



# Girls on the Run Northeast Ohio

## Spring 2025 5K Guide

SPRING 2025 5K

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Learn more at  
[www.gotrneo.org](http://www.gotrneo.org)

### Event Details

**Date:**  
Saturday, May 17, 2025

**Location:**  
Canal Park  
300 S. Main Street  
Akron, OH 44308

### 5K Guide Key



#### Program Participants

Girls who registered for and participated in the 10-week season of Girls on the Run or Heart & Sole



#### Running Buddies

Individuals who registered to complete the 5K alongside the program participants



#### Coaches

Volunteers who completed training and served as role models to program participants for the 10-week season



#### Spectators

Anyone that comes to the 5K to cheer for all participants

# Know before you go



## Running Buddies

Running Buddies must be registered in order to be allowed on the 5K course. Register early to take advantage of discount pricing:

- Early bird (through 4/17) \$35
- Standard (through 5/13) \$40
- Late (at Packet Pickup & 5K day) \$50

Discounts built into 5K registration form for anyone needing financial assistance.

Online registration closes Tuesday, May 13th.

## Packet Pickup dates & times

*(Packet pickup is only for Running Buddies, not program participants or coaches)*

- Wed, May 14, 4pm-7pm @ Fleet Feet, 26149 Detroit Road, Westlake\*
- Thurs, May 15, 11am-2pm @ Fleet Feet, 30679 Pinetree Road, Pepper Pike\*
- Thurs, May 15, 4pm-7pm @ The Workz, 2220 Front Street, Cuyahoga Falls

*\*Receive 15% off in-store purchases (10% on electronics) when picking up your packet at these Fleet Feet locations.*



All packets not picked up in advance will be available for pickup on 5K Day, Saturday, May 17th at the Packet Pickup booth from 10:30am-12pm.

5K giveaways are available first come, first served while supplies last.



## Program Participants

Wear your provided program shirt & layers based on the forecast.

You'll receive your race bib from your coach at your team meeting location on 5K day (11-11:30am - see Team Meeting Locations page for section #).

In case you forget, the color of your race bib is also your wave color - you can also use this to remind you where to go when you line up for the start.

Tip for finding your team - each team will have a sign with their team's name on it. Look for this sign in your assigned team meeting location, as well as when you're lining up for the start.

Note that the team meeting locations are listed in alphabetical order by team - this is NOT necessarily the order the waves will line up in.

Please plan to arrive by no later than 11am. If you arrive after 12pm & can't find your team, please come to the Late Check-in tent near the start line.

Running Buddy  
Registration  
Scan or Click!





## Coaches

Wear your provided coach shirt & layers based on the forecast.

One coach from each team will pick up your team's race bibs & 5K supplies at Coach Check-In (10:30-11:00am) on 5K day.

- Be sure that each bib goes to the correct girl and coach.
- Use your team's sign to help girls find your team meeting location in the stadium, as well as the pre-race dance party and lining up for the start.
- Signs & unclaimed bibs for participants who did not check in with you on time will be collected as your wave reaches the starting line.

Coaches are encouraged to return their program supplies at Coach Check-In.



## Spectators

Spectators do not need to register in advance and are welcome at no cost.

Spectators may bring cheer signs and noisemakers, as well as anything that will make their experience more comfortable, such as lawn chairs.

Spectators must stay off the 5K course at all times.

**Custom cheer signs** are available for purchase through April 30th.

[Scan or click here!](#)



## Never been to a Girls on the Run 5K? Here's what to expect:

Our 5K is noncompetitive. This means we do not time participants and all finishers receive a medal at the finish line.

Program participants are encouraged (but not required) to have a Running Buddy at the 5K. There is no limit to the number of Running Buddies a participant can have.

Strollers welcome! Rider must also be registered as a Running Buddy for safety and liability reasons - we must have a record of all individuals on the course.

Run, hop, roll, walk, push or skip - participants of ALL abilities welcome.

The stadium can get loud. There will be lots of people & music playing. Our goal is to create a fun and festive environment for all in attendance. If this is a concern for any members of your family, please refer to the Social Story and Accessibility Guide provided on our 5K page.

The Legacy Breakfast is a ticketed event, separate from the 5K and completely optional (see Legacy Breakfast event info for details).

# Frequently Asked Questions & Event Policies

## ★ **When should we arrive?**

Plan to arrive early! Gates open at 10:30am and you can expect lines at Packet Pickup, Registration & Merchandise. Allow extra time for traffic and parking.

## ★ **What is a race bib?**

A bib or race bib is the numbered tag that identifies each participant in a race. They are secured to the front of a shirt using safety pins, which we provide.

## ★ **What is a wave?**

A wave is a group of runners. We separate the large group of 5K participants into small groups to allow everyone to spread out at the start of the 5K. Each wave is designated by a color. If you are participating with a specific girl or team, you'll join them in their designated wave. If you are joining us as a member of the community and not affiliated with one of our teams, we ask that you join the back of any wave of your choosing.

## ★ **Will there be food & drinks?**

The stadium's concession stand will be selling food & beverages. They do not accept cash. For those participating in the 5K, there will be a water stop near the halfway point on the course and water & snacks will be provided at the finish line. As always, guests are welcome to bring their own food and drinks.

## ★ **Do spectators need to register?**

Spectators are welcome at no charge and do not need to register. We invite them to bring noisemakers, signs and all of the positive energy they can muster. We encourage all guests to stay and cheer until the last runner crosses the finish line to ensure a positive experience for all participants.

## ★ **Will there be merchandise for sale?**

Yes! Cash and credit card will be accepted. All proceeds from the sale of merchandise benefit Girls on the Run NEO and future participants.

## ★ **Can I bring my pet?**

No. Pets are not allowed in the stadium or on the 5K course. The only exception to this rule is service animals.

## ★ **What about bad weather?**

Our 5K is rain or shine, so be sure to keep an eye on the forecast. We will start as planned, even in the rain. If hazardous conditions arise (such as lightning), we will delay the start time. We recommend arriving as planned unless a cancellation is posted on our social media channels. There is no rain date should the event be cancelled due to hazardous conditions.

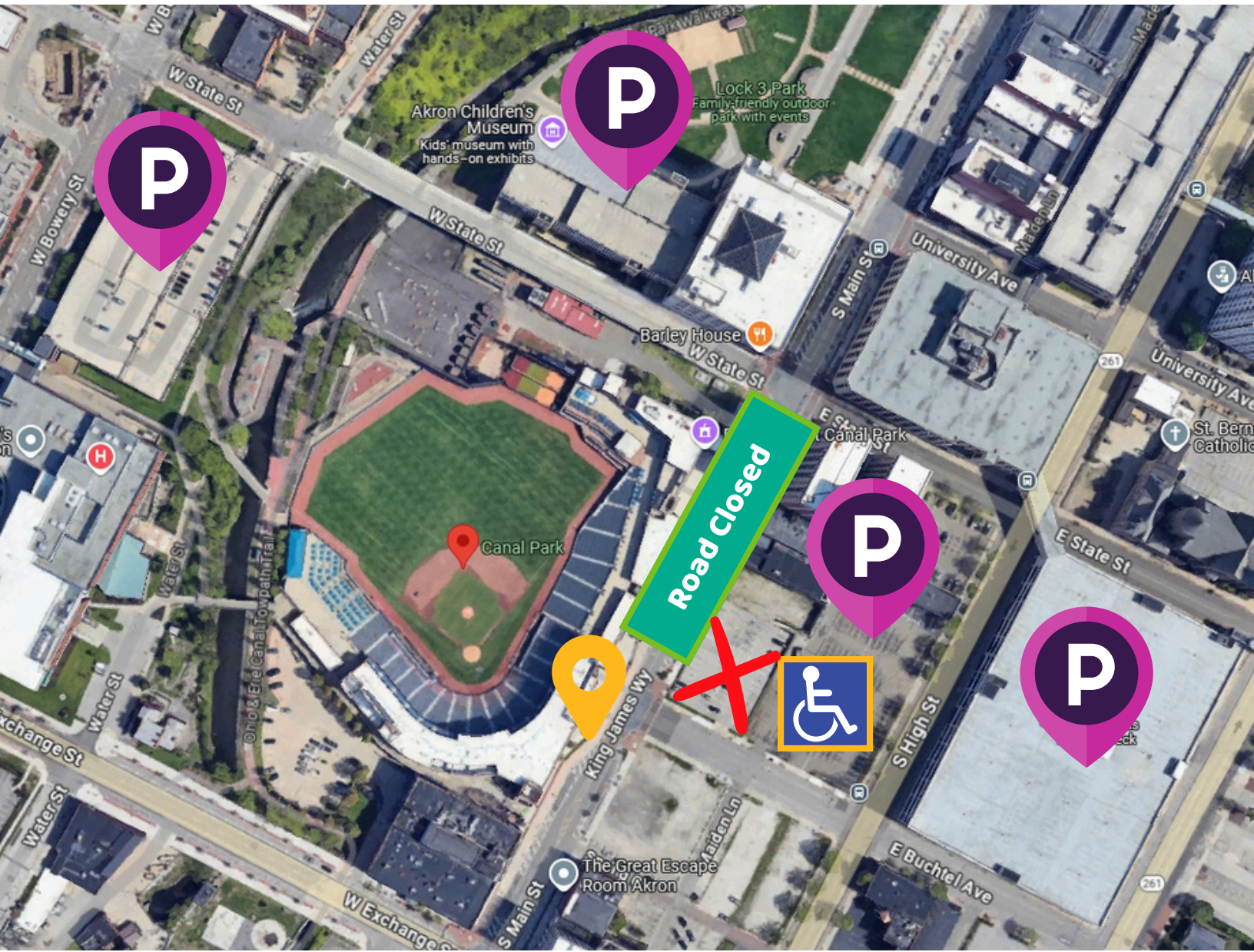
## ★ **Will there be a photographer?**

We'll have a photographer on site to take pictures, but we encourage guests to take lots of photos and tag us on social media.

## ★ **Are children in strollers free?**

For safety & liability reasons, everyone on the course MUST be registered, regardless of age or use of a stroller. Optional discount codes are available in the registration if you wish to register those individuals at a lower price.

# Parking



Parking is free in city-owned lots around the stadium. Follow all signage and parking laws.



**Parking lot**



**Accessible parking**



**Drop-off zone**



**Parking lot closed**



Note that S. Main Street will be closed between E. State St. and E. Buchtel Ave. for the entirety of this event.

## Event Timeline

Legacy Breakfast: **9:30-11:00am**



Coach Check-in: **10:30-11:00am**

(one coach from each team)

Merchandise Booth: **10:30am-2:00pm**

Registration: **10:30-12:00pm**

(at Merch Booth)



Packet Pickup: **10:30am-12:00pm**

(pre-registered running buddies only)



Girl Check-in: **11:00-11:30am**

(at team meeting location)

Pre-Race Dance Party on S. Main Street: **11:30am-12:20pm**

Line up by Wave Color: **12:20-12:30pm**

Start Time: **12:30pm**

Join the dance party on S. Main Street after you finish!

**NEW THIS YEAR!**

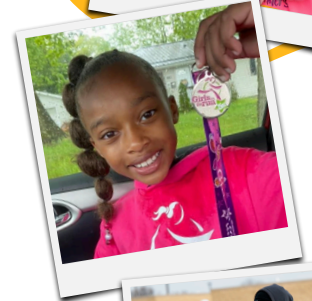
# Girls on the Run Northeast Ohio Legacy Breakfast

This special event celebrates the impact of your generosity in empowering girls to boldly pursue their limitless potential. Entry to the breakfast requires a donation or fundraising commitment of \$185 or more. Your commitment can provide a full season scholarship for one girl, ensuring she experiences the life-changing lessons of confidence, connection, and character through our program. Come enjoy a delicious pancake breakfast, connect with fellow supporters, and witness our participants celebrate their accomplishments with a noncompetitive 5K. Let's fuel the future—one girl, one mile, and one stack of pancakes at a time!

**When:** Saturday, May 17, 2025, 9:30-11:00am, just before our Spring 5K

**Where:** The Duck Club at Canal Park, 300 S. Main Street, Akron

Click or scan here to learn more & sign up!



Registration is free and includes a personalized fundraising page, along with the tools and resources necessary to fundraise on behalf of Girls on the Run Northeast Ohio. Fundraisers reaching the minimum requirement of \$185 will receive a ticket to the Legacy Breakfast. Additional benefits for fundraising levels reached include: free 5K registration (\$50), name listed as Star Supporter on stadium scoreboard (\$100), be an official "starter" for the GOTR 5K (\$300), pass out medals at 5K finish line and be listed as "Friend of Girls on the Run" in Annual Report (\$500).  
5K start time is 12:30pm.

# Venue Map



\*This venue map shows where we intend to place all areas of interest on 5K day. Please note that these locations may change based on weather and other unforeseen circumstances. Please visit Guest Services for help if you are unable to find what you're looking for.

Note that this view is from the outfield and most useful to reference from your team meeting location in the stands. If you're using this map from the main entrance, you should flip the map upside down.



# Team Meeting Locations



| Team  | Wave Color | Section # | Rows    |
|---|------------|-----------|---------|
| Avon Heritage Elementary (W/F)              | GREEN      | 4         | S-T-U   |
| Avon Heritage Elementary Team Gold          | GREEN      | 4         | O-P-Q   |
| Avon Heritage Elementary Team Purple        | GREEN      | 4         | K-L-M   |
| Barberton Intermediate School               | GREEN      | 4         | F-G-H   |
| Bath Elementary                             | GREEN      | 5         | T-U     |
| Bay Village at Westerly                     | GREEN      | 5         | O-P-Q   |
| Berea Midpark Middle School                 | GREEN      | 5         | J-K-L   |
| Boulevard Elementary 4th Grade Team         | GREEN      | 5         | E-F-G   |
| Boulevard Elementary 5th Grade Team         | GREEN      | 5         | B-C-D   |
| Brook Park Elementary                       | GREEN      | 6         | R-S-T-U |
| Central Intermediate School Team Black      | GREEN      | 6         | M-N-O   |
| Central Intermediate School Team Red        | GREEN      | 6         | J-K-L   |
| City of Cleveland-Cudell Recreation Center  | GREEN      | 6         | E-F-G   |
| Crouse CLC                                  | PINK       | 7         | S-T-U   |
| Fernway Elementary                          | PINK       | 7         | M-N-O-P |
| Franklin Elementary                         | PINK       | 7         | G-H-I-J |
| Gilles Sweet Elementary Green Team          | PINK       | 8         | O-P-Q   |
| Gilles Sweet Elementary Pink Team           | PINK       | 8         | L-M-N   |
| Harding Middle School                       | PINK       | 8         | G-H-I   |
| Henry Defer Intermediate School             | PINK       | 8         | B-C-D   |
| Holy Trinity School                         | PINK       | 9         | N-O-P-Q |
| Horace Mann Elementary School               | PINK       | 9         | H-I-J-K |
| Hudson City Schools - East Woods Elementary | PINK       | 9         | C-D-E   |

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## Team Meeting Locations - continued

| Team   | Wave Color | Section # | Rows    |
|--|------------|-----------|---------|
| Hyre CLC - Akron Public Schools              | PINK       | 10        | T-U-V   |
| Judith A. Resnik CLC - Akron Public Schools  | PINK       | 10        | O-P-Q   |
| Ledgeview Elementary                         | PINK       | 10        | K-L     |
| Leighton Elementary School                   | PINK       | 10        | D-E-F-G |
| Lindsey Elementary                           | PURPLE     | 11        | O-P-Q   |
| Lomond Elementary                            | PURPLE     | 11        | I-J-K-L |
| Louisa May Alcott Elementary School          | PURPLE     | 11        | T-U-V   |
| Mason CLC - Akron Public Schools             | PURPLE     | 11        | C-D-E-F |
| Mound School                                 | PURPLE     | 12        | U-V     |
| North Royalton Elementary School Team Bear   | PURPLE     | 12        | P-Q-R   |
| North Royalton Elementary School Team Gold   | PURPLE     | 12        | L-M-N   |
| North Royalton Elementary School Team Purple | PURPLE     | 12        | H-I-J   |
| North Royalton Middle School                 | PURPLE     | 12        | B-C-D-E |
| Norton Elementary School                     | PURPLE     | 13        | S-T-U-V |
| Old Trail School                             | PURPLE     | 13        | N-O-P   |
| Onaway Elementary 3rd & 4th Grade Team       | ORANGE     | 13        | H-I-J-K |
| Onaway Elementary 5th Grade Team             | ORANGE     | 13        | C-D-E-F |
| Overlook Elementary School                   | PURPLE     | 14        | T-U-V   |
| Palm Elementary School                       | PURPLE     | 14        | O-P-Q   |
| Park Elementary                              | ORANGE     | 14        | I-J-K-L |
| Portage Path CLC - Akron Public Schools      | ORANGE     | 15        | T-U-V   |
| Price Elementary                             | ORANGE     | 15        | P-Q     |
| Richardson Elementary Team A                 | ORANGE     | 15        | K-L-M   |
| Richardson Elementary Team B                 | ORANGE     | 15        | H-I-J   |
| Rimer CLC - Akron Public Schools             | ORANGE     | 15        | B-C-D-E |

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## Team Meeting Locations - continued

| Team                                  | Wave Color | Section # | Rows    |
|---------------------------------------|------------|-----------|---------|
| Ritzman CLC - Akron Public Schools    | ORANGE     | 16        | T-U-V   |
| Robinson G. Jones                     | ORANGE     | 16        | O-P-Q   |
| Rocky River @ United Methodist Church | ORANGE     | 16        | I-J-K-L |
| Rocky River @ Kensington Intermediate | ORANGE     | 16        | D-E-F-G |
| Rootstown Elementary School           | YELLOW     | 17        | N-O-P-Q |
| Sacred Heart of Jesus School          | YELLOW     | 17        | I-J-K   |
| Shaker Middle School                  | ORANGE     | 14        | C-D-E-F |
| Shaw JCC                              | YELLOW     | 17        | D-E-F   |
| Southeast Intermediate School         | YELLOW     | 18        | O-P-Q   |
| St. Anthony of Padua                  | YELLOW     | 18        | J-K-L   |
| St. Bernadette                        | YELLOW     | 18        | D-E-F-G |
| St. Francis Xavier School             | YELLOW     | 19        | O-P-Q   |
| St. Gabriel School                    | YELLOW     | 19        | J-K-L   |
| Stevan Dohanos Elementary School      | YELLOW     | 19        | E-F-G   |
| Tallmadge Elementary                  | YELLOW     | 19        | B-C     |
| Vincent Elementary                    | YELLOW     | 20        | T-U-V   |
| Walls Elementary School               | YELLOW     | 20        | O-P-Q   |
| Whitney Young School                  | YELLOW     | 20        | J-K-L   |
| Windemere CLC - Akron Public Schools  | YELLOW     | 20        | E-F-G   |

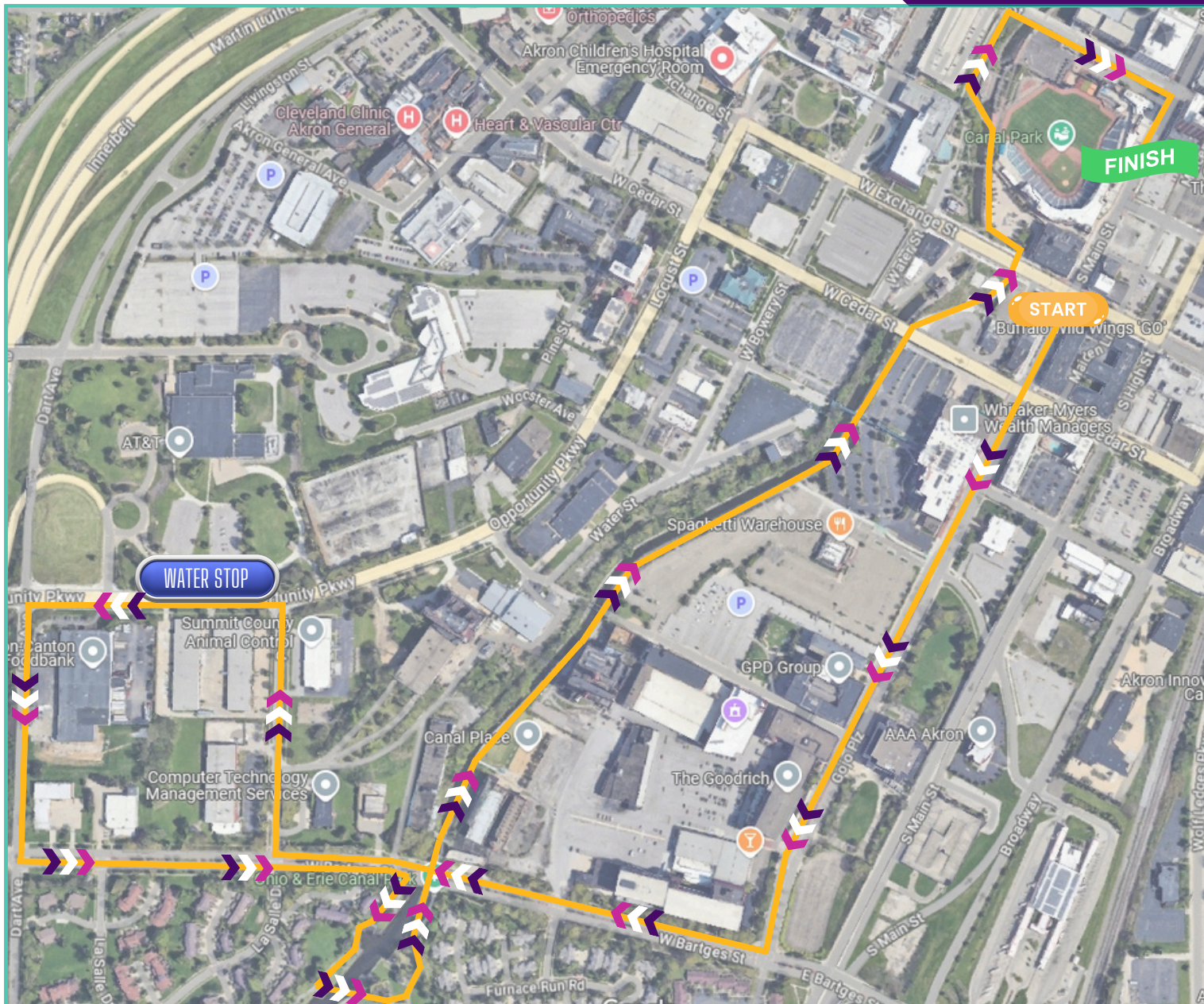
**Welcome Spring 2025 Teams**

**Girls on  
the run®**

**heart  
& sole**

# Course Map

# NEW route



## DIRECTIONS

- Beginning at E. Exchange St., head south on S. Main St.
- Turn right at W. Bartges St., stay in the right lane
- Turn right at Pier Dr., stay in the left lane
- Turn left on Opportunity Pkwy, stay in the left lane (water stop located here)
- Turn left on Dart Ave, stay in the left lane
- Turn left on W. Bartges St., stay in the right lane
- Just before the bridge, turn right onto the Ohio & Erie Canal Towpath Trail
- Turn left at the bridge crossing the canal and continue north along Towpath Trail
- At the back of the stadium, veer left onto bridge over canal
- Turn right onto W. State St., stay on sidewalk
- Turn right onto S. Main Street to finish line



# Safety

## ★ Weather emergencies

Our 5K is rain or shine, so be sure to keep an eye on the forecast. We will start as planned, even in the rain. If hazardous conditions arise (such as lightning), we will delay the start time. We recommend arriving as planned unless a cancellation is posted on our social media channels. There is no rain date should the event be cancelled due to hazardous conditions.

## ★ First Aid

The First Aid tent will be located in the finish line area in front of the stadium. Additional First Aid personnel will be riding along the 5K course on bicycles to provide assistance during the 5K itself.

## ★ Separated family members

Anyone separated from their family or their team during the event should return to the stage area so an announcement can be made. Program participant race bibs will have their emergency contact listed on the back and volunteers are instructed to call that number if a child is in need of assistance. We recommend determining a meet-up point prior to the start of the 5K to avoid this situation. You may use any landmark in or around the venue, or the colored flags used to mark the team's wave at the start of the 5K.

## ★ Course safety

Familiarize yourself with the 5K route and pay attention to the cones and markers used along the route to indicate what direction to go. Follow all directions given by volunteers in yellow safety vests and Akron Police Officers along the route. The entire course is lined with volunteers and Police Officers to ensure the safety and well-being all of 5K participants.

## ★ Emergency announcements

In the case of an emergency, announcements will be made from the stage, as well as in the stadium. Please follow the instructions provided in these announcements, as well as the directions of event personnel (volunteers & staff).

## ★ Questions or concerns?

If you see something, say something. For any questions or concerns during our event, please talk to a member of our staff (pink safety vests), a volunteer (yellow safety vests), an Akron Police Officer, or someone at Guest Services.

# National Partners



Gamma Phi Beta



# Local Partners



United Way of Portage County



HEALTH & WELLNESS FOUNDATION



## GOTRNEO Staff



**Robyn Cutler**  
Executive Director



**Jen Blatnik**  
Development Director



**Tricia Miller**  
Program Director



**Mackenzie Smith**  
Program Manager



**Erin Mathews**  
Marketing & 5K Director



**Abigail Minnick**  
Operations Coordinator

## 5K Committee

Andreanna Anderson

Joanna Consiglio

Sophie Goldenberg

Lesley Hoover

Cathy Kehoe

Molly Lavins

Brianna Lilly

Jessica Martinez

Erica Neuman

Chelsea Reaser

**Thank you for making 5K day amazing for our girls!**