



GIRLS ON THE RUN TWIN CITIES

Spring 2017 5k Event Guide

JOIN US SATURDAY, JUNE 3, 2017 AT NORMANDALE COMMUNITY COLLEGE FOR A 5K UNLIKE ANY OTHER!

The Alerus Mortgage Girls on the Run Twin Cities 5k is the culminating event of our 10-week, 20-lesson after school program, which uses the power of running to prepare girls for a lifetime of self-respect and healthy living. Join more than 2,000 girls at over 100+ schools in a community celebration of health, wellness and girl power!

REGISTRATION

GOTR participants and coaches are already registered! All parents, Running Buddies, friends, Sparkle Runners, etc., must register for the 5k at www.gotrtwincities.org. **Registration fee is \$30 before May 1st and \$35 May 2nd-June 2nd when online registration closes.** Same-day registration will be available Saturday, June 3rd for \$40 (cash, check or credit card accepted). This includes 5k entry, a short-sleeved GOTR t-shirt, a finisher's medal, pre-race activities and post-race refreshments.

PACKET PICK-UP

GOTR girls will receive their race bibs from their coaches on Race Day. Packet pick-up for Running Buddies, parents, friends, community runners will be available:

**Thursday, June 1,
10 am - 7 p.m. at
Marathon Sports
2312 W 50th St
Minneapolis MN 55410**

**Friday, June 2,
10 a.m. - 7 p.m. at
Marathon Sports
2312 W 50th St
Minneapolis MN 55410**

**Saturday, June 3,
7:30 a.m. - 8:30 a.m.
at Normandale
Community College**

SCHEDULE OF EVENTS

Saturday, June 3, 2017

Normandale Community College • 9700 France Ave South • Bloomington, MN 55431

7:30 a.m. Same-day registration opens (\$40)

7:45 a.m. Girls, Coaches, Running Buddies and community runners arrive. Find your team and enjoy pre-race festivities like music, Happy Hair, pictures, our Dream Team hall of women in the workplace and more!

8:45 a.m. Group welcome and warm-up

9:00 a.m.
5k fun run begins!



Join us at the Dream Team tent to meet 10 Inspirational women with unique careers.

RACE ETIQUETTE

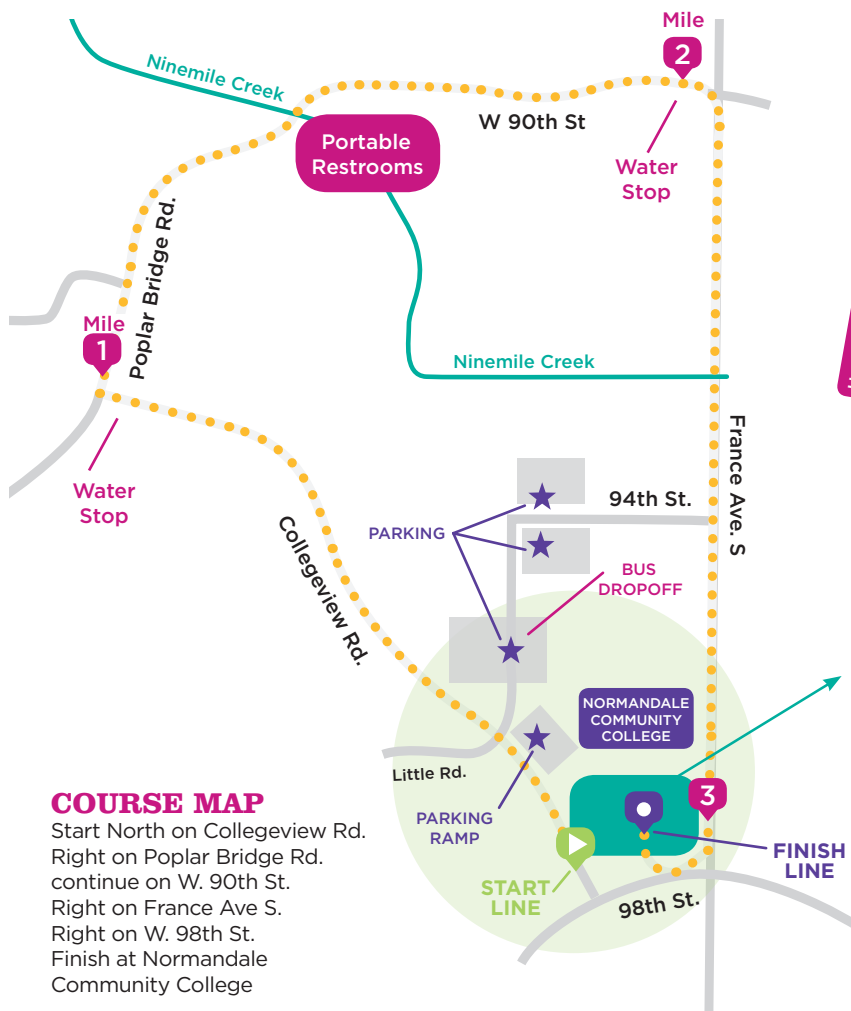
We encourage all runners to go their "Happy" pace. To keep the course clear for all we ask slower runners and walkers to stay to the right, leaving room for other runners to pass.

PETS AND STROLLERS

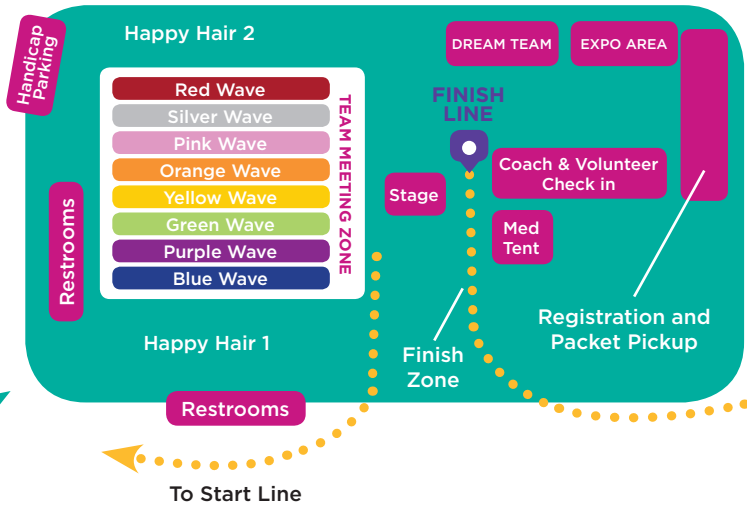
Sorry, no pets are allowed at the event. Strollers are welcome, but please start at the back of the pack for safety.

WEATHER

This is an important day for our girls and the 5K will be held rain or shine. Should outside conditions become unsafe, we will notify participants through email and social media as soon as possible. You can also visit our Facebook page for updates www.facebook.com/GOTRTwinCities.



**NORMANDALE
COMMUNITY
COLLEGE**



COURSE MAP

Start North on Collegeview Rd.
Right on Poplar Bridge Rd.
continue on W. 90th St.
Right on France Ave S.
Right on W. 98th St.
Finish at Normandale
Community College

PARKING AND TRANSPORTATION

Please allow plenty of time to arrive at the race site. Because of the large size of our event (approximately 4,500 runners) there will be traffic congestion and parking will fill quickly, please note if you arrive after 8am you may have to park approximately 1/2 mile from the race village, please allow for plenty of time. Additionally, the Metro Transit System provides convenient bus service to Normandale Community College from many locations within the Minneapolis/St. Paul area.

DIRECTIONS

Normandale Community College is located in Bloomington at 9700 France Ave. South

FROM THE NORTH

Take France Avenue South, Turn Right on 90th St., continue on Poplar Bridge Rd, Left on Collegeview Rd to Normandale parking area

FROM THE SOUTH

Take France Avenue North, Turn Left on on 98th St., Right on Collegeview Rd., continue to Normandale parking area

WAVES

To provide all participants a fun and safe experience, we will be starting the race in waves based on school/site name. Each school/site has been assigned a color to designate their starting wave and there will be plenty of signage to help participants know where to go. Each wave will be directed to the start line in three to four minute intervals.

- Blue Wave:** Team Names Adams - Cornelia
- Purple Wave:** Team Names Cottage Grove - Friendship
- Green Wave:** Team Names Galtier - Hamline
- Yellow Wave:** Team Names Harambee - L'Etoile du Nord
- Orange Wave:** Team Names Lincoln Center - Oakdale
- Pink Wave:** Team Names Oltman - Ridgeview
- Silver Wave:** Team Names Risen Christ - Vista View
- Red Wave:** Team Names Wellstone - YMCA

Community runners with a girl participating are welcome to join their girl's wave or start in the first wave. Runners not affiliated with a school/site are encouraged to join the first wave.

This is non-competitive, family-friendly event and all ages, stages and speeds are welcome. We look forward to celebrating with you! Don't forget to share your photos from this exciting day
#GOTRTC5K

Please visit www.gotrtwincities.org for more information. Contact info@gotrtwincities.org with any questions.
Thank you for your support and enthusiasm!

SEE YOU SATURDAY, JUNE 3, 2017!