



## WHAT TO EXPECT AT THE 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)

8:30am – GOTR 5k begins

### **Where should I park?**

There will be parking within the event location lots at Mulcahy YMCA. Due to program growth you may need to park across the street at the main Kino Stadium parking lot. 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 and warm afternoon 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 LIME GREEN 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 WITH YOUR COACH to collect their run bib and bandana. While the race organizers are working to get any previously unregistered 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 2 packets which will include #1 run bibs for **both** girls and coaches, #2 bibs and colored bandanas for Run Buddies on event morning. *\*Coaches, if you are a RB for a girl, you do not need a #2 bib or to register online*

**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)

**REGISTERED Family Run Buddies** must check in with your team coach to get a #2 run bib and 1 Lime Green or Hot Pink colored bandana (bandanas match the program tee colors for elementary and middle school participants)

**Additional Runners** must check in with your team coach to get a #2 run bib and 1 Lime Green or Hot Pink colored bandana (bandanas match the program tee color)

### How do they organize the starting line?

After the Exercise 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 starting with the A's. 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 bike volunteers leading the course to guide you as you run. **It is a mostly flat easy course.**

**And remember, this is a not competitive event. You will walk, run, hop skip or jump for 3.1 miles at your own pace along the run paths 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](mailto:Sylvia.brown@tmcaz.com) Or check our website at <http://gotrtucson.org/>

### What do I do when I cross the finish line?

**DON'T FORGET TO VISIT THE 5K MEDALS TABLES** to get your finisher medal.

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!**

