

## **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, November 23rd at 9:00 a.m. at Bloedel Donovan Park**

**Girls on the Run and Trailblazer participants should arrive before 8:30 am! Look for your team sign and coaches inside the gym. Don't forget to wear your GOTR program t-shirt or sweatshirt.**

### **Schedule:**

- **8:00-8:50 am** – Registration inside the gym
- **8:15-8:50 am** – Happy Hair/stretching/team photos
- **9:00 am** - 5k run/walk Start
- **9:30-10:30** – Celebrate and CHEER at Bloedel Donovan 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 in the large field next to the parking lot. Participants will run out of Bloedel Donovan and into Whatcom Falls Park. After looping through the park, participants will finish back at the field at Bloedel Donovan

Park. The course will be marked along with many course marshals and cheerleaders along the route.

**Parking:**

**Parking will fill quickly, please consider carpooling. Once the lot is full, participants will need to find parking on the streets in the surrounding community.**

**Participants are strongly encouraged to carpool.**