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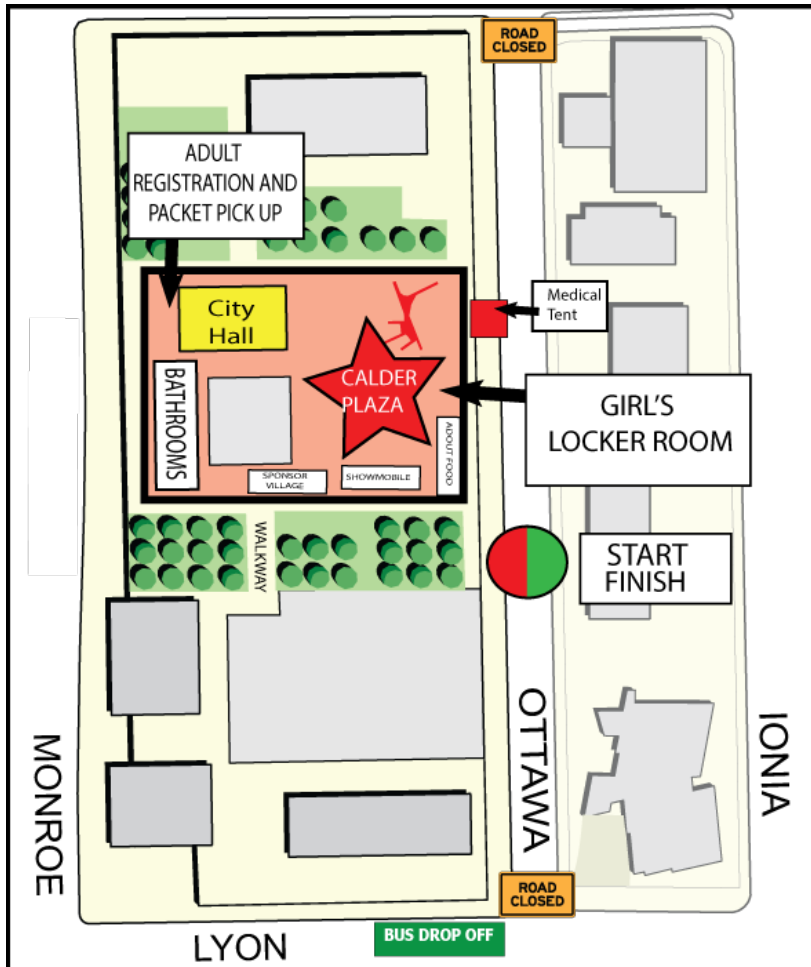


METRO HEALTH
UNIVERSITY OF MICHIGAN HEALTH

5K Celebration

Saturday May 20th at Calder Plaza

351 Ottawa Ave between Michigan and Lyon NW



We are so excited to be celebrating our AMAZING girls and all of their accomplishments over the past ten weeks. The KCGOTR Celebration 5K is an opportunity to cheer for each and every girl as she runs, walks, skips or dances toward the finish line. Be sure to review this key information for 5K day. For additional questions, please contact your coach directly.

- 7:30am - Drop off begins
- 8am - All **non-participants** to begin leaving Locker Room
- 8:15 - Program begins
- 8:45am - 5K begins

Parking Options : There are many options for parking lots and street parking. Please have a parking plan before you leave home as well as money to pay for the parking. www.kcgotr.org

What do the girls wear? Please be sure that your GOTR girl is wearing her 5K Girls on the Run tee shirt, running shoes and comfortable running clothes. Check with your team's coaches for any specific plans.

Where do the girls meet their team? The staging area on Calder Plaza will be a secure drop off area. Think of the entire Plaza area as the girls' locker room. An area where they can get warmed up, talk to their coaches and generally get ready for the run. You will proceed up the steps to Calder Plaza and locate your team/school flag. Please sign in your girl with the coaches and then head out of the staging area. This will give you time to find a good viewing location. This is also the place where you will meet your daughter after the 5K. Please park before dropping your girl off - the Locker Room is not accessible by vehicle.

What if my GOTR girl has a problem out on the 5K course?

There will be a first aid station near the start/finish line should medical assistance be necessary. There will be dozens of volunteers out on the course making sure the girls are following the route and taking care of any problems that may arise. All major roads will be shut down and staffed by public safety officers. LifeEMS ambulance service will be on site at all times in case of an emergency. In the unlikely event that your girl experiences a life threatening emergency, they will be transported to Helen DeVos Children's Hospital.

What time will the event finish? We encourage spectators and participants to stay and cheer on all girls as they finish. This teaches our girls to support their teammates and practice good sportsmanship. We encourage you to **celebrate** with your daughter, teammates and all the girls from across the county. **Please note:** Our 5K is designed to be a **celebration** of completing the program and achieving goals. ***It is not a race and not intended to be a competitive event.*** Please consider this as you cheer girls out on the course – every girl's goal and accomplishment will look different, and speed is not the goal. We anticipate that all girls will finish the course by 10:00am THANKS!

What happens after the 5K is over? How do I find my GOTR girl?

Important: To ensure the safety of all girls, parents are not permitted on the road in the finish chute/area.

Once your girl has crossed the finish line, she will be returning to her team's flag in the Locker Room and will receive her snack. Plan to meet your GOTR girl there to sign her out with the coaches. **All GOTR girls will then receive a wrist band for a visual verification that they have checked out. We ask girls NOT leave directly from the course but have a parent or guardian check them out at their team sign. This is for the safety of the girls.**

Special Note: Please be aware that another event will be causing the closure of Monroe Avenue between Fulton and Coldbrook at 10:40am. Be sure to plan with this in mind.

What if the weather is bad? If there is severe weather, the start may be delayed, or in certain circumstances, canceled. A delay or cancellation will be posted on the GOTR Facebook page and on local TV stations. Unfortunately, we are unable to schedule a makeup event if there is a cancellation. (Each site will determine their plans if canceled).

What should I bring? As a spectator, we encourage you to bring a water bottle and snack. There are no concessions for the general public. You may also want to bring cash or credit cards to purchase items at our GOTR shop. We encourage you to make and bring signs to show your support and enthusiasm. Don't forget your cameras and video recording devices. We love when families share their photos and videos with us! There will be many photo-stations throughout the Locker Room area pre-and post-event, and professional photographers on the course itself.

Options if you're running the 5K too!

- Late registration and packet pick up May 19 from 4-7 PM at Gazelle Sports on 28th Street or Saturday May 20 at Calder Plaza (refer to map on the front) starting at 7:15 am
- You can pick up other participant's packets
- Be aware that the lines can be long event morning
- Once you have your bib and packet you may join your GOTR girl and team in the Girl's Locker Room



Fence Consultants · Metro Health Grand Rapids Marathon · Harvest Health Foods · MAGNA
Salvation Army Kroc Center · Kent County Health Department · MedExpress · LIFE EMS · Pepsi
Women's Lifestyle Magazine · Renee J. Photography · The Sharpe Collection

More information and maps at www.kcgotr.org

Who I do contact on race day for emergencies or questions? Please call a coach for emergencies or questions:

Coach Name & Number : _____

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