



Girls on the Run Minnesota 5K EVENT GUIDE



DATE AND TIME



Saturday, November 7

5K start: 9:00 A.M.

Plan to arrive 1 hour before start to enjoy the village activities with your team.

LOCATION



St. Mary's University -Rochester

**2900 19th St NW,
Rochester, MN 55901**

Free parking at Lourdes High School, follow signs.

5K DETAILS



GOTR 5K: The KGPCo Girls on the Run Minnesota 5K is the culminating event of our 8-week program. Join participants from other Southern MN schools in a community celebration of girls and their ability to do hard things! **This event is a non-timed, non-competitive 5K celebration.**

5K BUDDIES: Every participant needs to have a registered 5K Buddy to accompany them for the 5K. A **5K Buddy is any trusted adult 18+**, who will run/walk alongside their girl and cheer her on through this day of accomplishment.

5K REGISTRATION: *GOTR participants and coaches are automatically registered!* Our 5K is open to all! Invite family members, siblings and friends to join us. **All 5K Buddies, caregivers, and friends running the 5K must register at www.gotrmn.org.** Registration is \$40, with a pay-what-you-can option.

**5K Buddy
Registration
Form**



WHAT TO WEAR AND BRING



- Dress for the weather; the **5K event is completely outdoors** and will be held rain, shine or snow!
- Rock your GOTR t-shirt! 5K Buddies will receive their shirt at the 5K from their team's coaches.
- GOTR-ize your look with colorful gear like hats, hair ties, signs, stickers, capes, etc.



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5K DAY SCHEDULE

8:00 – 8:30 a.m.

Arrival-parking at Lourdes High School

8:00 - 9:00 a.m.

Walk to 5K Village, meet your coaches at your team sign, and get your 5K Bib.

You can also browse the GOTR Shop, spray your hair with colorful hairspray at Happy Hair and enjoy a free drink from Caribou. Take photos and dance to music with your team!

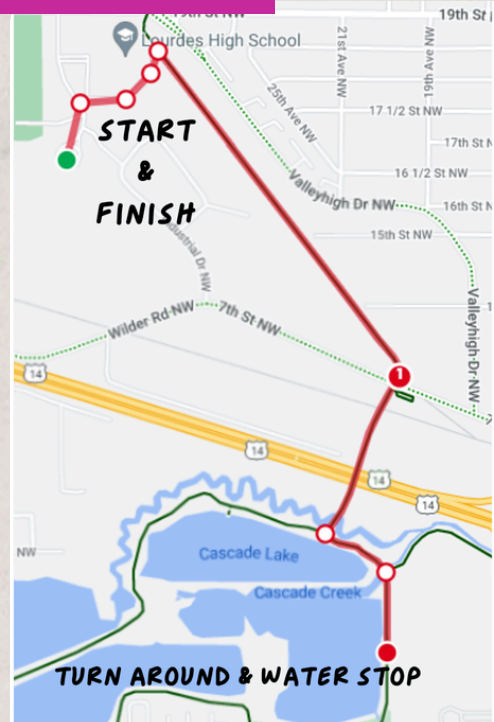
8:45 a.m.

Walking to the start line for a 9:00 a.m. start!

9:00 a.m.

5K Begins

COURSE MAP



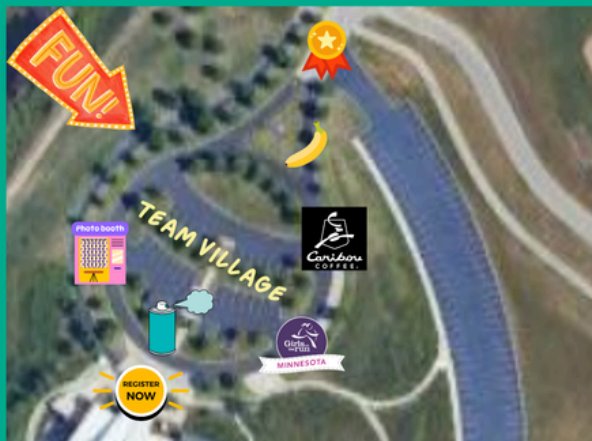
TEAM MEETING AREA

KGPCo Girls on the Run Minnesota



TEAM VILLAGE

ST. MARY'S UNIVERSITY - ROCHESTER



MAP SUBJECT TO VARY SLIGHTLY
AND WEATHER DEPENDENT



GOTR MERCHANDISE BOOTH



POST 5K SNACKS



HAPPY HAIR

SAME DAY
REGISTRATION



CARIBOU BEVERAGES



START & FINISH LINE

PHOTO OPPORTUNITIES

