



VIRTUAL RUN GUIDE

ANYTIME, ANYWHERE • THROUGH 05.09.20

1 MILE FUN RUN | 3.1 MILE 5K

GET READY . . . plan ahead for a great run

- **Choose a day & time** for your run. Morning, afternoon, or evening... anytime through May 9, 2020.
- **Have a buddy** to run, walk, skip, or dance with you - it's safer and much more fun! Include pets if you want!
- **Plan a route** from one of the suggested routes from our friends at Big River OR [learn how to create your own](#) using [USATF.org](#). Consider street traffic and other safety concerns when planning your route.
- **Share your plan** with neighbors, family & friends near and far. Ask them to be your cheer stations virtually or at a safe social distance along your route (in cars, across the street, wherever it makes sense & is safe).
- **Check the weather** & wear layers that are weather appropriate. Your body will warm up quickly so it's better to dress light rather than heavy.
- **Print a [Virtual Bib](#)**. With GOTR, you are always #1! Add your first name & Dream Big (or add your own inspiration) in this fillable, printable PDF form. Write emergency contact information (name and phone number) on the back and bring an ID in case of emergency.

GO THE EXTRA MILE... create your own "Race Village"

- **Happy Hair:** Add a little color to your run with [temporary colored hairspray like this from Amazon Smile](#)
- **Superstar Station:** Make a sign or two, grab some props and get ready to SMILE. Take lots of photos!
- **DJ & Dancing:** Use our [GOTR-STL Virtual 5K Playlist](#) on Spotify OR break out the boombox and play your favorite songs to get warmed up and ready to tackle 3.1 miles of awesome!
- **Bubble Bus:** Nothing lifts you up and says "almost done" like bubbles...like [this handheld blower at Amazon](#)
- **Sparklers / Cheer Stations:** Make signs or use sidewalk chalk to provide motivation along the way OR check out the [videos on our YouTube channel](#) for inspiration courtesy of our sparklers, YPB, and coaches.
- **Create a Finish Line** - use crepe paper, yarn, tape or sidewalk chalk...or even toilet paper if you can spare it!
- **Finish Line Food & Drinks:** Grab some snacks & drinks (water, bananas, bagels, pretzels, chocolate milk, and something special your girl will love) to refuel and celebrate!

GET SET . . . let's get ready to shine!

- **Fuel Up!** Make sure you eat about 30-60 minutes before your run.
- **Suit Up!** Get your virtual bib on, tie your shoes and get your sparkle on!
- **Warm Up!** Do a few of [these exercises](#) and dance a little to warm up and get ready to ROCK a 5K!
- **Keep track of your time** - set a timer or simply keep an eye on the time you start and finish.
- **Count your laps** - if your route has loops, use popsicle sticks, clothes pins, hair ties, write letters or words in markers on their arms, whatever works to mark the laps and countdown to the finish.
- **Don't forget water!** Make your own water station by placing water near mile 2 along your route OR carry a small water bottle with you. Sip, don't gulp to avoid a "sloshy belly". Drink up at the finish line!

DON'T BRING:

More than you want to carry for 3.1 miles!

DO BRING:

Your STAR POWER!



GO, GIRL, GO... you got this!

- Play the National Anthem video from our [YouTube channel Virtual 5K Playlist](#)
- **SAFETY FIRST!** Be aware of your surroundings, use crosswalks to cross roads, look both ways and obey traffic laws.
- **Go to your Happy Pace!** Walk when you need to, use visual clues to motivate you along the way (just run to the third tree, stop sign, light pole, driveway, etc.), and remember that Forward is a Pace!
- **Capture the moments!** Take pictures or video before, during and after. Share her journey on social media with the hashtag #GOTRSTLvirtual5K
- **Make some noise at the finish!** Use cowbells, pots & pans, signs, or just a few whoops and claps...whatever you want to make it feel special.

CELEBRATE... your accomplishments!

- **YOU DID IT!!**
- **Refresh!** Grab some water, a special snack, listen to some great music, and dance it out!
- **Don't forget to s-t-r-e-t-c-h!** Take a few minutes to stretch your legs, arms, shoulders, feet.
- Note the finish time and [enter it here](#), select Girls on the Run St Louis from the drop down and be sure to enter your time in the exact format as the example on the form.
- After submitting your time, visit the [results page](#), search your name & print a finisher's certificate. (Note: It may take a day or two to see your results so keep checking and contact us with any issues.)
- Your medal(s) will be mailed as soon as it is safe to do so.
- Look through your pics and take a minute to reflect on your journey.
- **Share the joy!** Share your pics and videos and tag us on social media (@gotrstl on Twitter and Instagram; @GirlsontheRunStLouis on facebook) using #GOTRSTLvirtual5K



STILL HAVE QUESTIONS?

CONTACT US...

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WWW.GOTRSTL.ORG



THANK YOU FOR
PARTICIPATING!
WE APPRECIATE YOUR
SUPPORT!

children's
HOSPITAL • ST. LOUIS
BJC HealthCare

