2026 FALL 5K
Cecil & Harford County
Parent & Participant Guide

Central Maryland

Dear Parents, Guardians and 5K Participants,

On **Sunday, November 22, 2026** more than 150 GOTR and Heart & Sole participants from Ceci & 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 your participants! 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 DETAILS

WHEN:
Sunday, November 22, 2026

WHERE: NEW LOCATION
608 N Tollgate Rd, Bel Air, MD 21014

RACE START:
Promptly at 3:00 p.m.

ARRIVAL TIME:
2:30 p.m.

- Runners MUST be in place with their teams and ready to run by 2:45 p.m. so we can walk to the starting line.
- Late arrivals will not be permitted to participate for safety reasons!

5K Buddy Registration

5K Registration

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

DON'T FORGET

- ✅ **Every participant needs a 5K Buddy**
- ✅ **Every 5K Buddy must be registered**
- ✅ **Register before race day**

5K Buddy Requirement

Every participant must have a registered 5K Buddy to walk or run alongside them on 5K day. One adult may serve as the 5K Buddy for up to two participants. 5K Buddies play an important role in the Girls on the Run experience. They help ensure the event is safe, fun, and encouraging from start to finish by staying with their participant, helping set the pace, and cheering them on throughout the 5K. A participant's 5K Buddy can be a parent, family member, friend, coach, teacher, or any trusted adult who is at least 16 years old and willing to be a supportive partner on race day.

PARENTS, GUARDIANS, and COMMUNITY PARTICIPANTS: If you are planning to run/walk, you will need to register and pay the $40 entry fee.

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 $40. Please do not participate without registering first. Doing so puts GOTR and you at risk.

2026 Celebrate Your Start
Girls on the Run 5K
Central Maryland

Packet Pickup

- All 5K participants other than GOTR, Heart & Sole participants, and coaches must pick up their 5K packet in order to participate in the 5K. The 5K packet includes the 5K number (bib), safety pins, and t-shirt.
- **Your child will receive their 5K packet from their coach the week before the 5K or the morning of the 5K. You do not need to pick up their packet.**
- Packet pickup will be held at Amanda Gallagher Orthodontics the Friday before the 5K. All participants, other than the GOTR/H&S participants and coaches, should plan on picking up their 5K packet before the race (see the left-hand column for dates, times, and locations). You may also pick up at the registration table on November 22nd. 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 a list to make work easier for our volunteers.

PACKET PICKUP

Thursday, November 19, 2026
3:30 - 6:00 p.m.

Amanda Gallagher Orthodontics Abingdon
3486 Emmorton Rd,
Abingdon, MD 21009

OR

RACE DAY

- Check in at the registration table on site
- Arrive early Packet Pickup is from 2:00 - 2:45 a.m. ONLY

If you registered after October 25, shirts are not guaranteed.

Celebration Village



NEW LOCATION

608 N Tollgate Rd, Bel Air, MD 21014

2026 Celebrate Your Start Central Maryland

5K DETAILS

WHEN:

Sunday, November 22, 2026

- **5K starts promptly at 3:00 p.m.; be ready to line up by 2:45 p.m.**
- **Late arrivals after 3:00 p.m. will not be permitted to participate for safety reasons!**

WHERE:

NEW LOCATION

608 N Tollgate Rd, Bel Air, MD 21014

*** REMINDER ***

Check in with your coaches before the race. We will then walk to the start line by teams.

Parking & 5K Course

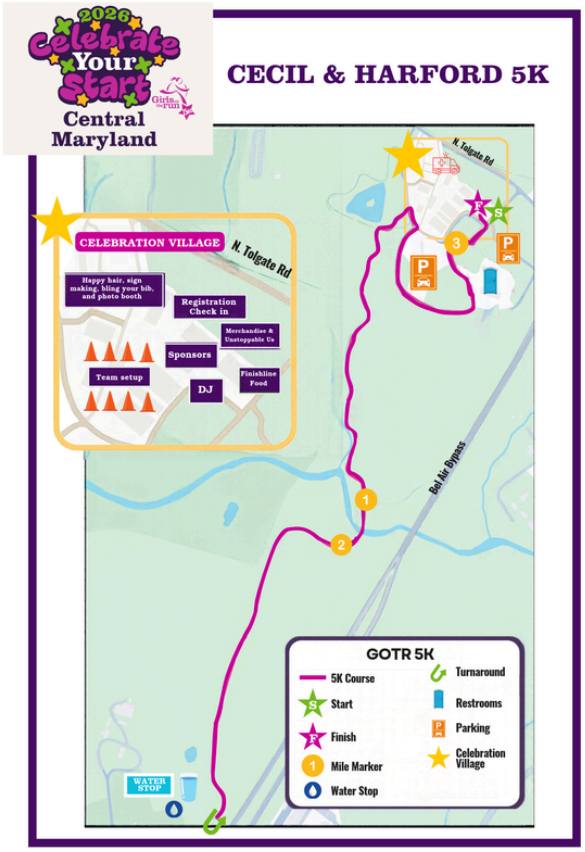
608 N Tollgate Rd, Bel Air, MD 21014

NEW LOCATION

- Parking will be available, please follow the signs.

2:45 p.m. Walk to start line by teams we will go Z-A!

- All 5K participants must be lined up with their team (at their assigned meeting space) by 2:45 p.m.



- **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 expe- rience. Parents may not drop children off at the event.
- It is important to try and be on site and by 2:00 p.m. Those who arrive later than 3:00 p.m. MAY NOT BE PERMITTED TO PARTICIPATE. 5K participants should be lined up with their team by 2:45 p.m. Participants will then walk as a group to the race start.

2026 Celebrate Your Start
Central Maryland

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.**
- **There will be porta-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 5K course.**

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 their Girls on the Run PROGRAM shirt for the race. (Girls on the Run: **MAROON** and Heart & Sole: **GRAY**)
- 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.
- There will be a **water** stop on the 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.
- You **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.



2026 Celebrate Your Start
Girls on the Run 5K
Central Maryland

THANK YOU

- Thank you to our SUPERSTAR Coaches! We could not do this without them!
- Thanks to our national partner Adidas, we are able to provide free or discounted running shoes to participants who are in need.
- We need volunteers to make each 5K a success. Thank our volunteers when you see them!
- Our DJ Jay has been with us since our very first 5K in 2010! Make sure to thank him!

* REMINDER *

Check in with your coaches before the race. We will then walk to the start line by teams.

Race Rules and Etiquette

Runners:

- For safety reasons, **no AirPods or headphones may be worn during the race**. This is the 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 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:

- 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.
- 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.
- 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!

2026 Celebrate Your Start

Girls on the Run 5K

Central Maryland

PRE-ORDER IS AVAILABLE

MUST ORDER BY

Wednesday, November 18

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

GOTR Merchandise

(Limited quantities available)

- Buttons
- Stickers
- 5K medals
- Magnets
- GOTR socks
- Shoe charms
- Hats
- Headbands
- Sunglasses
- Sweatshirts
- T-shirts
- Tutus (child & adult)
- And more!

Celebration Village

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

- Sponsors
- Happy Hair Station
- Photo Booth
- Sign Making
- Bling Your Bob
- GOTR Merchandise
- Game Zone
- Unstoppable Us

THANK YOU TO OUR LOCAL SPONSORS

BECOME A SPONSOR

SCAN HERE
SPONSOR PACKAGE



SCAN HERE
SPONSOR

Questions?

Visit www.gotrcentralmd.org