

Girls on the Run New Hampshire Spring 2017 5K Information



Saturday, June 3, 2017, 10:00am
New Hampshire Motor Speedway
1122 NH-106
Loudon, NH 03307

Register to run or volunteer at:
<https://www.girlsontherunnh.org/5K>

5k starts at 10:00am. Day of event registration, activities and celebration will begin at 8:30am. #GOTRNH5K



The Importance of our 5K Celebration

At the end of each season the girls participate in a non-competitive Girls on the Run 5k run/walk, a celebratory event that underscores the confidence, competence, connection, character and caring they've been developing in the program. Completing the 5k gives the girls a tangible sense of the confidence that comes through accomplishment, as well as a framework for goal setting and achieving life goals. With their faces painted, capes and tutus in tow, and their community cheering them on, crossing the finish line is a defining moment when the girls realize that even the seemingly impossible IS possible.

Thank You to our Fabulous 2017 Local Sponsors





5K Registration

****Girls on the Run Participants & Coaches
DO NOT need to register****

- All GOTR / H&S girls proceed directly to the Team Village area to get their race bib from their coach. Teams are listed A-Z.
- All other runners check in at the Registration Tent.

REGISTRATION FEES:

- Pre-registration \$25 | \$10 Youth (under 8) | Alumni \$15
- Pre-register online at: <https://www.girlsontherunh.org/5K>
- Day of event \$30 | \$15 Youth (under 8) | Alumni \$20



Event Agenda

8:00AM

- Coaches drop off curriculum boxes, pick up team bibs

8:30AM

- GOTR girls arrive for the pre-run celebration and activities
- 5k day-of registration opens
- Race bib pick-up for pre-registered runners

9:30AM

- Pre-race warm-up in Team Village

9:45AM

- Singing of National Anthem

9:50AM

- 1st wave lines up (There are 4 waves total)

10:00AM

- **5k START!**



Event Information

5K START at 10:00am

There are four waves at our race: red, yellow, blue, and green. Girls will know what wave they are in based on the color of their race bib. Registered runners - hop in a wave with your girl!

5K FESTIVITIES

Team Village will have: Team flags listed alphabetically by town (meet your coach and the rest of your team here!), GOTR Merchandise, concessions, selfie stations, face painting, activities, Zumba, a GOTR and H&S mural to write on, & more. **Please bring cash or checks to purchase any items!**

SPECTATOR INFO

Please encourage runners by cheering loudly and celebrate everyone! Please do not crowd the finish line chute. Your team flag is a good place to meet your girl post-5k. Share photos with #GOTRNH5K.

FIRST AID

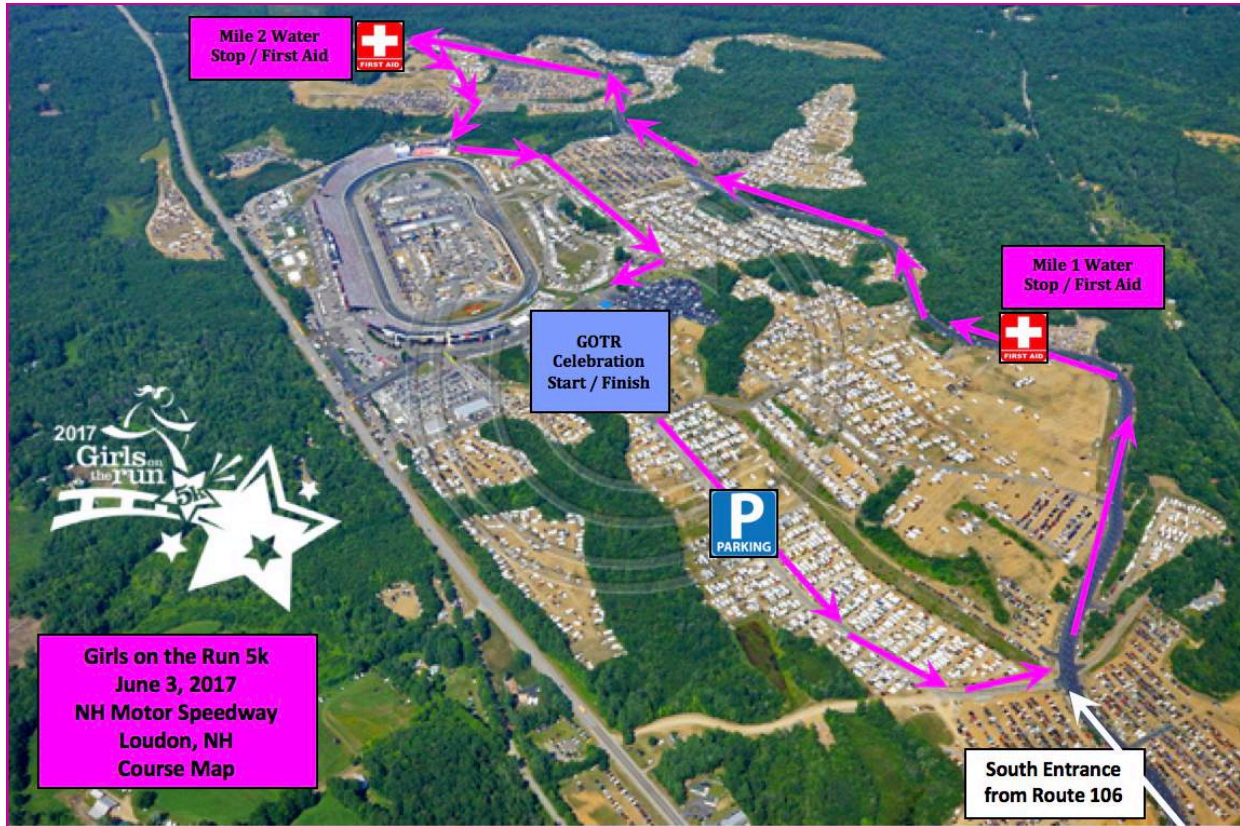
First Aid is located at the finish line and at both water stops. An ambulance will be onsite.

STROLLERS / PETS / MUSIC / WHAT TO WEAR!

Strollers and walkers are welcome at the race. If you will have a stroller or are walking the 5K, please line up at the rear of your wave start to minimize the injury potential of runners who may be trying to get around you. Pets and personal music devices (iPods and MP3 players) are not allowed at the race. Please have your girl wear pink (GOTR) or yellow (H&S) program shirt to the 5k.



GOTR 5k (3.1 mile) Course Map



Directions to the NH Motor Speedway South Entrance

NEW HAMPSHIRE MOTOR SPEEDWAY - SOUTH ENTRANCE

1122 Route 106 North
Loudon, NH 03307

NHMS is located in Loudon, NH, on Route 106, approximately 14 miles northeast of Concord.

FROM THE SOUTH

Take Interstate 93 to Exit 15E, Interstate 393. Take Exit 3. Turn left onto Route 106 North. NHMS will be 9 miles north on the right.

Enter through the **South Entrance**. This will be the first gate on the right.

FROM THE NORTH

Take I-93 to the Tilton Exit 20 to Route 140 through Belmont to Route 106 South. Follow Route 106 South to the Speedway which is approximately 7 miles on the left.

Enter through the **South Entrance**. You will pass the Motor Speedway track on your left and continue to the last entrance on the left.

Police officers will be directing traffic in and out of the event. Please anticipate race day traffic and delays as we anticipate 3,000 runners and 1,000+ spectators.

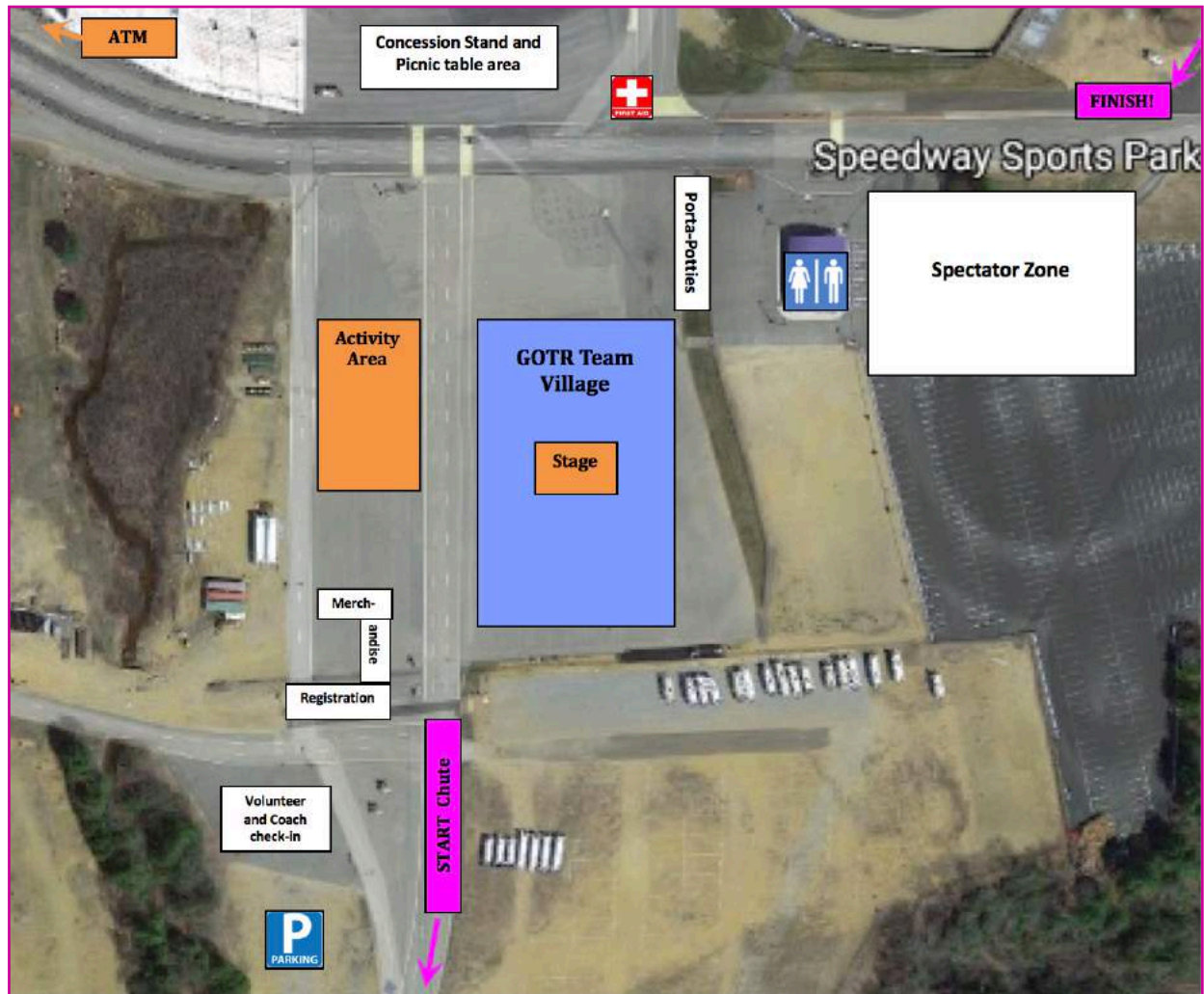


PARKING FOR OUR EVENT is adjacent to the GOTR 5k celebration area. Our parking crew will be ready to greet you with cowbells and maracas at the **South Entrance!** Let them know if you need accessible parking and they will take care of you.

****To keep our runners safe, anyone arriving after 9:45AM will be placed in a lot outside of the run course that is 1/2 mile walk from the festivities.****



Event Layout



Lost & Found

- Family Meeting Location = Team Village. If you get separated from your daughter meet back at the team site.
- Lost and Found will be at the Registration Tent.



Weather Policy

- 5k Entries are NON-Refundable. Event will take place rain or shine.
- If an impending weather situation is apparent, GOTRNH shall make a determination whether to hold, alter, or cancel the event.



Questions?

- Visit us online at <https://www.girlsontherunnh.org/>
- Email our Race Coordinator at laura.moran@girlsontherun.org

The finish line is just the beginning