



# New Balance Girls on the Run 5K

Sunday, May 16, 2010

American University Friedheim Quadrangle



Spring is already arriving quickly in the Washington, D.C. metro area, and excitement is building for the **New Balance Girls on the Run® - DC Spring 2010 5K!** Right now, your child is completing the 2010 GOTR program, and the GOTR staff and volunteers are finalizing plans for the big day.

We are thrilled to be expecting a crowd of almost 500 GOTR-DC participants and coaches, 300 community runners and family members, and over 400 spectators on May 16th!

Your daughter and her teammates have come together having learned about self-respect and healthy living. They are full of determination and ready to encourage each other as they make their way toward the finish line. We're so proud of your daughter who has been working hard training her body for this event, all while learning about the strength of her mind and spirit over the past several weeks. We are inspired and honored to be part of celebrating her achievement!

**We encourage spectators!** Bring those extra family members and friends to join in the fun while cheering on the girls!

### Included in this package is:

- An event schedule
- Frequently asked questions
- A course map

Please don't miss out on this special day - mark your calendar, gather cheerleaders and plan on being an important part of an amazing day with your Girl on the Run!

### Directions

The event is being held at American University at 4400 Massachusetts Avenue, NW.

The start and Finish lines, Registration Table and team Meeting sites will be located on the Friedheim Quadrangle. Please see map on last page for details.

**Directions from all points South and East:** Take Massachusetts Avenue north and go left at Ward Circle onto Nebraska Avenue. Enter the free AU parking lot on your left.

**Directions from all points North and West:** Take Massachusetts Avenue south and go right at Ward Circle onto Nebraska Avenue. Enter the free AU parking lot on your left.

**Map, Parking and Metro Information on last page**

# CELEBRATE WITH US

**7:30 AM Community Runner Day-of Registration & Packet Pick-up Starts**

Sign up to run or walk at [www.gotrdc.org](http://www.gotrdc.org)

**8:00 AM Girls and families are encouraged to enjoy pre-race festivities**, including the Good Happy Hair Station, the Tony the Tiger and Kellogg's Frosted Flakes tent (with fan sign-making stand, give-aways and food samples) and face painting and tattoo stations



**9:00 AM Girls and coaches will begin gathering** at designated team signs, which will be set up in alphabetical order by site. Families, friends and spectators are encouraged to find their places along the course to cheer on the girls.

**9:10 AM Group warm-up led by Chickaro Martin of Project Fitness**

Spectators welcome to bring signs and noisemakers

**9:15 AM Welcome and introduction**

Carol Lynn Bamford, Board Chair, GOTR-DC

**9:20 AM Guest speakers**

Julie Culley, American World Champion Middle Distance Competitor

**9:25 AM Girls move to starting line**

**9:30 AM New Balance GOTR 5K Officially Begins with Ribbon Cutting by Tony the Tiger**

**10:30 AM Awards Ceremony and Post-Race Yoga with Just for Kids Inc.**

**What time should we arrive?**

- Your daughter should be at her designated site sign by **9:00 AM** on the American University Friedheim Quadrangle.
- Some sites will coordinate transportation among families – please ask your daughter's coach about the team's plan.
- Spectators will want to arrive in advance of the 9:30 AM start time. The opening ceremony begins at 9:00 AM and you will need to allow time for parking and walking to the race start site or taking the free AU shuttle that will be operating between the Tenleytown Metro Station and American University every 15 minutes starting at 8:00 AM.

# FREQUENTLY ASKED QUESTIONS

**Do I need to register my daughter for the GOTR 5k?** No. Your daughter is already registered for the event. You do not need to complete a registration form for her.

**Where do we go as spectators?** You may watch your daughter and the opening ceremony starting at 9:00 AM, or you may want to get out on the course to cheer her on! Please see the enclosed course map for details.

**Who will be with my daughter?** Starting at 8:50 AM, your daughter will be with the coaches from her site. Coaches will be wearing Azaela Pink GOTR t-shirts. Throughout the race, she will be accompanied by either family or friends if you should decide to sign up for the race or she will have her coaches and trained volunteer "Buddy Runners" with her.

**Will there be food and drinks available?** There will be a food and drinks table set up on the American University Freidheim Quadrangle.

**What if my daughter gets hurt or needs help?** There will be a First Aid Station with volunteer nurses on the American University Friedheim Quadrangle and should any kind of medical assistance be necessary. Volunteers will be lining the entire course so that they are in eyesight of one another. In addition, there will be course marshals and public safety officers throughout the course. All roads on campus will be closed to traffic and will be staffed by public safety officers.

**How do I register to run with my daughter?** Friends and family can register to run or walk with your Girl on the Run for \$20 by Friday, May 14th by going to: <http://www.gotrdc.org> or for \$25 the morning of the race.

**What if it rains or storms?** The event will be canceled by 6:30 AM the morning of the race if there is thunder and lightning. Please refer to our website, <http://www.gotrdc.org> for a weather related cancellation announcement. In this case, the event will NOT be rescheduled. In the event of rain with no thunder and lightning we will hold the race, but the food, activities, speeches and awards will take place inside the Mary Graydon Center on American University's Freidheim Quadrangle (please map for details).

**What should I bring?** You can support the GOTR-DC Council by shopping for GOTR items. Don't forget your cameras and video recording devices! And bring tons of encouragement and your excitement!

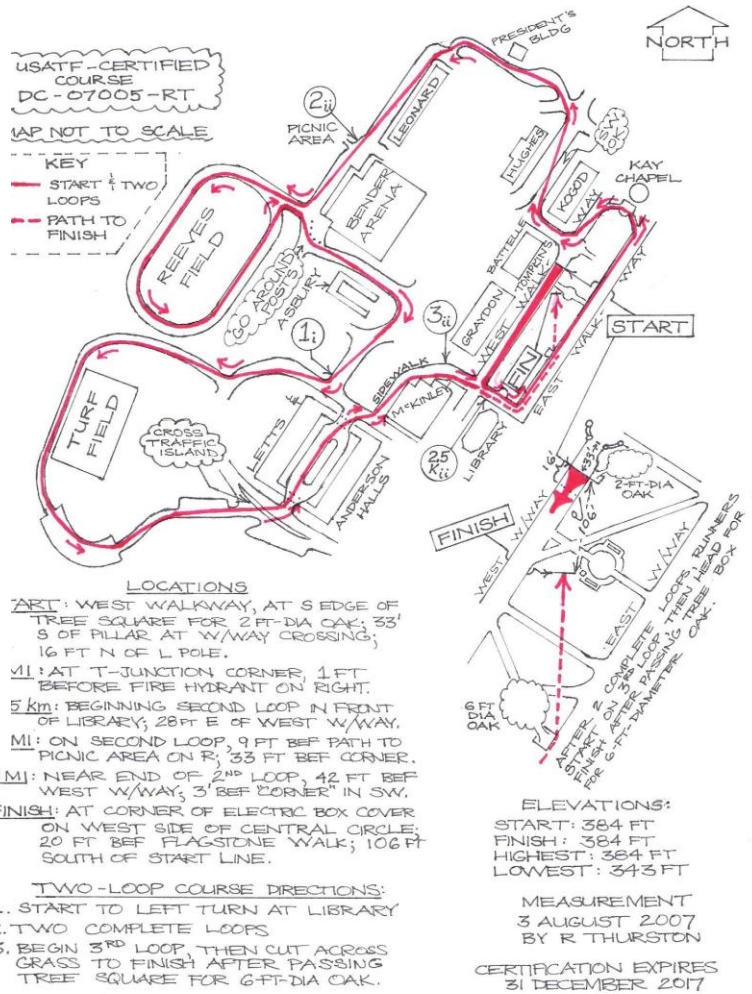
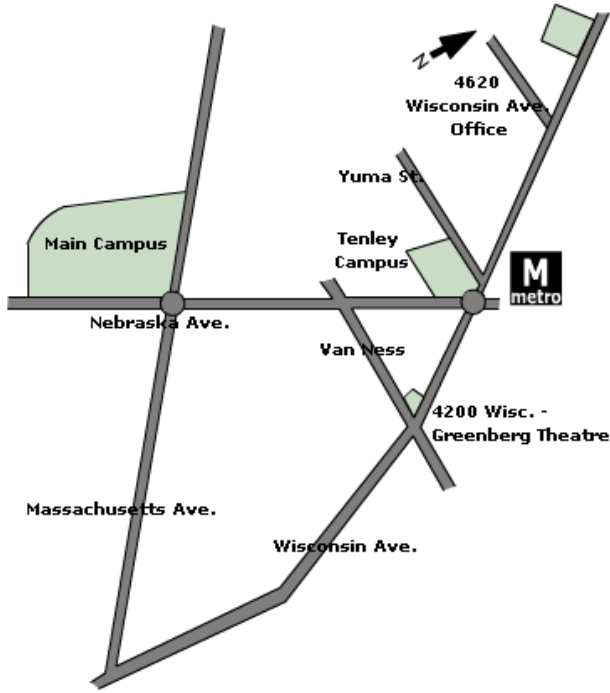
**When will the event finish?** Please encourage your daughter to stay until the last girl has crossed the finish line. Every girl appreciates all the support she can get in reaching her goal! We will have a special Awards Ceremony at 10:30 AM to announce our winners of the "Running Green" essay contest on the best ways to green a race! There will be one first prize and two runners up prizes. The event typically will finish by no later than 10:30 A.M.

## PARKING AND METRO

**PARKING** is available for free at the American University Parking Lot located on New Mexico and Nebraska Avenues (entrance is via New Mexico or Nebraska Avenues).

**METRO** Take the Red Line to Tenleytown Metro Station, and there will be free American University shuttles buses running every 15 minutes starting at 8:00 a.m. Please see map below for campus map or visit <http://www1.american.edu/maps/>.

# AREA MAP AND COURSE MAP



## 5K SPONSORS

