

2024 **better** *together*



GIRLS ON THE RUN-MAINE CELEBRATORY 5K

SUNDAY, November 10, 2024

Brunswick Rec Center at Brunswick Landing

MORNING PRE-RUN FUN: 9:00am

5K START TIME: 10:00am

A Celebration!

At Girls on the Run, we celebrate the limitless potential of our girls and inspire them to be joyful, healthy and confident. Completing the GOTR 5K gives the girls the tangible sense of confidence that comes through accomplishment, as well as a framework for achieving life goals. With their faces painted, silly socks and tutus and their community cheering them on, crossing the finish line is a defining moment when the girls realize that even the seemingly impossible IS possible. Accordingly, by participating in the 5K, we ask you to honor the spirit of the event as a celebration and commit to putting their experience first. Thank you for helping to make this event an incredible day for our girls.



EVENT TIMELINE:

GOTR 5K

By 8:45 - Coaches Arrive at Rec
8:15 - 9:30 - Event Day Registration Open
By 9:00 - GOTR Participants Arrive at Rec
8:45 - 9:40 - Team Village Activities
9:45 - Welcome Announcements & Dance
Warm Up
10:00 - 5k Begins - Ready, Set, GO!

The GOTR 5K is RAIN or SHINE

Running in the rain is something most participants have become accustomed to at Girls on the Run practice, and it will not deter them from reaching their goal! If the weather conditions are more dangerous - for ex. thunder and lightning - event management reserves the right to cancel or modify the event (for ex. delayed start) for participant safety. Registration fees are not refundable in the event of a cancellation. In the event of cancellation, notification will be sent to all participants and registered 5K Buddies via email and text message (if you opted into receiving text message updates).

5K REGISTRATION

GIRLS ON THE RUN PARTICIPANTS & COACHES DO NOT NEED TO REGISTER

All program participants AND coaches are automatically registered in the 5K as part of their program registration. Participants will receive their 5K bibs and pins from their coaches at their team meeting sign.

All other 5K participants (Buddies, community members and family participants) must register.

WHAT IS A 5K BUDDY? During the 5K, GOTR participants are encouraged to be accompanied by an adult (16+) 5K Buddy. This gives each girl individual encouragement and support as she takes on a great challenge. 5K Buddies are not required but are highly encouraged for both her safety and comfort on the course. Online 5K Buddy Registration will close on Thursday, Nov 7 at noon. Event Day 5K Buddy registration is available beginning at 8:15am at the Registration Tent.

5K SUPPORTER REGISTRATION The GOTR-Maine 5K is open to additional runners as a fundraiser. This is an untimed event and community runners are there to support the program, the girls and to have fun!

5K REGISTRATION FEES:	Through 11/7	5K Day
5K Buddy (16 & Up)	\$25	\$30
Youth/Non GOTR Girl (15 & Under)	\$15	\$20

Entries are non-refundable and non-transferable under any circumstances. Girls on the Run - Maine reserves the right to cancel or modify the event due to unfavorable conditions.

Online registration is available through Thursday, Nov 7 at 12:00pm [REGISTER HERE](#)
Race day registration will be available from 8:15am - 9:30am *Cash and cards accepted.*

DIRECTIONS

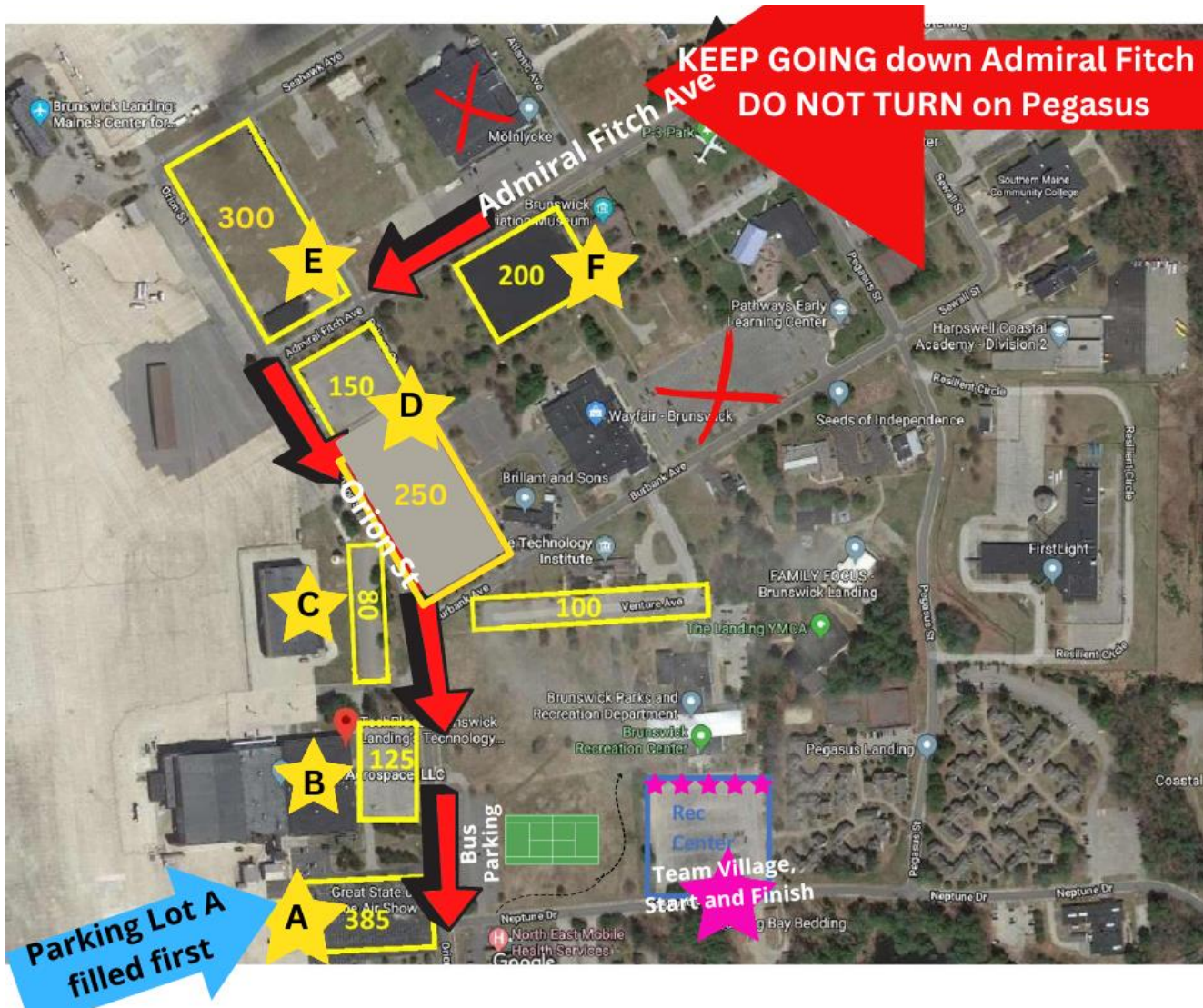
Brunswick Recreation Center - 220 Neptune Drive, Brunswick, ME

Please take Admiral Fitch Ave to Orion Street to park. YOUR GPS MAY DIRECT YOU TO TURN ON PEGASUS - DO NOT - PLEASE CONTINUE DOWN ADMIRAL FITCH.

[See Google Maps](#)

****** CARPPOOLING TO OUR EVENT IS HIGHLY ENCOURAGED. ******

PARKING



Coaches, Participants and Families, and Volunteers will all walk to the Brunswick Rec Center.

All cars will be directed to one of the lots by our parking attendants. Keep your car moving and follow the directions of parking attendants to expedite the parking process. Lots on Orion Street will be filled first (A then B, then C and so on - SEE MAP). See attendants for Handicapped Parking.

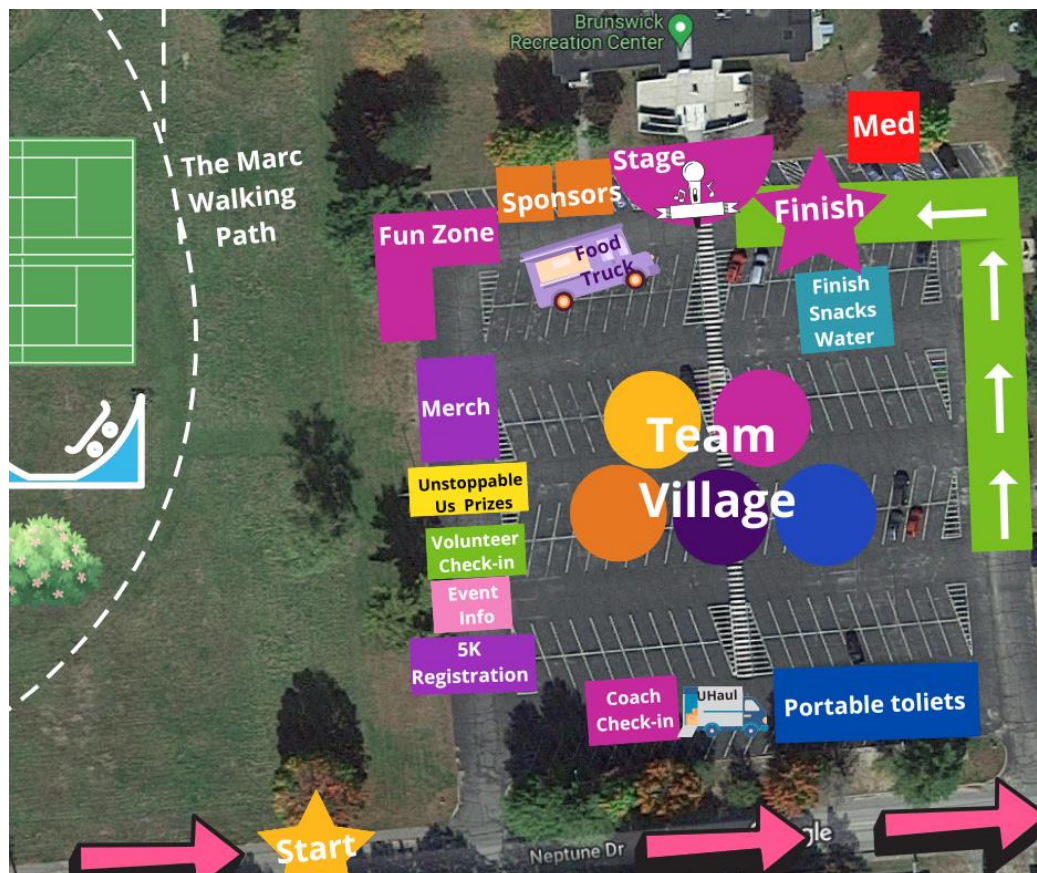
Please anticipate Race Day Traffic. It will take some time to park, walk to the venue, check in, use the restroom and participate in pre-run fun. Lower your stress level by allowing extra time for your arrival.

****IMPORTANT ROAD INFORMATION****

THERE ARE NO ROAD CLOSURES. The roads will remain open to the public as per the Town of Brunswick. Please avoid driving down Pegasus Street as it could be busy with cars parking for the pickleball courts. To keep our runners safe, cars will not be allowed to enter or exit from the parking lots while runners are on that area of the course. Please plan accordingly.

EVENT INFORMATION

EVENT MAP



COACH CHECK IN

One coach from each team should plan to stop at the Coach Check-in Tent located at the edge of the parking lot by the U-Haul truck to return your team's supply bag and curriculum books. All other coaches can report directly to the team sign in the Team Village. The team's 5k bibs and pins will be in a bag at the team sign.

GOTR PARTICIPANT AND 5K BUDDY CHECK IN

Upon arrival, GOTR girls and buddies who registered online will proceed directly to the Team Village area to find their team sign and check in with the coaches. Team signs are set in alphabetical order by color zone (See Team Village map below.) If a 5K Buddy did not register online, day of registration can be done at the 5K Registration tent.

RACE BIBS

Race Bibs and pins for girls and 5K Buddies will be handed out by the coaches at the team sign. If a GOTR girl has 5K Participants in her family who are NOT 5K Buddies, they will need to check in at the 5K Registration Tent to pick up their bib.

5K SHIRTS

A limited number of 5K shirts will be available for purchase at the GOTR Merchandise tent.



WHAT TO WEAR

Girls on the Run program participants and coaches should wear their PURPLE GOTR shirt during the 5K. Heart & Sole participants and coaches should wear their GRAY H&S shirt. Try to wear it over your layers if possible. Wearing the program t-shirt indicates to our volunteers which girls should receive a medal at the finish line. Only GOTR program participants receive medals at the finish line.

We encourage all 5K participants (and spectators!) to get into the spirit of the event. We embrace tutus, fun wigs, silly socks, and bright, sparkly colors! Join in the fun!

EVENT DAY 5K REGISTRATION

Pre-registered 5K participants (adult & youth) who are not GOTR girls or 5K Buddies will need to check in at the 5K Registration Tent to pick up their race bib. This tent is located near the start line. 5k participants and 5K Buddies who did not register online will need to register at the 5K Registration Tent.

PARENTS & SPECTATORS

Parents and spectators are welcome to join the girls in the Team Village. If you are not running, you can stay at the Rec to watch the girls finish and/or proceed to one of the suggested viewing areas. (See course map below). Parents should plan to meet their girls at the finish line or at their team sign.



5K BUDDY REMINDER

It is important to remember that each girl will find her own pace so whether she walks, skips or runs, THAT IS OK! No matter what pace she chooses, you will be the support along the way! Encourage her to try her best and to keep moving forward. Keep your comments positive and make it fun!

SPECTATOR INFORMATION



We welcome family and friends to come and support the GOTR girls and 5K runners. Parents and spectators are welcome to join the girls in the Team Village. Parents who are not running should plan to meet their girls at the finish line or at their team sign.

Our 5K course is spectator friendly as the Start and Finish are both at the Brunswick Rec. After the start, spectators are welcome to walk to the Marc walking path next to the Rec, or the sidewalks along Burbank Ave. or Neptune Drive to cheer. You will see the 'Girls on the Run' arch in the Rec parking lot signifying the finish line. Families of GOTR girls should be able to find their participants at the finish line but can also plan to meet back at your team sign.

The Fun Zone Activities will remain open during the 5K. We ask that siblings of GOTR girls wait for the 5k to begin to do hula hooping, crafts and games.

5K COURSE MAP



Look for the course volunteers in orange vests. They are there to help!

The 5K course is a 3.1 mile, two loop run through Brunswick Landing. This is a flat course that is entirely on pavement. Runners will start outside the Brunswick Rec on Neptune Drive and head left on Pegasus St, then right on Burbank Ave, then left on Sewall St to the SMCC campus parking lots where they will turn around, run back down Sewall to make a right on Burbank, then left on to the Marc walking path next to the Rec and then left back on to Neptune Drive. Runners will do this loop twice. Participants will then enter the Brunswick Rec parking lot for the finish line! There will be one water stop on the course which runners will pass twice. Participants will be guided through the course by signs and volunteers.

- Please respect all volunteers, staff, course signs and directions.
- There are many tables at the water stop, so you don't have to take a cup from the first table you see. If you need to stop and drink, please move to the side.
- Do not stop at the finish line - keep moving through the finisher's chute. Coaches, parents and spectators are not allowed in the finish line chute for the safety of our girls.

WAVE START

To help ease congestion on the course, we are going to have a self-selected Three Wave Start. Participants should choose the wave that is right for them - their happy pace - and line up behind the correct flags. Each Wave will be released about 1 minute apart. Please wait for the signal from the Starting Line Volunteers.

WAVE 1 - GREEN WAVE - RUN - Participants plan to run the entire 3.1 miles

WAVE 2 - PURPLE WAVE - RUN/WALK - Participants plan to do a combination of running and walking

WAVE 3 - BLUE WAVE - WALK/RUN - Participants plan to do a combination of walking and jogging

TEAM VILLAGE & Fun Zone



Teams will gather in the middle of the Rec parking lot. Teams will gather in colored zones listed on the EVENT MAP above. If you need help finding your team, visit the Info Tent and someone will guide you.

The Fun Zone will feature:

face painting, hair accessories, temporary tattoos, bling your bib, sign-making, hula-hooping, and a photo booth.



GENERAL EVENT INFORMATION

Did your GOTR Girl participate in the UNSTOPPABLE US Fundraiser?

Please plan to stop by the Unstoppable Us tent, located in the yellow tent near the merch tent, to pick up her gratitude gifts. All online donations will be added to the girls' totals.

We are so grateful to the girls for their fundraising efforts!

This program helps us provide financial assistance.



WATER FOR SPECTATORS AND PARTICIPANTS

We want to make sure our participants are hydrated! Water will be available for everyone at the Food and Water Tent (you are encouraged to bring your own bottle.) There will be a water stop on the course and at the finish line.

FOOD FOR RUNNERS

Snacks for all 5K participants will be available at the Runner Food and Water tent near the finish.

KEEP GOTR GREEN!

Girls on the Run Maine makes every effort to “green” our events. Please help us recycle by placing all bottles, cans, and paper in the appropriate bins.

FOOD NEARBY

Wild Oats Bakery & Café is walking distance from the event and opens at 8:30 am.

5K ACTIVITIES AND SPONSORS

Stop by the sponsor tables for some fun activities and giveaways.

EMCEE

Krissy Williamson from Krissy in the Morning on 

GOTR MERCHANDISE

Visit the big purple Merch Tent to get your GOTR Gear! Purchase some fun GOTR items - shirts, hats, water bottles, magnets, headbands and more. Cash and Credit accepted. There is a \$10 minimum when using a credit card.

WEATHER

The 5k will go on regardless of inclement weather, so be sure to dress for the rain or cold - layers are recommended. The GOTR Staff will determine if we require a delayed start due to lightning prior to the 5K start. We do not have a rain date due to event costs and our dependence on volunteers.

DOG POLICY

Dogs are not allowed on Brunswick Rec property.

RESTROOMS

Portable toilets are available in the Rec parking lot.

LOST & FOUND

Lost & Found will be located at the Volunteer Check In tent.

FIRST AID/MEDICAL

The Medical Tent is the red tent located near the Finish Line.

FREQUENTLY ASKED QUESTIONS

CAN I SIGN UP TO RUN ON EVENT DAY? Yes! Registration is available starting 8:15 am. The event day fee is \$30 for Adult Participants and \$20 for Youth Participants. Walkers are welcome! Cash preferred.

ARE SPECTATORS WELCOME AND DO THEY HAVE TO PAY? Yes, spectators are welcome and no they do not need to pay. We do ask that you limit the number of guests to one car.

IS THE GOTR 5K TIMED? No. This is an untimed, non-competitive run where the focus is on the accomplishment of completing 3.1 miles.

IS THE GOTR 5K FOR GIRLS ONLY? No, the event is open to the public and all are welcome!

I NEED TO CHANGE MY DAUGHTER'S 5K BUDDY, WHAT SHOULD I DO?

Leading up to the event, please email anne.merkel@girlsontherun.org to make a 5K Buddy change. To make a change on race day please have the 5K Buddy stop by the 5K Registration Tent to sign a waiver.

CAN I RUN WITH A JOGGING STROLLER? Yes, strollers are allowed, but we ask that you line up in the back of Wave 2 or Wave 3.



IS THE EVENT DOG FRIENDLY? No. Please leave all furry friends at home.

CAN I WEAR MY EAR BUDS DURING THE 5K? For the safety of all runners, ear buds and other personal listening devices are prohibited.

WILL THERE BE FINISH LINE PICTURES? We will have a photographer at the Finish Line who will do her best to capture everyone. A link to event photographs will be on our website and Facebook page 7-10 days after the event.

I CANNOT MAKE THE RUN; CAN I GET A REFUND? Unfortunately, we are unable to process any refunds. All registrations are non-refundable and non-transferable.

ADDITIONAL QUESTIONS

If you have additional questions regarding the GOTR 5K, please contact our local office at 207-747-5677 or Allison.Ayan@girlsontherun.org. We are happy to assist you!

5K Week Checklist

- PICK OUT MY 5K OUTFIT
- DRINK PLENTY OF WATER
- SAY POSITIVE THINGS TO MYSELF
- GET READY TO HAVE FUN ON [SATURDAY/SUNDAY]!

Still need to register?
girlsontherunmaine.org/5k

Girls on the run 5K

Thank you
2024 Sponsors!

