



Girls on the Run 5K - Fall 2024 Presented by SSM Health

The Girls on the Run 5K is the culminating event of our season!
We are excited to celebrate all that the girls have accomplished!

When: Saturday, November 9, 2024

Where: Waunakee Village Center, 333 S. Madison St., Waunakee, WI 53597

Time: 5K grounds open at 7:45am; please have your girl there no later than 8:30am. The 5K will start at 9:00am and will begin in waves. The first wave will begin lining up at 8:45am. With 2,000 runners and hundreds of spectators, please plan ahead for parking and meeting up with your team.

Parking: Parking is available in designated lots and on side streets in the area. **NO PARKING IN THE CANNERY ROW SENIOR LIVING LOT.** See 5K Grounds and Parking map for reference.

Team Meeting Location: GOTR participants and their running buddies will be directed to their team gathering spot in the field behind the Village Center. Look for the 8 ft. tall signs. Team signs are labeled and grouped by wave assignment. At your sign, coaches will have the girls' 5K bibs and pins. GOTR shirts should be worn as the outermost layer; bibs will be pinned to the front for easy identification.

Registration: GOTR girls and coaches are already registered for the 5K. All running buddies and community runners need to register, www.girlsontherunscwi.org/5K. Day of registration/on site is \$40. Event shirts will be available as supplies last for day-of registrants. Fees are non-refundable.

Packet Pickup:

- GOTR participants & coaches: coaches already have the team's 5K supplies (shirts, bibs, swag). Coaches will give kids their 5K shirt during the last week of practice. Kids should arrive to the event wearing their shirt. Coaches will hand out the kid's bibs at their team's site sign the morning of the event. Coaches will pin the kid's bib to the front of their shirt as they arrive.
- Running Buddies who registered during Early Bird (Sept. 13 – Oct. 20), will receive their packets from their team's coaches. Coaches will distribute Early Bird packets at practice the week prior to the 5K.
- Running Buddies who registered during General Registration (Oct. 21 – Nov. 5), can pick up their packets at the GOTR office (901 Deming Way, Madison WI) on either November 6th (2pm-6pm) or November 7th (6am-6pm). All remaining Buddy packets can be picked between 7:45-8:45am at the 5K venue on November 9th

Running Buddy/Community Runner: The Girls on the Run 5K is a spectacle of girl power. As a running buddy or community runner, you play a special role in helping inspire health, confidence, and strength in our girls. **The event is non-competitive and untimed** – the goal is to finish and to encourage others in the process. We hope that you will join us in cheering on all participants and celebrating our collective accomplishments. High-fives, encouraging words, and motivational cheers are welcomed as everyone runs (or walks) at their "happy pace."

Spectators: If participants have additional supporters who do not wish to run, they can come and cheer. Spectators do not need to register for the event.

Photos: Focal Flame Photography returns to capture wonderful 5K memories of all participants on the 5K course and at the finish line. Free digital photos will be available online after the 5K!

GOTR Store: The on-site GOTR store opens at 7:45 am and will remain open throughout the morning. It is located next to the gazebo. Come shop our merchandise for all the GOTR enthusiasts in your life! **Cash, check, credit cards or Venmo accepted.**

Unstoppable Us Participants: Please pick up your gratitude gifts on site at the gazebo.

SoleMates Participants: Please pick up your swag on site at the gazebo.

Medical/Lost Child: There is a designated Medical and Lost Child area located near the starting line.

Runner Safety/Etiquette:

With the number participants in the GOTR 5K, we want to offer reminders about course safety & etiquette.

- The route is permitted and approved by the Village of Waunakee. Lanes will be closed for the 5K, but roads are still open to traffic. The route will be monitored by GOTR safety volunteers (wearing yellow vests) who will help keep runners safe and on course. Intersections will be monitored by police to ensure safe crossing for participants.
- The route will be marked with cones and mile markers. Help keep everyone safe by staying within the cones. Make space for everyone by run/walking on the right & passing on the left.
- There will be one water station along the course, as well as water at the finish line.

Event Activities: Opportunities will be available for attendees to celebrate with their teammates at their site sign in the team gathering area, including temporary tattoos, shirt signings, Zumba warm ups, and Jump Around with Bucky Badger! Families are also welcome to take photos throughout the grounds with our celebratory signage, visit our sponsor booths, and more!

Weather: We will run rain or shine. Please plan to join us even if it rains! If you dress in layers, please wear your GOTR 5K shirt as the outside layer. If there is a chance of severe weather, we will work with local law enforcement to determine if the event needs to be delayed or canceled. Any updates will be communicated to the coaches and families via email, and posted on our website and social media pages - @GOTRSCWI.

Dogs and Strollers: Due to safety concerns, the age of our runners, and the size of our event, dogs are not allowed. Runners with strollers may begin after all other waves have been released.

Volunteer: Putting on a spectacular 5K celebration requires the help of over 100 volunteers. If you know someone who can volunteer, sign up here: www.girlsontherunscwi.org/5K.

Social Media: Follow and Tag us on Facebook & Instagram @GOTRSCWI #GOTRSCWI

For more information: Visit www.girlsontherunscwi.org/5K to register, view the course map, parking map, event timeline, etc. Email info@girlsontherunscwi.org, or call 608-831-4687.