

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 22nd at 9 a.m. at [Bloedel Donovan Park](#)

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 inside the community building
- **8:00-9:00 am** – Happy Hair outside the building
- **9:00 am** - 5k run/walk Start- Located in the large field across the parking lot
- **9:30-10:30** - Celebration at the finish line!

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 and Registration info for Running Buddies:

5k Run/Walk: \$20– we encourage pre-registration to cut down on long lines.

[Online registration](#)

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.

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

Course Info:

The run begins in the large field across from the community building. The course crosses Electric avenue (there will be crossing guards) and enters Whatcom Falls Park. The route heads through the park onto quiet Iowa street and back through the park before finishing in the large field at Bloedel Donovan.

Parking:

There is parking in the main lot of Bloedel Donovan. There is also parking on streets near the park. The lot is often near capacity by 8:30am.

Participants are strongly encouraged to carpool.