detalles de la carrera de 5 km de esta temporada:

Fecha: sábado, 18 de mayo

Lugar: American Family Field Tailgate Haus – 1 Brewers Way

Hora de inicio para grupos:

- **Sitios que empiezan con letras A-F:** 9:00 AM
- **Sitios que empiezan con letras G-O:** 9:30 AM
- **Sitios que empiezan con letras P-W:** 10:00 AM

Planee llegar una hora antes de la hora de inicio. Por favor prepárese de estar en un lugar de reunión de su equipo por lo menos 15 minutos antes que su grupo está programado de empezar.

Cómo inscribirse:

Recomendamos a todos los participantes de 5K que se registren con anticipación. Si aún no te has registrado, favor de registrarse antes del 14 de mayo a las 11:59pm:

[Regístrese Aquí](#)

Recordatorio importante: Las niñas en el programa no necesitan estar inscritas en la carrera de 5 km dado que la registración de ellas ya está incluida en el programa. **La inscripción a la carrera de 5 km es solo para los compañeros de 5K y corredores de la comunidad.**

Se puede registrar en persona el día del evento o durante unas de nuestras fechas de recogida anticipadas de paquetes (mire abajo). Las inscripciones en persona comienzan a las 7:30 a.m. el sábado, 18 de mayo. Este evento tendrá alrededor de 4,000 participantes entonces prepárese para estar en filas.

- **Compañero de 5K adulto o corredor comunitario:** \$30
- **Corredora juvenil (13 años de edad o menos):** \$15

Hay asistencia financiera disponible. Durante el registro, marque "sí" cuando se le pregunte si necesita ayuda financiera. En la página final de registro, busque el cuadro "Additional Adjustments" para seleccionar una tarifa de registro más baja según sea necesario.

¿Qué es un compañero de 5K?

Se recomienda a todas las niñas que tengan un compañero de 5K. Un compañero de 5K garantiza la seguridad de cada niña y proporciona un apoyo alentador a lo largo de la carrera de 5 km.

Los compañeros de 5K deben tener al menos 16 años de edad y pueden ser un miembro de la familia, un cuidador, un maestro, un entrenador u otra persona de confianza. Los compañeros de 5K no necesitan ser corredores, pero deben ser capaces de completar los 5 km (3.1 millas).

Los padres/tutores son responsables de garantizar la supervisión adecuada de cada niña antes, durante y después de la carrera de 5 km.

¿Pueden los familiares y amigos venir a la carrera de 5 km para animar a las niñas?

¡Sí! Los espectadores podrán traer carteles y accesorios para animar y demostrar su entusiasmo. Cualquier persona que quiera apoyar y animar a las corredoras pueden venir – no es necesario que se inscriba.

¿Cómo puedo recoger mi paquete para la carrera de 5 km?

Los compañeros de 5K podrán recoger su camiseta, su pechera y otros artículos de la carrera durante unas de nuestras fechas de recogida anticipadas de paquetes o el día de la carrera. La mercancía de Girls on the Run también estará disponible para su compra durante la recogida de paquetes el viernes y el día del evento. Puedes recoger paquetes para otros corredores. Sólo tendrá que dar el nombre del corredor.

Horario de recogida de paquetes:

- miércoles, 15 de mayo - 4:00 PM a 7:00 PM en Dick's Sporting Goods en Greendale (5200 S. 76th St. Greendale, WI 53129)
- jueves, 16 de mayo - 1:00 PM a 7:00 PM en Dick's Sporting Goods en Wauwatosa (11500 W. Burleigh St. Wauwatosa, WI 53222)
- viernes, 17 de mayo - 1:00 PM a 4:00 PM en American Family Field Tailgate Haus (1 Brewers Way Milwaukee, WI 53214)

Los entrenadores distribuirán los paquetes de 5K a las niñas de Girls on the Run y Heart & Sole por la mañana antes de la carrera. Las niñas no necesitan recoger nada durante los días de recogida de paquetes.

¿Cómo tengo que vestirme el día del 5K?

¡Hay que vestirse acorde al clima! El evento no se suspende por mal clima. Si hace frío, considera la posibilidad de llevar guantes, un gorro y una chaqueta. Si llueve, lleva un impermeable o poncho con el que puedas correr. Si hace calor, lleve ropa transpirable. La sombra es muy limitada y no hay sitio cubierto para esperar, así que prepárese en consecuencia.

¿Qué apoyo de interpretación hay en el lugar?

Si se registra para el 5K en el sitio, habrá miembros del equipo para apoyar a los corredores en español en las mesas de registro.

¿Qué opciones de transporte hay?

Hay estacionamiento gratuito disponible en los estacionamientos Yount y Uecker. Los asistentes de estacionamiento de American Family Field estarán disponibles. Hay una gran cantidad de personas que llegan a la misma vez, así que planifique los retrasos. ¡Nosotros apreciamos su paciencia!

El estacionamiento ADA estará disponible para aquellos con un permiso de estacionamiento ADA emitido por el estado. El estacionamiento ADA estará cerca de nuestro estacionamiento de

autobuses en el lote de American Family. Siga las indicaciones hacia el estacionamiento de autobuses. No se permitirá que los automóviles salgan del estacionamiento ADA debido al cierre de carreteras en la pista de 5K hasta las 10:30 a.m.

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I-94 Eastbound / I-41 North/Southbound

- Traveling on I-94 East toward Milwaukee, take exit 308A (from LEFT LANE) for the General Mitchell Blvd. / VA Hospital Exit.
- At the bottom of the ramp turn right and follow the road, General Mitchell Blvd., under the interstate.
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ONE BREWERS WAY | MILWAUKEE, WISCONSIN 53214

Algunos sitios GOTR o Heart & Sole podrán ofrecer la opción de un autobús del equipo para el transporte a 5K. Si hay un autobús disponible para su equipo, los entrenadores de su equipo le informarán.

¿Cómo podemos reunirnos con nuestro equipo antes del inicio del 5K?

Hemos designado lugares donde podrás encontrar a tu equipo. Aquí está un diagrama de dónde encontrar a tu equipo:

[Haga clic aquí para ver el mapa de olas](#)

Este es el mapa del recorrido del 5K:



presented by
HUSCO

Saturday, May 18th

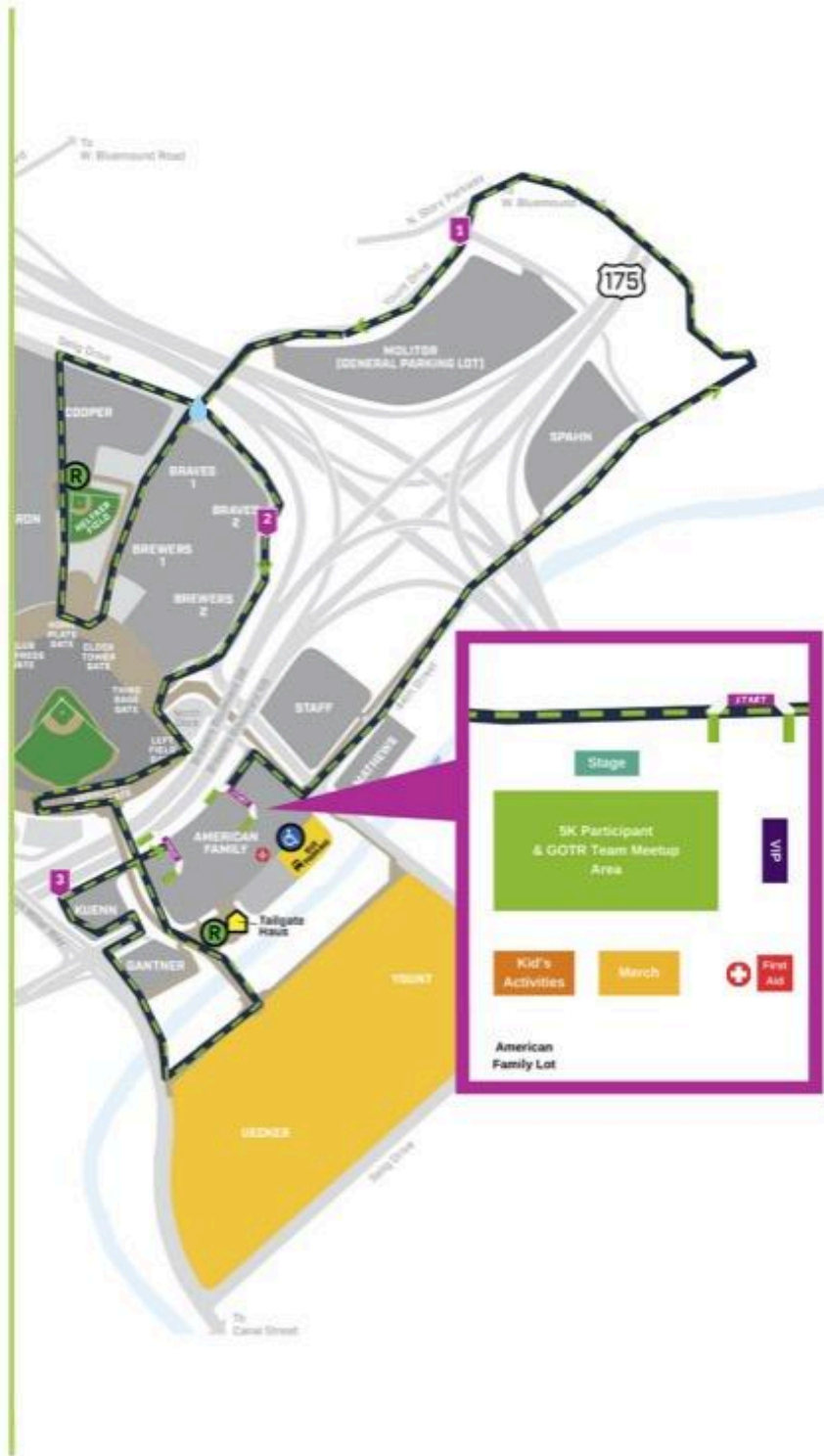
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Los mapas del recorrido estarán disponibles en sitio el día de la 5K.

¿Qué debo hacer si mi hija y yo nos separamos durante la 5K?

Antes del comienzo de la 5K, determine con su hija un punto de encuentro en el que se encontrarán después de completar el recorrido de la 5K. Si se encuentra en el punto de encuentro y no ve a su hija a la hora prevista, diríjase a la carpa de seguridad y personas perdidas. Un miembro del personal anunciará por el altavoz que su hija se reunirá con usted allí. Si se separan en el recorrido, les rogamos que terminen el recorrido y se encuentren en la salida/llegada.

¿Qué pasa si hace mal tiempo?

El evento se celebrará con lluvia o sol. Sin embargo, la dirección del evento se reserva el derecho de cancelar o modificar el evento debido a condiciones peligrosas o desfavorables. Las cuotas de inscripción no son reembolsables en caso de cancelación. Si tenemos que cancelar por cualquier razón, el evento no será reprogramado debido a la disponibilidad de American Family Field.

En caso de tener que cancelar la 5K por la seguridad de los participantes, se enviará una notificación a todos los participantes y compañeros de 5K registrados por correo electrónico y mensaje de texto (si optó por recibir actualizaciones de mensajes de texto de nuestro consejo).

¿Preguntas?

Si tienes alguna pregunta sobre la 5K, por favor contacta Girls on the Run de sureste Wisconsin a Kristi.knoedler@girlsontherun.org o 414-622-0127.

¡Gracias a nuestros patrocinadores del evento 5K!

Nuestros patrocinadores locales hacen posible cruzar la línea de llegada.

Patrocinadores locales

