



# 2023 Fall 5k

## Parent & Participant Guide

### Cecil & Harford Counties

#### 5k Details

##### **When:**

- Saturday, November 18 2023
- Race starts promptly at 8:30 a.m.
- Late arrivals will not be permitted to participate for safety reasons!
- Please arrive by 8:00!

##### **Where:**

Perryville Park: 100 Marion Tapp Pkwy, Perryville, MD 21903

Dear Parents, Guardians and 5k Participants,

On **Saturday, November 18** we will host our Cecil/Harford Counties Girls on the Run 5k in Perryville, MD. More than 60 girls from Cecil and Harford Counties 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 the girls! 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, you will need to register and pay the \$30 entry fee. Each participant must have a partner to run with at the 5k. With more than 100 runners on the course, 5K buddies look out for the participants and help ensure that their 5k experience is fun, exciting, and safe! Your participants 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.

##### **Buddy Runner 5k Registration**

- Online at [gotrcentralmd.org](http://gotrcentralmd.org)
- In person at Packet Pickup (location and time listed on page 2)



## 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 participant will receive their race packet from their coach the morning of the 5K.**

For all other participants packet pickup will be held the morning of the race. All participants, other than the girls, should plan on picking up their race packet before the race from 6:30—8:00 a.m.

You may also register on November 18th at the registration table. 5K shirts were only guaranteed for those that registered prior to November 1.

### 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).
- **Plan your child's clothing the night before the race.** Depending on the weather, layers will help if 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.

## Before the Race

- **Your child should wear her Girls on the Run PROGRAM shirt for the race.** (Girls on the Run: **YELLOW** Heart & Sole: **BLUE**)
- **Each runner should attach his/her race number (bib) to the FRONT of their shirt** with the safety pins provided so that it is visible during the run. 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 one water stop on the race course.** It is not necessary to carry water during the race. All race participants should drink plenty of water the day before the race to prevent dehydration.



Head to the registration table on site to pick up your 5K materials.

Green initiatives we are continuing to pledge at the 5K are: 3-receptacle waste/recycle/compost stations managed by "Green Team" volunteers, **banning Styrofoam**, reusing old signage, donating unused food and encouraging participants to bring a reusable water bottle. All of our program participants are provided with a GOTR or Heart & Sole water bottle. Please remember to put your and/or your daughter's name on her water bottle, and we will have bulk water stations where you can refill. We can't wait to celebrate this spring season at a more Eco-Friendly 5K!"



## 5k Details

### When:

- Saturday, November 18
- Race starts promptly at 8:30 a.m.; be ready to line up by 8:15 a.m.
- Please arrive by 8:00 a.m.!
- Late arrivals will not be permitted to participate for safety reasons!

### Where:

Perryville Park: 100 Marion Tapp Pkwy, Perryville, MD 21903

1300 Tech Ct

Our 5k will be located at 100 Marion Tapp Pkwy, Perryville, MD 21903. It is important to try and be on site and by 8:00 a.m.! Those who arrive later than 8:30 a.m. MAY NOT BE PERMITTED TO RUN. All runners should arrive no later than 8:00 a.m. and be lined up to run with their team by 8:15 a.m.! 5K participants will then walk as a group to the race start.



## CELEBRATION VILLAGE



## Parking

Arrive early! Plan on giving yourself and your participant plenty of time for parking, finding your team, using the bathroom, taking pictures, and visiting the Photo Booth and Happy 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 100 participants on race day. Expect traffic and plan ahead. Parking will be available at the race site.



## 5k Facts

- GOTR Merchandise will be available for sale in Celebration Village before, during, and immediately after the 5k.
- There will be a first aid station near the entrance to Celebration Village.
- All girls must have a 5K buddy. If your child needs someone to run with her, volunteer buddy runners will be on site in the registration area.
- Our event is not limited to Girls on the Run program participants. Friends and family are welcome to join, but **every participant must register for \$30**. Please do not participate without registering first - doing so puts GOTR and you at risk.
- There will be port-a-potties 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.

## The Race Course

All racers must be lined up with their team (at their assigned meeting space) by 8:15 a.m. At that time, we will walk as a group to the start line.

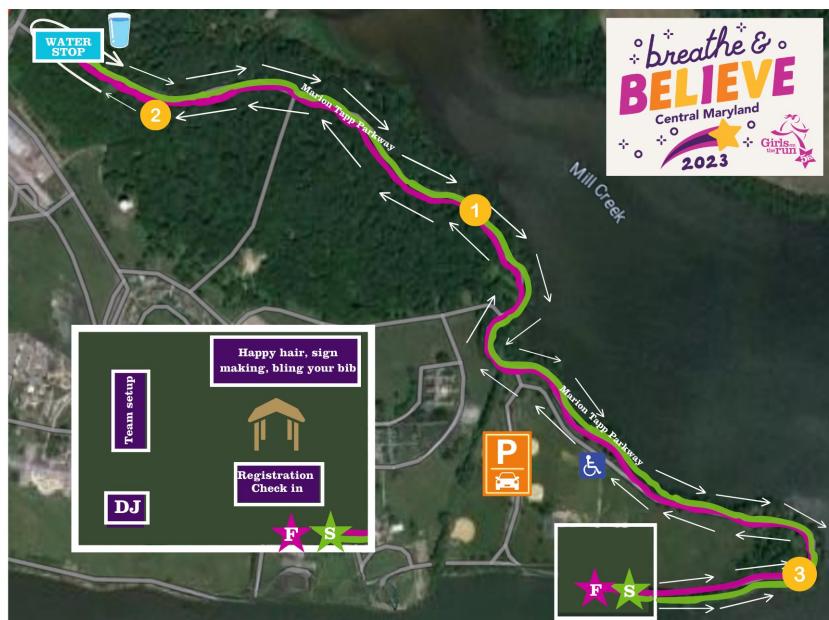
### 5K MAP

8:15 a.m. – Line up with your team in A-Z order

8:30 a.m. - Start of Race

*Please stay with your team when walking to the start.*

### CECIL & HARFORD 5K



**Perryville Park: 100 Marion Tapp Pkwy, Perryville, MD 21903**



## Did you know?

- The generous donations made by **YOU** during Fall program and 5k registration will provide scholarships to 20 participants in the Spring of 2024.
- Thanks to a generous donation from our national partner Adidas, we were able to provide free running shoes to participants who needed them.
- We need more than 150 volunteers to make all 5k events possible. 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!

## Race Rules and Etiquette

### **Runners:**

- For safety reasons, **no airpods/headphones** may be worn during the race.
- For everyone's safety, **please stay to the side of the road and run against traffic**. The road will not be closed so be aware of your surroundings at all times.
- **This race is not about your time, but rather about celebrating your accomplishment.** Please remember that the goal of this 5k is to allow girls 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 ONLY for Girls on the Run and Heart & Sole program participants;** other runners can purchase a memento at our Merchandise tent.
- Once you cross the finish line, keep moving! It's best to cool down by walking—head down to the finish line food and water, leaving the finish line area clear for other runners!
- 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 the girls 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!
- **Finish line medals are for Girls on the Run and Heart & Sole program participants only;** other runners may purchase a memento at our Merchandise tent.

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!



#### GOTR Merchandise

(Limited quantities available)

- 5k Medals
- Buttons & stickers
- Car magnets
- Cowbells
- Hats
- GOTR Sweaty Bands
- Jewelry
- Tutus (child & adult)
- And more!

Get your GOTR gear today!

Yes, we take credit cards and Apple Pay!

## 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
- GOTR Merchandise
- Unstoppable Us
- Bling Your Bib

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

NOVEMBER 18, DECEMBER 2 & 3, 2023  
CARROLL, CECIL, HARFORD AND HOWARD COUNTIES, MD



THIRTY One



## Questions?

Call 443-583-7740 or visit  
[Www.gotrcentralmd.org](http://Www.gotrcentralmd.org)