



## **GIRLS ON THE RUN VERMONT 2018 NORTHERN 5K FAQ's**

**Northern - Saturday, June 2 @ 10am**

Champlain Valley Expo  
105 Pearl St, Essex Junction, VT

### **GENERAL TIMELINE**

<b>8:15am</b>	<b>Coaches arrive</b>
<b>8:30am</b>	<b>Public Registration opens</b>
<b>8:30 - 8:45am</b>	<b>Girls arrive</b>
<b>9:30am</b>	<b>Public Registration closes</b>
<b>9:45am</b>	<b>Announcement &amp; Group Warm Up</b>
<b>10:00am</b>	<b>Ready, set, GO!!!</b>

### **COURSE**

**Q: Are strollers allowed?**

A: Yes, strollers are allowed but the unregistered child must remain in the stroller for the duration. We also ask for the safety of all participants that strollers start at the back of the line.

**Q: Are dogs allowed? Can they run on the course?**

A: Dogs are NOT allowed on the premises. The only exception would be certified service dogs.

**Q: Where should I stand to get the best view of my daughter?**

A: The start and finish line will be in the same place. Or you may wait at the fencing behind the Coca-Cola Grandstand but you will have to be quick to double back to the finish to see her cross the line and receive her medal.

**Q: How many miles is a 5k?**

A: 3.1 miles.

**Q: Where can I find a map of the course? Are there any hills?**

A: The course map is posted on our website. There are some mild inclines.

**Q: Will my daughter be running on a road?**

A: The course is fully contained within the Champlain Valley Expo grounds.

**Q: My daughter cannot run/walk the entire 5k, are there accommodations?**

A: If you need to request for special accommodations, please contact the office (802.871.5664).

**Q: Are there medical services provided at the event?**

A: Yes. We have volunteer medical personnel at the event. **First Response** personnel will be on site.

**Q: Will there be staggered or WAVE Starts?**

A: To minimize any congestion on the course, the runners will be split into four (4) for equal groups. The color of the bib you receive will determine which WAVE or start time you will run in. All GOTR girls and coaches will have #1 bibs. Each team will be assigned the same start time. The waves are staggered by two (2) minutes. **ALL RUNNERS SHOULD LINE UP AT the START LINE NO LATER THAN 9:50AM IN THE ORDER OF THE WAVE STARTS ACCORDING TO THE COLOR BIB THEY ARE WEARING.**

**Pink Bibs:** 10:00am

**Green Bibs:** 10:02am

**Blue Bibs:** 10:04am

**Yellow Bibs:** 10:06am



**Q: Can my daughter be in the first wave, we have another commitment we need to get to?**

A: No. The girls will run in the WAVE that they were assigned to. They will be assigned with their school / site.

**Q: If I am a community runner which WAVE do I run in?**

A: You will be assigned a **WHITE** bib. You can choose which WAVE to run in as most runners will chose to run in the same WAVE as their daughter/relative/friend. All community runners will have a random four digit number on their bib.



**Q: Will I receive a medal?**

A: ALL GOTR girls and coaches will receive a medal when they cross the finish line. Community runners will receive a ribbon.

## **DIRECTIONS / PARKING**

**Q: How do I get to the venue?**

A: Links to the directions to each venue are posted on our website.

**Q: Where do I park? Where should I enter? How long will it take me to exit the event?**

A: Parking is available in the Champlain Valley Expo. Please **enter via Gate B on Pearl St.** Please be prepared that it will take some time to exit the grounds.

**Q: Is there handicapped parking?**

A: Yes, there is handicapped parking available. Please look for the signs as you enter Champlain Valley Expo via Gate B on Pearl St.

**Q: Where should I park if I need to get out quickly?**

A: If you need to leave quickly, the best bet is to park at an off-site location and walk in. That way you will not get caught in any event traffic that is leaving the venue parking area.

## **GENERAL**

**Q: I am concerned about my daughter's safety when I can't see her on the course.**

A: We have many volunteers in red shirts spread throughout the course. Over 200 volunteers for the entire event. There are radios at each checkpoint that are able to communicate with key safety personnel at all times. Your daughter will be in sight of a volunteer at all times.

**Q: Can I jump in at the finish to cross with my daughter?**

A: Please keep the finish area clear so that all the girls can finish the run. You can certainly have a photo opp with your daughter once she has crossed the finish line and exited the chute area. Only registered participants with bibs are allowed on the course for liability reasons.

**Q: Will there be photographers at the event and can I purchase pictures from the event?**

A: Girls on the Run Vermont will have photographers to capture the event. Photos will not be for sale but can be viewed on the website 10-14 days after the event.

**Q: My daughter lost her program shirt, can I get another one?**

A: We have a small surplus of shirts left, if we have one in your daughter's size you can pick it up from the coach at the event.

**Q: Will there be vendors/food at the event?**

A: No. A snack will be provided at the finish line for all participants. Feel free to bring your own.

**Q: How long does the event take from start to finish?**

A: The last runner usually finishes within an hour and a half of the start time. Start time is at 10am. Girls are asked to arrive between 8:30 - 8:45am. Activities start at 8:30am. Including exiting of the event, plan to wrap up by noon.

**Q: What happens after the 5k? Are there festivities?**

A: No, there are no festivities after the event. We ask that all members of the team stay after crossing the finish line to cheer on their teammates until everyone has finished. All festivities happen pre-event with face painting, Happy Hair station, temporary tattoos, music and dancing with an inspiring group warm up before moving to the start line.

**Q: Does my daughter have to run with her team?**

A: No, she will prepare for the event with her team, line up at the start with her team (as assigned) and then each girl is encouraged to run/walk the 5k at their own pace. It is always good to pair her with a friend that is of similar ability as a buddy on the course.

**Q: Where is my daughter's team supposed to meet their coach?**

A: There is a designated area for all sites to meet up with their team. There will be a sign with your site's name on it where their coach will wait for them. The site area is on the other side of the Grandstand from the parking area.

**Q: I don't want my daughter photographed at the event.**

A: Notify our Program Manager, Rachel Desautels. She will need your daughter's name and the location of the program she participates with. We will ask that your daughter clearly wears something distinguishing that day so that we can do our best to identify her in the hundreds of photos that are taken at the event. We will do our best in monitoring our photos but we have no control of spectators or other attendees at the event taking photos.

**Q: Do we really need to be there for 8:30am? The event doesn't start until 10am.**

A: You should plan to arrive no later than 8:45am. Parking can take a while for the larger venues. Girls need time to find their team, get their bib and name tag, join in on the face painting, tattoos, have their hair colored (if they choose), enjoy the music, make a last trip to the restroom and get warmed up.

## **REGISTRATION**

**Q: If I registered to run with my daughter, do I get a shirt?**

A: The 2018 5K t-shirts are also for sale for \$10, quantities and sizes are subject to availability.

**Q: Can I get the same shirt as my daughter?**

A: No, only girls and coaches receive the program shirt. As this event is about celebrating the girls in the program this color is reserved only for them and so they can be easily identified and celebrated on the course.

**Q: Can men/boys run with their daughters/sisters/mothers?**

A: Absolutely, we encourage it! The 5k is the culminating event of the program to celebrate the girls' accomplishments but family and community members are welcome to join in this inspiring and fun fitness event.

**Q: How do I register to run in the event? Can I pay by cash or check?**

A: **GIRLS ON THE RUN PARTICIPANTS AND COACHES DO NOT NEED TO REGISTER.** Community runners can register online and pay by credit card at [2018 GOTRVT Northern 5K Registration](#).

Adults: \$20

Children Under 18: \$10

Children in strollers: FREE!

GOTRVT Girl Alumni: \$10 (all ages)

Online registration will close on **Thursday, May 31** at midnight.

You can also mail in a registration form (downloaded from GOTR website) with **cash or check only** (made payable to Girls on the Run Vermont) to: **22 Browne Court, Suite 103B, Brattleboro, VT 05301**. Registrations forms must be postmarked by **Monday, May 28, 2018**.

**Q: Can I register on location or on the morning of the event? Where and how much does it cost?**

A: Yes, the day before each event, registration will be open on site from 4 - 6pm and also on event day from 8:30am - 9:30am, but the fees for adults increases to \$30 on event day. **Cash or check ONLY**. Credit Cards are not accepted the day of registration. The registration are will be in the Vermont State Building.

**Q: Where and when do I pick up my bib and tshirt? Can I pick it up before the event?**

A: Bibs and pre-purchased t-shirts can be picked up on the day before the event at each site from 4 - 6pm and again on event day from 8:30am - 9:30am.

**Q: Do you provide refunds?**

A: No, there are no refunds provided.

## **WEATHER**

**Q: Will the 5k be cancelled for inclement weather?**

A: No, this event happens rain or shine.

**Q: What happens if there is thunder and lightning? What is the emergency plan? Where is it posted?**

A: An emergency is any situation that threatens the safety of the participants or the volunteers. The most common emergency is thunder and lightning. If there is an emergency, please notify a staff member (bright yellow shirt) or a volunteer (red shirt). Please seek shelter. Stay in your shelter area until you are notified by staff / volunteer that it is safe to continue. In the case of thunder or lightning, the course must be cleared for 30 minutes after the last sighting. In the event of an emergency situation, we will defer to the police department for guidance. The emergency plan will be posted at the **Info / Lost & Found Tent**.