

GIRLS ON THE RUN  
PRESENTS



# HMJDS & Groves Academy Sunday Funday 5K Run

*celebrating girl power*

**June 2, 2019  
Sabes Jewish Community  
Center  
4330 S. Cedar Lake Road  
Minneapolis MN 55416**

**Arrival time 8:30AM  
5K start time 9:00AM**



# REGISTER HERE

The girls are registered! Registration is currently open for running buddies and community runners. All registrations are complimentary and includes a bib, t-shirt, & a finisher's medal.

## Packet Pick-up

No need to worry about picking your packet up beforehand! We'll have all of the runners bibs and t-shirts the morning of!

## Cheer Squad/Volunteer

If you want to support the girls and are not planning to run, you can join our CHEER SQUAD/Volunteer Crew! We would love for 15-20 people to help set-up and go to cheer zones along the course! Sign-up for cheer squad/volunteer opportunities here.

## Merchandise

GOTR merchandise will be available for purchase at the 5K.

## Course Map

The run will begin and end at the JCC Field. It will be an out and back course along the Cedar Lake Trail. No roads will be closed for this run. Maps will be provided day-of.



## Parking

Parking is available in the JCC parking lot. We will meet down at the field adjacent to the building starting at 8:30 AM for pre-race festivities.

**Weather:** This is an important day for our girls and the run will be held rain or shine. Should outside conditions become unsafe we will notify participants over email.

**Pets and Strollers:** Sorry, no pets allowed at this event. Strollers are welcome, please start at the back of the pack for safety. Note that part of the course is unpaved, caution to those with strollers.

**Restrooms and Water:** The JCC Building will be open. Restrooms and water fountains will be available inside.

## Questions?

If you have any questions, feel free to contact us!  
[cathryn.nakhornsak@girlsontherun.org](mailto:cathryn.nakhornsak@girlsontherun.org)