



WHAT TO EXPECT AT A 5K

Here are the answers to the most common questions that new volunteers & 5K runners have...

Where should I go?

Kino Sports Complex – North Complex @ Mulcahy YMCA, 2805 E Ajo Way, Tucson, AZ 85713

What time should I arrive?

6:00am – Volunteer Check in Begins (check in times may vary per volunteer position)

7:00am – Coach and Run Buddy Check in begins (possibly earlier)

8:00am – GOTR 5k begins

Where should I park?

There will be parking within the event location lots at Mulcahy YMCA. Please use extreme caution and patience when entering the parking areas.

What should I wear? Check the local weather forecast to be sure!

Runners: Dress in weather-appropriate, comfortable running clothes. It may be a chilly morning or day so layer up! **You won't need as much as you think you will.**

Program participants: Shorts and/or long running pants with your GOTR program tee shirt plus long sleeve tee underneath.

Vendors & Volunteers: Dress comfortably and appropriately please. You may wear your own organizations uniform or apparel if desired. Vendors & Volunteers will receive a Sapphire Blue colored bandana at check in (bandanas match the program tee color)

What should I do with my purse and my car keys?

Leave your purse in the trunk of your car. You can remove your car key from the chain and tie it to the drawstring of your shorts. You'll easily be able to check that it's still there as you're running. Don't wear a fanny pack. It will bounce uncomfortably as you run and be a distraction. It's best to just put everything in your car.

Where do I go when I get there?

Once you arrive, find the GOTR runner registration or volunteer check-in tents and tables. **Look for GOTR and Tucson Medical Center tents**

What do I do after arrive or check-in?

GOTR Girls - look for your coaches or team. Coaches will be holding up a sign with your site or school name. Your Run Buddy should check in at the check in tables to collect their run bib and bandana. While the race organizers are working to get all other Run Buddies checked in, you and your run buddy should visit the Happy Hair/Face Tattoo Stations FIRST and other vendor tables and activities. You can also be working on your warm up and stretching. Your coach may want to warm up as a group and do an energy award so don't forget to look for your team!

Vendors & Volunteers – start setting up your stations.

Where do I get my run bib?

Coaches will check in at GOTR tent/tables and receive a packet which will include girls #1 run bibs and coaches #2 bibs on event morning.

Volunteer Sparkle Runner must check in at the **Volunteer Check** in to get a #2 run bib and 1 Sapphire Blue colored bandana (bandanas match the program tee color)

Family Run Buddies must check in at the GOTR tent/tables to get a #2 run bib and 1 Sapphire Blue or Teal colored bandana (bandanas match the program tee colors for elementary and middle school participants)

Additional Runners must check in at the GOTR tent/tables to get a run bib and 1 Sapphire Blue colored bandana (bandanas match the program tee color)

How do they organize the starting line?

After the Zumba warm up all teams will be directed to the designated start line by school name. TIP: To avoid overcrowding at the start line, teams will be called to line up in alphabet order as groups. Please stick to your team/group.

How do I know where to run?

Listen for an announcement at the start of the race, or simply follow the people in front of you.

The run organizers will have volunteers stationed throughout the course to guide you as you run. **It is a mostly flat easy course. And remember, you will walk, run, hop skip or jump for 3.1 miles at your own pace along the run path and back through the finish line.**

To see **Course Map and Water Stations** click [here](#). Or you can request a hard copy from your coach or the program coordinator at Sylvia.brown@tmcaz.com Or check the website at <http://gotrtucson.org/>

What do I do when I cross the finish line?

Feel free to grab a little nourishment when you're finished.

Free food will be available to registered runners first (girls, coaches, 1 run buddy, additional runner) and volunteers. You can stick around until all runners come through the finish line and cheer them on and visit vendor booths. Of course, you're not obligated to stay if you do not wish.

Congratulations!

The final thing you should do at your 5K is give yourself a big pat on the back! Running a 5K is a terrific, healthy way to support your healthy choices and Girls on the Run! Once you finish your first race, you'll be eager to start training for the next one.

If this is not your first 5k, then you are already a champ!

Keep up the good work and you'll be a 5K pro in no time!

