



# 5K DAY INSTRUCTIONS

FOREST PARK • 11.13.21

8:30 AM 5K WAVE 1 | 10:00 AM 5K WAVE 2  
FIND YOUR TEAM'S WAVE AT [HTTPS://BIT.LY/3PZLPGO](https://bit.ly/3PZLPGO)

## GETTING THERE

### ARRIVING:

- Arrive EARLY... we suggest arriving at least 45 minutes before your wave start time. We will be ready to greet you!
- For safety, streets along the course in Forest Park are closed to traffic from 6:30 - 11:30 am. Including: Theatre Drive; Union Drive; Wells Drive; Jefferson Drive; Faulkner Drive; and Grand Drive between West Pine and the Government Drive trail.

### PARKING:

- Plenty of parking in the UPPER Muny lot. Enter from Summit Drive on the WEST side of the lot.
- Additional parking in the Visitor's Center lot on Grand Drive.
- Handicapped Parking: The Muny lot includes reserved spaces for disabled parking with a wheelchair accessible path to the start line.
- Drop-Off / Pick-Up Zone: Drop off with an adult in front of the Muny entrance on Pagoda Circle - walk to Race & School Village along Theatre Drive.
- The lower Muny lot sets the stage for Race & School Village and is CLOSED to traffic.

## WARM UP ZONE

- Happy Hair: Add a little color to your run with temporary colored hairspray.
- Sponsor Spot: Enjoy super fun activities from our ah-mazing sponsors
- DJ & Dancing: TKO DJ Crew are ready to help you get warmed up and ready to tackle 3.1 miles of awesome!

## COME PREPARED

**MASK UP!** All runners, volunteers, and supporters, should wear a mask in School & Race Village. Runners may remove their mask on course while maintaining a safe distance from other runners.

### DO BRING:

- Weather appropriate clothing and athletic shoes - layer your 5K shirt for visibility.
- Your 5k or Fun Run bib - note that coaches have all program participant bibs.

### DON'T BRING:

- More than you want to carry for 3.1 miles!
- Dogs or Bicycles - we love them but they are not allowed on the course.

## SCHOOL VILLAGE

Program teams line up along Theatre Drive in front of the lower Muny parking lot.

### BEFORE THE 5K:

- Meet at your team's sign at least 30 min before the start of the 5k
- Get your bib on, tie your shoes, dance a little to warm up, enjoy your team and get ready to ROCK THE 5K!

### WAVE START

- We use a wave start to help the flow of runners through the start line, along the course, and at the water station.
- Each wave is led by our Sparklers and has music to get you pumped and ready to GO!

### AFTER THE FINISH:

- YOU DID IT!!
- Get a finisher's bag with water, medal and snack
- Meet your team / family / friends back at your team's sign in School Village to celebrate!

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## LET'S GET READY TO MOVE FORWARD TOGETHER!

- Our Cheer Stations will keep you motivated and possibly dancing all the way to the finish.
- Our Sparkler Team keeps the energy high and makes sure everyone crosses the finish line.
- The Water Station after mile 2 will keep you hydrated for the last push to the finish
- We have medical support from our friends at BJC, just in case!
- Lost something....like a hat, phone, OR PERSON? Check the Info tent in Race Village. Our team will help you get reunited!

THANK A VOLUNTEER!  
THEY'LL APPRECIATE IT

## MERCHANDISE

Show your GOTR pride! Check out the awesome Girls on the Run or Heart & Sole gear available at the merchandise tent on race day.

## RESULTS & AWARDS

Find your finish time on the Results webpage:

<https://runsignup.com/Race/Results/98665>

Awards winners will be contacted and may pick up their GOTR Award medal at the GOTR office in Maplewood.



STILL HAVE QUESTIONS? CONTACT US...

314.862.6266

[WWW.GOTRSTL.ORG](http://WWW.GOTRSTL.ORG)

## DEAR WEATHER COMMITTEE...

The weather committee is planning great weather for the 5K. We run rain or shine; however, in the case of extreme weather conditions that may affect the health and safety of participants, race officials may alter, delay or cancel the race. In the event of a cancellation, no refunds will be issued. Thank you for your understanding

## FALL TIMELINE

- 7:00AM** Packet Pick-up and Race Day Registration Opens
- 7:15AM** Race Village Opens
- 7:45AM** Suggested arrival time for WAVE ONE
- 8:00AM** Fun Run Line-Up
- 8:15AM** Fun Run Starts  
5k WAVE ONE Line-Up
- 8:20AM** Announcements from Executive Director and National Anthem
- 8:30AM** Start of 5k for WAVE ONE!
- 9:15AM** Suggested arrival time for WAVE TWO
- 9:45AM** Announcements from Executive Director and National Anthem
- 10:00AM** Start of 5k for WAVE TWO!
- 12:00PM** Race Village Closes