

## **Girls on the Run 5K – Our favorite day of the year!**

This is the day that ALL teams come together to test their mettle and celebrate their accomplishment of completing a 5K!

**Saturday, June 8th at 9 a.m. at Lake Padden**

**GOTR and Trailblazer participants should arrive before 8:30 am!  
Coaches will be holding up a sign with school name. Don't forget to wear your GOTR program t-shirt or sweatshirt.**

### **Schedule:**

- **8:00-9:00 am** – Registration near Lake Padden Playground
- **8:00-9:00 am** – Happy Hair/stretching/team photos
- **9:00 am** - 5k run/walk Start
- **9:30-10:30** – Celebrate and CHEER at Lake Padden Park

**Running Buddies** – We want each girl to have her own Running Buddy (or share one with another girl) for safety and to have their own personal cheerleader! That Running Buddy is usually a family member or friend 16 years old or older. If no one from your family can participate, we can pair her up with a coach. Please speak to your coaches at practice if you need their help.

### **Race Fee for Running Buddies:**

5k Run/Walk: \$15.00 – we encourage pre-registration to cut down on long lines.

\$15.00 cash or check encouraged but credit cards are accepted as well.

If the fee is a barrier to participation, reach out and we can scholarship your entry and get you on the registration list.

**GOTR participants are already registered – Coaches will have bibs and pins for the runners on their team.**

### **Registration for Running Buddies:**

Online: <https://www.whatcomymca.org/girls-run-5k>

Day of race registration is available.

\*Girls on the Run Hooded Sweatshirts (\$30) and Capes (\$15) will be available for purchase. We take credit cards, checks or cash.

### **Course Info:**

Begins and ends near the Lake Padden Playground area. We start at the baseball fields and run counter-clockwise around the lake. There will be a

short dog-leg (out & back) near the dog park to lengthen the run to a full 5K. The run will finish near the start by the picnic shelters.

**Parking:**

**Our event permit requires us to save some parking for park users and provide auxiliary parking at Wade King Elementary. When the park has reached capacity we will ask you to park at the nearby school and will have YMCA shuttle vans transporting families to the park. Parking attendants are volunteers, please be respectful if they tell you the lot is full and you need to park at Wade King.**

**Participants are strongly encouraged to carpool.**

**If you arrive after 8:20 am you will need to park at Wade King and take the shuttle over to the park. NO ILLEGAL PARKING!**