



2025 Spring 5k

Parent & Participant Guide

Carroll County

5k Details

When:

- Sunday, June 1, 2025
- Race starts promptly at 8:00 a.m.
- Late arrivals will not be permitted to participate for safety reasons!
- Please arrive by 7:30! Or you may not be able to access parking due to road closures.

Where:

1235 Tech Court
Westminster, MD 21157

Dear Parents, Guardians and 5k Participants,

On **Sunday, June 1** we will host our Carroll County Girls on the Run 5k in Westminster, MD. More than 150 GOTR and Heart & Sole participants from Carroll 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, you will need to register and pay the \$35 entry fee. Each girl must have a partner to run with at the 5k. With more than 300 runners on the course, 5K Buddies look out for the girls and help ensure that their 5k experience is fun, exciting, and safe! Your girl's 5K Buddy can be a friend, family member, coach, teacher...anyone 16 or older who will be an encouraging race partner for her. **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 (location and times 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 week before the 5K or on the morning of the 5K. You do not need to pick up your child's packet.

Packet pickup will be held at Run Moore the Friday before the 5k. All participants, other than the girls, should plan on picking up their race packet before the race (see the left-hand column for date, times, and location).

You may also pick up at the registration table on **June 1**. 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:

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

Race Day

- **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.
- **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 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 a 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.



5k Details

When:

- Sunday, June 1, 2025
- Race starts promptly at 8:00 a.m.; be ready to line up by 7:45 a.m.
- Please arrive by 8:15! The police will be closing off the course and you may have to park a distance away and walk to the start.
- Late arrivals will not be permitted to participate for safety reasons!

Where:

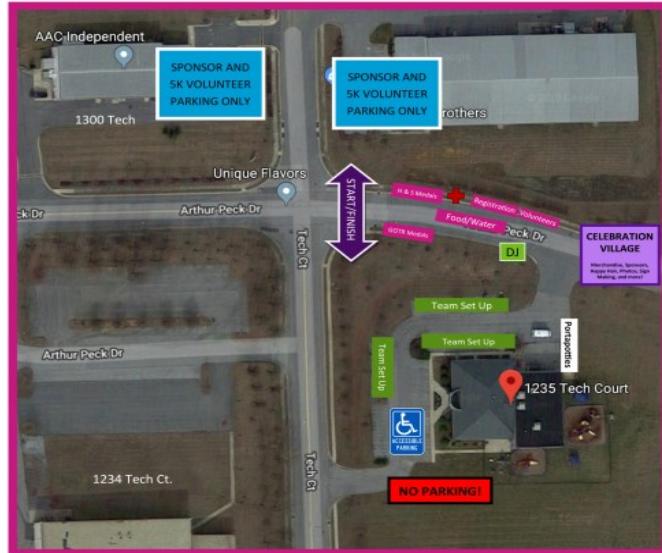
1235 Tech Court
 Westminster, MD 21157

Our Location

Our 5k will be located at 1235 Tech Court, Westminster, MD 21157. It is important to try and be on site and by 7:30 a.m. Those who arrive later than 8:00 a.m. MAY NOT BE PERMITTED TO RUN. All runners should arrive no later than 7:45 a.m. and be lined up to run with their team by 7:45 a.m.

Runners will then walk as a group through Celebration Village for the race start.

Celebration Village



Carroll County

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 300 participants on race day. Expect traffic and crowds and plan ahead. Parking will be available at several lots near the race site. Enter this address into your GPS: 1300 Tech Ct (NW corner of Tech Ct./Arthur Peck Dr.)

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 \$35**. 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 7:45 a.m. At that time, we will walk as a group to the start line on Arthur Peck Drive.



Wave Start Times

7:50 a.m. – Walk to start line in A-Z order by school.

8:00 a.m. - Start of Race

Please stay with your team when walking to the start.



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 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 each 5k happen. Thank our volunteers in yellow shirts 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 within the cones** where the course is marked.
- **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 girls 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!



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
- Sweatshirts
- Hats
- GOTR Sweaty Bands
- Jewelry
- T-shirts
- Tutus (child & adult)
- And much, much 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
- Sponsors
- Unstoppable Us
- Bling Your Bib

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



Questions?

Call 443-583-7740 or visit gotrcentralmd.org