



**“TMC BE Tucson Men & Women’s 5k & Health & Fitness Expo and  
Girls on the Run 5k presented by UnitedHealthcare”.**

**Kino Veteran’s Memorial Stadium – 2500 E. Ajo Way  
Saturday December 1, 2018**

**7:30AM** - GOTR Run Buddy and teams Check In begins

**7:30AM** – Happy Hair Station begins – all coaches, girls and Run Buddies are encouraged to get their hair “happied” and face tattoo and visit poster making station, and other vendor tables.

**8:45AM** – Group Warmup

**9:00AM** - Girls on the Run 5k starts, ending appx 11:00am

GOTR is hosting The TMC BE Tucson Men & Women’s 5k which is a community run sponsored by Tucson Medical Center. The BE Tucson 5k run will take prior to the GOTR 5k. For information regarding run registration for this event please visit the website at <http://www.azroadrunners.org/>