



2025 SPRING 5K

Howard County

Parent & Participant Guide

5k Details

When:

- **Saturday, May 31, 2025**
- Race starts promptly at 8:00 a.m.
- Arrival time: 6:30—7:15 a.m.
- Runners **MUST** be in place with their teams and ready to run by 7:45 a.m. so we can walk to the starting line.
- Late arrivals will not be permitted to participate for safety reasons!

Where:

7150 Columbia
Gateway Drive,
Columbia, MD 21046

****BACK TO PREVIOUS ADDRESS**

Dear Parents, Guardians and 5k Participants,

On **Saturday, May 31** more than 700 GOTR and Heart & Sole participants from Howard County will come together and complete their goal of crossing the finish line in the season-ending 5k event. We are so excited to share this milestone with you and your children! The following is information you will need for pre-race and race day. As always, please let us know if you have any questions!



5k Registration

PROGRAM PARTICIPANTS are already registered for the race—**YOU DO NOT NEED TO REGISTER YOUR CHILD THROUGH THE 5K REGISTRATION PAGE.**

PARENTS, GUARDIANS, COMMUNITY PARTICIPANTS: If you are **planning to run/walk, you will need to register and pay the \$35 entry fee.** Each participant must have a 5K buddy to run/walk with at the 5K. With more than 1,500 participants on the course, 5K buddies look out for the participants and help ensure that their 5k experience is fun, exciting, and safe! Your participant's 5K buddy can be a friend, family member, coach, teacher...anyone 16 or older who will be an encouraging race partner. **If you are having trouble finding a 5K buddy for your child, please contact the team coach.**

5K Buddy Registration

- Online at gotrcentralmd.org
- In person at Packet Pickup (locations and times listed on page 2)

Packet Pickup Locations

Howard County:

Feet First

5305 Village Center Dr #110
 Columbia, MD 21044

Friday, May 30th

11:00 a.m.—7:00 p.m.

Race Day

- Check in at registration table on site
- Arrive early—PPU is from 6:15 a.m.—7:30 a.m. ONLY



Packet Pickup

All runners must pick up a race packet in order to participate in the 5k. The race packet includes the race number (bib), safety pins, and your t-shirt.

Your child will receive their race packet from their coach the week before the 5k or on the morning of the 5K. You do not need to pick up their packet.

Packet pickup will be held at Feet First the day before the 5k. All participants, other than the GOTR/H&S participants and coaches, should plan on picking up their race packet before the race (see the left-hand column for dates, times, and locations).

You may also pick up at the registration table on May 31. However, picking up your packet the morning of the race can create confusion, stress, delays, and the possibility that we may run out of shirts in your size if not ordered by the deadline. We strongly recommend picking up prior to race day.

Packet Pickup Tips:

- We will have a list of all registered participants, but it is helpful to bring a copy of your confirmation email (printed or on your phone).
- You may pick up packets for friends and family. Please bring an alphabetized list to make work easier for our volunteers.

Before the Race

Plan your child's clothing the night before the race. Depending on the weather, layers will help when it is chilly. A dry, warm layer of extra clothes may also be useful for after the race. Running shoes are required—preferably, the shoes your child wore during the season. Wearing brand new shoes or socks the day of the race may cause painful blisters.

- **Your child should wear her Girls on the Run PROGRAM shirt for the race.** (Girls on the Run: **BLUE** Heart & Sole: **YELLOW**)
- **Each runner should attach their race number (bib) to the FRONT of their shirt** with the safety pins provided so that it is visible during the run. If your child is going to wear a jacket during the race, the number should be pinned to the front of the jacket. Make sure the **emergency contact information** on the back of your bib is correct.
- **Participants should eat something before the race**, but nothing too heavy, and nothing an hour before the race. A plain bagel or toast is a good pre-race snack.
- **There will be a water stop on the race course.** It is not necessary to carry water during the race, however you may if you choose to. All race participants should drink plenty of water the day before the race to prevent dehydration.

Our Location

CHANGE OF ADDRESS 7150—back to previous address

Our 5k will be located at **7150 Columbia Gateway Drive, Columbia, MD 21046**. It's important to be on site and ready to run by 7:00 a.m. Those who arrive later than 8:00 a.m. WILL NOT BE PERMITTED TO RUN. We will begin our race in front of 7000 Columbia Gateway Drive. **All runners must report by 7:00 a.m. and be lined up to run with their team by 7:45 a.m.** Runners will then walk as a group to the opposite side of the loop for the race start.

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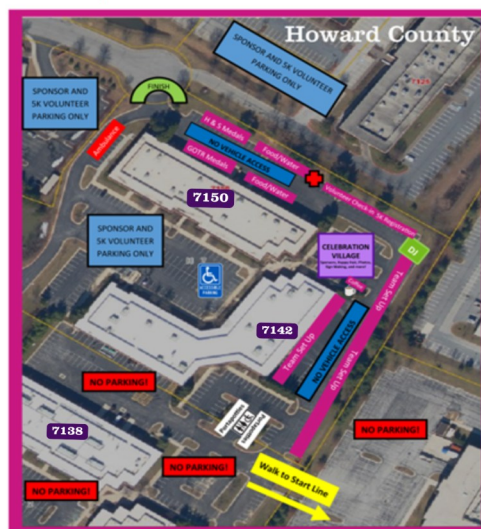
Where:

7150 Columbia Gateway Drive,
Columbia, MD 21046

****BACK TO PREVIOUS ADDRESS**



HOWARD COUNTY 5K SETUP



Parking DO NOT PARK IN THE SOFIVE PARKING LOT.

* REMINDER *

Do not go to the start line after you park your car. You must check in with you coaches near the finish line/activity area before the race. We will then walk to the start line by teams in wave order.

Arrive early! Plan on giving yourself and your child plenty of time for parking, finding the team, using the bathroom, taking pictures, and visiting the Hair Station. Getting to the race location only minutes before the start time causes unnecessary stress and anxiety for you and your child. Many teams plan on meeting early to get group photos and to warm up together; you don't want your child to miss this team experience. Parents may not drop children off at the event.

There will be over 1,500 participants on race day. Expect traffic and crowds and plan ahead. Parking will be available at several lots near the race site (see course map). In consideration of the businesses along Gateway Drive, please do not park anywhere other than these designated areas. Handicapped/accessible parking is available at the race site (please use north entrance) for those who have placards/tags only.

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The Race Course



5k Race Course

Detailed Directions: Runners will walk with their teams from the finish location (7150 Columbia Gateway Drive, marked with a pink star); Runners will line up for the wave start on Columbia Gateway Drive in front of 7020 Col. Gateway Drive (marked with a green star). Run around the inner loop of Columbia Gateway Drive, then turn RIGHT onto Columbia Gateway Drive at the loop intersection. Run past the start location. Continue running the loop, then turn RIGHT onto Thomas Edison Drive to the finish line.

5k Facts

- GOTR Merchandise will be available for sale in Celebration Village before, during, and immediately after the 5k.
- An ambulance with EMTs will be on site in case of an emergency. There will also be a first aid station in celebration village.
- All GOTR/H&S participants must have a 5K buddy. If your child needs someone to run with them, volunteer 5K buddies will be on site near the registration area.
- Our event is not limited to Girls on the Run program participants. Friends and family are welcome to join, but **every non GOTR participant must register and pay \$35**. Please do not participate without registering first - doing so puts GOTR and you at risk.
- There will be portapotties on site for your personal convenience.
- **Leave Fido at home!** Dogs are not permitted at our event.
- For safety reasons, strollers are not permitted on the race course.



All racers must be lined up with their team (at their assigned meeting space) by 7:45 a.m. At that time, we will walk by wave from 7150 Columbia Gateway to the starting line in front of 7020 Columbia Gateway. 5K Buddies should run the wave that your GOTR participant is in.

Wave Start Times

7:45 a.m.— Walk to start line in waves—we will go A-Z this season!

- 8:00 - ASA—Athletes Serving Athletes
- 8:02 - Wave 1— A-F Atholton through Fulton
- 8:04 - Wave 2 – G-O Glenelg through Oakland Mills
- 8:06 - Wave 3 – P-W Patapsco through Worthington

Please stay in your assigned wave.

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Race Rules and Etiquette

Did you know?

- The generous donations made by YOU during Spring program and 5k registration will provide scholarships to 22 participants in the Fall of 2025.
- Thanks to our national partner Adidas, we were able to provide free or discounted running shoes to participants who needed them.
- We need more than 150 volunteers to make each 5K happen. Thank our volunteers when you see them!
- We couldn't do what we do without YOUR support. Thank you for being a part of our program!
- Our DJ, Jay and sound guy, Daryl have been with us since the very first race! Make sure to thank them!

Runners:

- For safety reasons, **no airpods/headphones may be worn during the race.** This is the Howard County Police Department's rule for road races.
- For everyone's safety, **please stay within the cones where the course is marked.** The street is not closed to traffic. Course marshals and police will be on the course to assist with car traffic, but all participants are expected to pay attention to their surroundings and mind the cars.
- **This race is not about your time, but rather about celebrating your accomplishment.** Please remember that the goal of this 5k is to allow GOTR/H&S participants to enjoy their race experience and not to worry about a finishing in a certain time or place. No awards will be given for time/place finishers.
- Everyone, including the girls, should run at their own pace. **Walkers should stay to the right to allow runners to pass on the left.**
- **Finish line medals are for Girls on the Run and Heart & Sole program participants only,** other runners can purchase a memento at our Merchandise tent.
- Have fun! That's what it's all about!

Non-Runners and Spectators:

- The **food and drink at the finish line are for finishing race participants** only. Please do not take food or drink before the race or while they are running.
- Finishing photos are greatly encouraged; however, please understand that there may be lots of people finishing close together. Stopping your child to pose for a photo at the finish line causes traffic jams and can be unsafe. Take a quick picture while your child is finishing and then **take posed photos outside the finish area.** We will have a custom photo backdrop in Celebration Village for posed pictures.
- Remember to cheer your child and everyone else all the way to the finish line!

At GOTR of Central Maryland, we celebrate the limitless potential of our girls and inspire them to be joyful, healthy and confident. The 5k event is the crowning moment of their participation in this life-changing program.

We ask all 5k participants to honor the spirit of the event as a non-competitive celebration of the girls achieving an incredible goal. Please put their experience first. Thank you in advance for helping to make this event an incredible experience for all!

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Girls on the Run
Central Maryland



PRE-ORDER IS AVAILABLE

(To view QR code screenshot image and then open image and hold down QR code.)

GOTR Merchandise

(Limited quantities available)

- 5k Medals
- Buttons & stickers
- Car magnets
- Cowbells
- GOTR socks
- GOTR Sweaty Bands
- Motivate wrap bracelets
- Motivate shoe charms
- Tank tops
- Sweatshirts
- Hats
- T-shirts
- Tutus (child & adult)
- And much, much more!

Yes, we take credit

Questions?

Call 443-583-7740 or visit
gotrcentralmd.org

Celebration Village

Celebration Village is the place to be before and after the 5k! Don't miss these activities:

- Happy Hair Station
- "Photo Booth" Area
- Sign-making Station
- Bling Your Bib
- GOTR Merchandise
- Unstoppable Us
- Fun Zone
- Sponsors

Thank you to all our sponsors, donors, partners and supporters for making this day possible!

