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

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.

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!

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!
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.

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.

THANK A VOLUNTEER!
THEY'LL APPRECIATE IT

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 WAVE TWO!
12:00PM  Race Village Closes

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!

STILL HAVE QUESTIONS? CONTACT US...
314.862.6266
WWW.GOTRSTL.ORG