

# 2025 FALL 5K Cecil & Harford County Parent & Participant Guide



## 5k Details

### When:

- **Saturday, November 22, 2025**
- Race starts promptly at 8:30 a.m.
- Arrival time: 7:30 - 8:00 a.m.
- **Each participant MUST have a 5K buddy to run/walk with at the 5K. ALL 5K Buddy's MUST register for the 5K.**
- Runners MUST be in place with their teams and ready to run by 8:15 a.m. so we can warm-up.
- Late arrivals will not be permitted to participate for safety reasons!

### Where:

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



Dear Parents, Guardians and 5k Participants,

On **Saturday, November 22** more than 75 GOTR and Heart & Sole participants from Cecil & Harford 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 \$40 entry fee. **Each participant must have a 5K buddy to run/walk with at the 5K.** 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.**

**Per our Police Permit ALL girls MUST have a 5K Buddy with them on the course. The 5K Buddy MUST be registered!**

### 5K Buddy Registration

- Online at [gotrcentralmd.org](http://gotrcentralmd.org)
- In person at Packet Pickup will be held the morning of the race.



## Packet Pickup

### Race Morning:

- 7:00 a.m.—8:15 a.m.
- Check in at registration table on site

GOTR & Heart & Sole Participants will receive their 5K materials from their coach the morning of the race.



## 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 morning of the 5k.**

Packet pickup for ALL other 5K participants and 5K Buddies should pick up their race packet the morning of the race at the registration table.

If you registered after October 30, shirts are not guaranteed.

### 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).

## 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: **ORANGE** Heart & Sole: **PURPLE**)
- **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

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 with their team by 8:15 a.m.! 5K participants will then walk as a group to the race start.

### 5k Details

#### When:

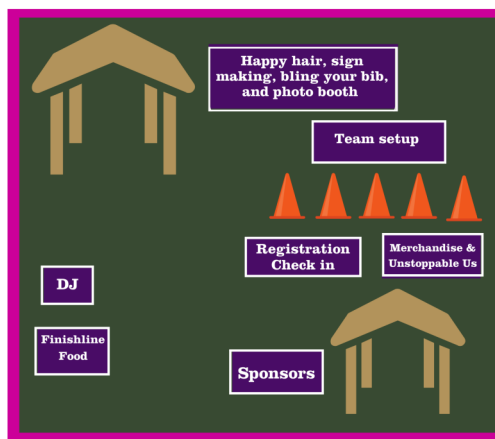
- **Saturday, November 22, 2025 at 8:30 a.m.**
- Race starts promptly at 8:30 a.m.; be ready to line up by 8:15 a.m.
- Late arrivals after 8:30 a.m. will not be permitted to participate for safety reasons!

#### Where:

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



#### CELEBRATION VILLAGE



## Parking

Arrive early! Plan on giving yourself and your participant plenty of time for parking, finding your team, using the bathroom, and taking pictures. 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.**

#### \* REMINDER\*

**Per our Police Permit ALL girls MUST have a 5K Buddy with them on the course. The 5K Buddy MUST be registered!**

## The Race Course

### 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.**
- **All GOTR/H&S participants must have a 5K buddy.**
- 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.
- **Leave Fido at home!** Dogs are not permitted at our event.
- For safety reasons, **strollers are not permitted on the race course.**

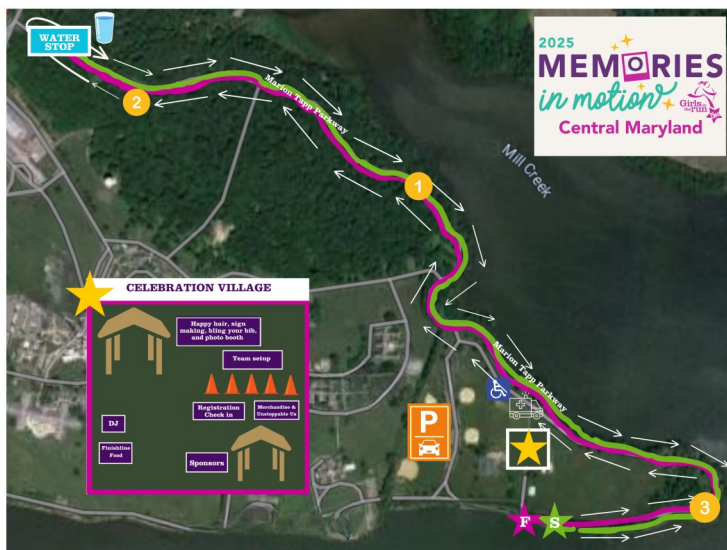
All racers must be lined up with their team (at their assigned meeting space) by 8:15 a.m. At that time, we will walk as a group to the start line.

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**

2025

MEMORIES

in motion

Central Maryland



## Race Rules and Etiquette

### Did you know?

- Thanks to our national partner Adidas, we were able to provide free or discounted running shoes to participants who needed them.
- 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 has been with us since the very first race! Make sure to thank him!

### 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.** The street is not closed to traffic. Course marshals 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 photo props 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!



# 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
- Sponsors

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



## GOTR Merchandise

(Limited quantities available)

- 5k Buddy Medals
- Buttons
- Car magnets
- Hats
- Headbands
- Jewelry

Yes, we take credit cards and Apple Pay!

## Questions?

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