



National Sponsors:



Lake Park Community  
3801 Lake Park Rd.  
Indian Trail, NC 28079

Saturday, April 29 • 8:00 am

SPRING 5K EVENT GUIDE

Dear 5k Participants, Sponsors & Spectators,

On behalf of the staff and board, we would like to thank you for your support of our organization. We are excited to have around 1,300 runners (~2,500 people including spectators) participating in our 2017 spring 5k.

The Girls on the Run 5k is the culminating 5k event for the spring season of Girls on the Run. Girls on the Run participants, families, friends, coaches, sponsors and community members come together to participate in the celebratory 5k. This 5k is noncompetitive and perfect for all runners, joggers, and walkers. Proceeds from the event will benefit Girls on the Run of Union County so that all girls who wish to participate will have the opportunity, regardless of their financial circumstances.

Girls on the Run is a non-profit organization whose mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. The curriculum creatively incorporates training for a 5k with lessons that encourage third through eighth grade girls to develop essential life skills.

It is our hope that this information packet will provide you with event details to enhance your experience.

Sincerely,

Bonnie Grote, Lani Koontz and Kellen Williams  
Council Director/Program Coordinator/Site, Marketing and Volunteer Coordinator  
Girls on the Run of Union County

**Please Note:**  
Girls on the Run participants  
should wear their **Violet** 5k shirt  
at the event.

## Registration:

Online at [www.girlsontherununion.org](http://www.girlsontherununion.org), in person at packet pick up on Friday, April 28th or at the event before the 5k. **(Cash only for in-person registration)**

**NOTE:** Girls on the Run program participants are already registered for the 5k. They do NOT need to register separately and will not need to pick up anything at Packet Pickup. GOTR Coaches will receive all of the girls' 5k items.

## Packet Pick-up:

5k packets will be available for pick-up at Carolinas HealthCare System-Waxhaw Community Room (2700 Providence Road South, Waxhaw, NC 28173) on Friday, April 28<sup>th</sup> from 3:00-7:00pm. Packets will also be available for pick-up at the Packet Pickup tent across from the registration table at the 5k.

## Weather & What to wear/bring?

Be prepared to run in any weather. The event will go on rain or shine. The police will determine if we will have a delayed start if we experience lightning prior to the beginning of the 5k start. We do not have a weather makeup date.

The girls should wear their **VIOLET** Girls on the Run of Union County 5k shirt.

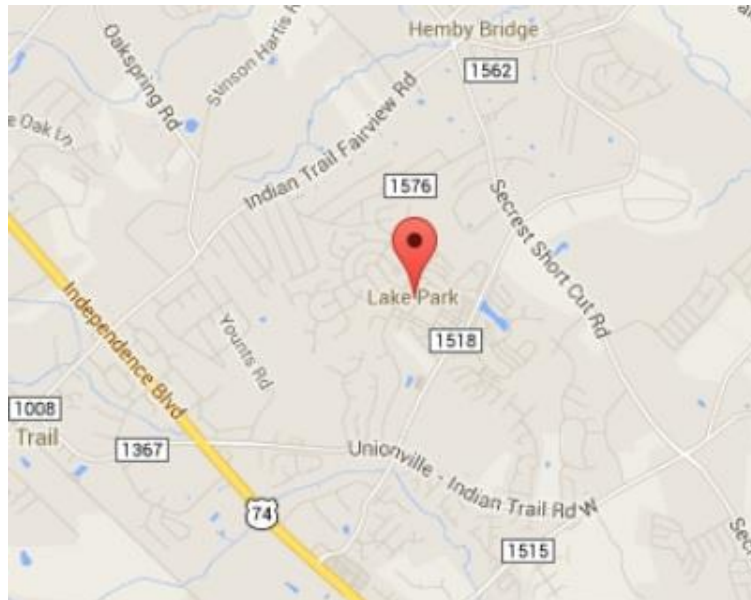
We highly encourage each GOTR team to be creative and show their Girls on the Run spirit with some team unity items. Examples include: unique hats, socks, shoelaces, tutus, etc. Encourage your family members, friends and running buddies to show off their spirit as well!

We will have a raffle with the grand prize a Trek youth bicycle. Tickets will be for sale at Packet Pickup on the 28<sup>th</sup> and race morning. The winner will be announced at the end of the 5k.

## Pets Policy:

No dogs are allowed on the course.

Event Location: Lake Park Community  
3801 Lake Park Rd.  
Indian Trail, NC 28079



**Directions:**

From Charlotte (74 East):

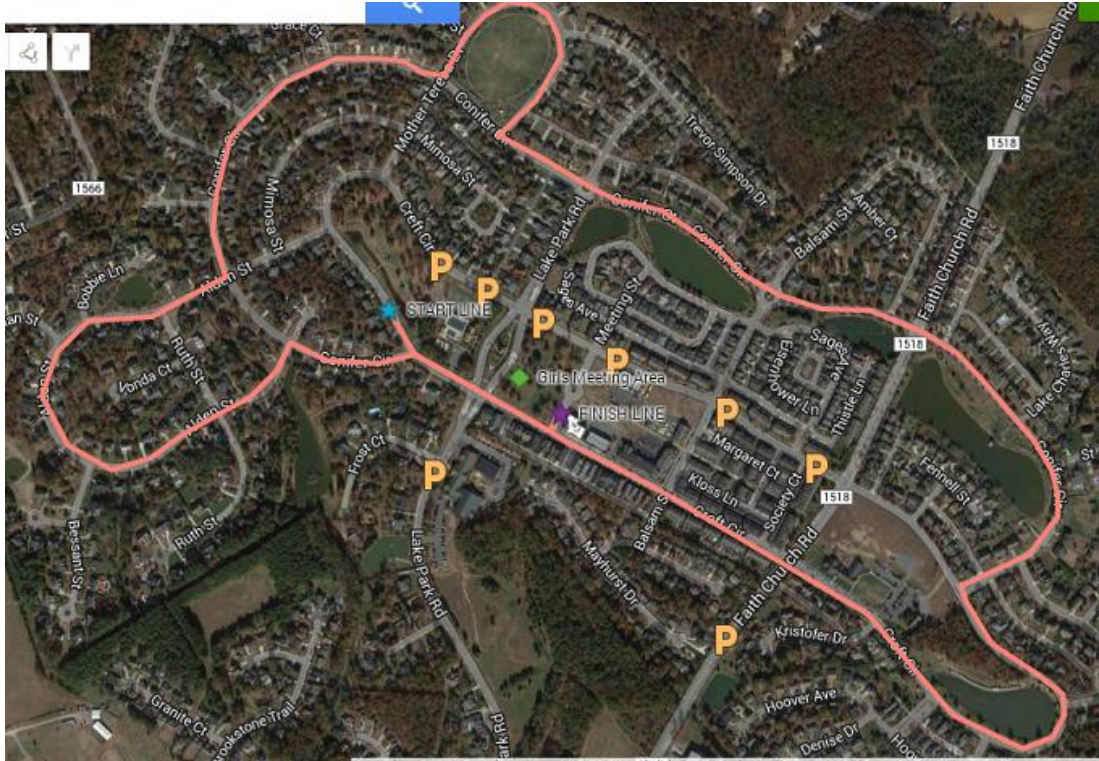
- Take 74 East toward Monroe
- Turn left on Unionville-Indian Trail Rd. W
- Turn left onto Lake Park Rd. OR Faith Church Rd.
- Follow event arrows for parking and event festivities

From Monroe (74 West):

- Take 74 West toward Charlotte
- Turn right on Unionville-Indian Trail Rd. W
- Turn left onto Lake Park Rd. OR Faith Church Rd.
- Follow event arrows for parking and event festivities

## Parking and Course Map:

Street parking is available within the Lake Park neighborhood except for on the 5k course. The map below highlights some good parking spaces within the neighborhood, but parking is not limited to the icons.



## 5k Course: Step-by-Step Directions

- Start on Creft Circle
- Continue Straight onto Creft Circle
- Turn Right onto Conifer Circle
- Continue Straight onto Conifer Circle
- Turn Right onto Mother Teresa Dr.
- Turn Right onto Conifer Circle
- Continue Straight onto Conifer Circle
- Turn Right onto Alden St.
- Continue onto Alden St.
- Turn Right onto Conifer Circle
- Turn Right onto Creft Circle
- Turn Left onto Meeting Street and Finish through GOTR Arch

## Event Timeline:

6:00 am	Sponsor Set-up
6:30 am	Race Day Registration Opens
7:00 am	Pre-Event Festivities Begin/5k Participants begin to arrive
7:30 am	Warm-up/Stretch Session
7:45 am	Participants travel to the 5k start line
8:00 am	5k Start

## Flag Assignments:

All teams will meet in the grassy area in front of the gazebo between 7:00-7:15am. Each team will be assigned a certain color flag to meet at before the race begins. There will be SEVERAL teams at each flag, so please look for your specific team. The flag assignments are listed below:

### Spring 2017 Flag Assignments

Group 1: **GREEN flag** Antioch (2 teams), Cuthbertson, East, Fairview, Indian Trail

Group 2: **BLACK flag** Hemby Bridge, First Assembly GOTR + Heart & Sole, Kensington (2 teams), Marshville, Wingate

Group 3: **YELLOW flag** Marvin (2 teams), Union Day, Monroe Middle, Rock Rest, Union Prep

Group 4: **WHITE flag** New Town (3 teams) Poplin, Porter Ridge Middle, Union Elementary

Group 5: **PINK flag** Prospect, Rea View (4 teams), Parkwood Middle

Group 6: **BLUE flag** East Union Middle, Sandy Ridge (2 teams), Sardis, Shiloh

Group 7: **RED flag** Rocky River, Stallings, Sun Valley Elementary, Unionville, Union Academy lower + upper

Group 8: **ORANGE flag** Waxhaw, Weddington Elem (2 teams), Walter Bickett, Wesley Chapel, Western Union

Please send any amazing photos that you have from the 5k to [kellen@girlsontherununion.org](mailto:kellen@girlsontherununion.org). We are always looking for great photos to add to our marketing materials and celebrate the girls, families, volunteers and Girls on the Run.

# THANK YOU to our sponsors!

## Presenting Sponsor



Carolinus HealthCare System

## Finish Line Sponsors



## Girl Power Sponsors



## Limitless Potential Sponsors

