



5K Etiquette and Policies

5K Policies

GOTR NOVA asks that you please observe the following rules while participating in the 5K:

1. Dogs are not allowed on any part of the 5K course.
2. Umbrellas are not permitted on the 5K course, as this could be a serious safety issue with the large number of 5K participants and volunteers.
3. 5K participants may run with jog strollers, but all participants must be registered with participant bibs (including children in strollers). Participants with strollers are required to start in the last corral, Green 5 for safety.
4. Only registered participants wearing bibs are allowed to enter the Start and Finish areas.

5K Etiquette

To help facilitate a positive experience for all participants, we ask that you practice standard 5K etiquette. Please read through this list and share it with your participant:

1. Always stay in the running lane. DO NOT jump outside of the running lane, event to pass someone, as you could be entering a lane with car traffic.
2. Please move to the far right if you need to stop at any point during the 5K.
3. Slower participants should stay to the FAR RIGHT.
4. Faster participants should stay to the left. If you want to pass someone, please pass to the left of them.
5. If you see a participant who you think needs medical attention, please alert a Bike Marshall, course marshal, or police officer stationed along the 5K route.
6. Do your best to stay in pairs or groups of 3. Larger groups can slow down the course and create a human traffic jam.
7. If a Buddy Runner runs with more than one participant, they should run behind the participants.
8. Please do not hold hands at any time while on the 5K course.
9. As you come to a water stop, take a water and keep moving.
10. After the water stops, throw your garbage on the ground; you have a license to litter this one time!
11. When crossing the finish line, keep moving so that participants behind you do not have to stop before they reach the finish line.
12. Choose a pre- and post-event meet-up spot for your family members and friends. The color corrals are an excellent option for this.
13. If you cannot find your child after the 5K ends, come to the Lost Child station at the Information Tent. GOTR NOVA staff members will assist you.
14. Have fun! This is meant to be a non-competitive, encouraging race environment for all participants.