



presented by:



National Sponsors:



The Park - Huntersville Business Park
13801 Reese Blvd, Huntersville, NC 28078
December 3, 2011 • 9:00 am

FALL 5K EVENT GUIDE

Dear 5k Participants, Sponsors & Spectators,

On behalf of the staff and participants, we would like to thank you for your support. We are excited to have over 3,000 runners (~7,000 people including spectators) participating in the fall 5k.

The New Balance Girls on the Run 5k is the culminating 5k event for the girls of Cabarrus and Mecklenburg Counties. Girls on the Run participants, families, friends, coaches, sponsors and community members come together to participate in an event for the entire family. This 5k is noncompetitive and perfect for all runners, joggers, and walkers. Proceeds from the event will benefit Girls on the Run of Charlotte so that all girls that want to participate have the opportunity regardless of their financial circumstances.

Girls on the Run is a non-profit organization whose mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. The curriculum creatively incorporates training for a 5k with lessons that encourage third through eighth grade girls to develop essential life skills.

It is our hope that this information packet will provide you with event details to enhance your experience.

Sincerely,

*Jessica Otto
Program Director
Girls on the Run of Charlotte
Serving Cabarrus & Mecklenburg Counties*

**Please Note:
Girls on the Run
participants should wear
their purple program
shirt at the event.**

Registration:

There are two ways to register for the New Balance Girls on the Run 5k. T-shirts are not guaranteed after November 15th.

1. Online at www.gotrcharlotte.org
2. In person at the following locations
 - Girls on the Run office (120 Cottage Place, Charlotte, NC 28207)
 - At the registration tent the day of the event
 - Omega Sports (Park Road Shopping Center) on Thurs. & Fri. during Packet Pick-up

<u>Registration Fees:</u>	<u>Before Dec 3</u>	<u>5k Day</u>
Children under 13	\$17	\$22
Individual	\$22	\$27
Family Pack*	\$60	\$70

*Recommended for families of 4 or more people

Packet Pick-up:

5k packets will be available for pick-up at Omega Sports (4271 Park Rd, Charlotte, NC 28209) on Thursday, Dec 1 & Friday, Dec 2 from 10 am to 9pm. Packets will also be available for pick-up at registration tent in Sponsor Village.

Weather & What do I wear?

Be prepared to run in any weather. The 5k will run regardless of the weather. The police will determine if we will have a delayed start if we experience lightning prior to the beginning of the 5k start. We do not have a rain/snow makeup date.

Please come dressed in layers. The girls should wear their new purple colored Girls on the Run shirts over layers. It is this shirt that tells the Girls on the Run volunteers that your daughter receives a medal when she crosses the finish line. Only Girls on the Run participants receive medals at the finish line.

We highly encourage each GOTR team to be creative and come up with a gimmick that will make their group stand out. Examples include: unique hats, gloves, scarves, shoelaces, decorate your purple shirts. Encourage your family members, friends and running buddies to join in on the festivities.

Pets Policy:

Sorry, no dogs are allowed on the course or at the event.

Event Location: The Park at Huntersville Business Center,
13801 Reese Blvd Huntersville, NC 28078

Directions:

From I-77 Southbound:

- Take I-77 toward Huntersville
- Take exit 23 (Gilead Road)
- Turn right onto Gilead Road
- Continue to the next stop light and turn left onto Reese Blvd
- Follow event arrows for parking and event festivities

From I-77 Northbound:

- Take I-77 toward Huntersville
- Take exit 23 (Gilead Road) and stay in the farthest left lane
- Turn left onto Gilead Road
- Continue straight to the second stop light and turn left onto Reese Blvd
- Follow event arrows for parking and event festivities

Parking Map:

Parking is available within the Business Park at the following locations. Event Signage will help to direct you toward parking areas. Please note: Event volunteers & Sponsors are able to park near the lake (indicated by the blue teardrop). Anyone parking in this area must wait until the final participant has completed the 5k and the course has been cleared before you will be able to leave for safety reasons.



Event Timeline:

7:00 am	Sponsor Set-up
7:30 am	Race Day Registration Begins
8:00 am	Pre-Event Festivities Begin
	5k Participants begin to arrive
8:20 am	Warm-up & Performance by Queen City Dance Out
8:45 am	Participants travel to the 5k start line
9:00 am	Start of the NBGOTR 5k

5k Course:



Step-by-Step Directions

- Start on E. Reese Blvd
- Continue Straight onto Reese Blvd W
- Turn Right onto Julian Clark Avenue
- Turn Left onto Lindley Drive
- Turn Right onto Vanstory Drive
- Continue straight on Vanstory Drive until it dead ends.
- Turn left onto Reese Blvd
- Continue straight on Reese merging left onto Reese Blvd W.
- Continue on Reese Blvd W to E. Reese Blvd
- Finish is on Reese Blvd

Running Buddies:

Girls on the Run works with coaches to locate community members to run the 5k with girls who don't have a family member, coach, family friends or other adult to participate with during the 5k. Girls on the Run running buddies must pass a background check and are paired with girls based on pace, location and special requests. Running buddies should be in contact with the coaches and families prior to the 5k to ensure all parties are comfortable with the pairings. Please inform your running buddies where you will be meeting your group to encourage them to participate in your group's festivities.

Photography:

Please send any amazing photos that you have from the 5k to jotto@girlsontherun.org. We are always looking for great photos to add to our marketing materials and celebrate the girls, families, volunteers and Girls on the Run.

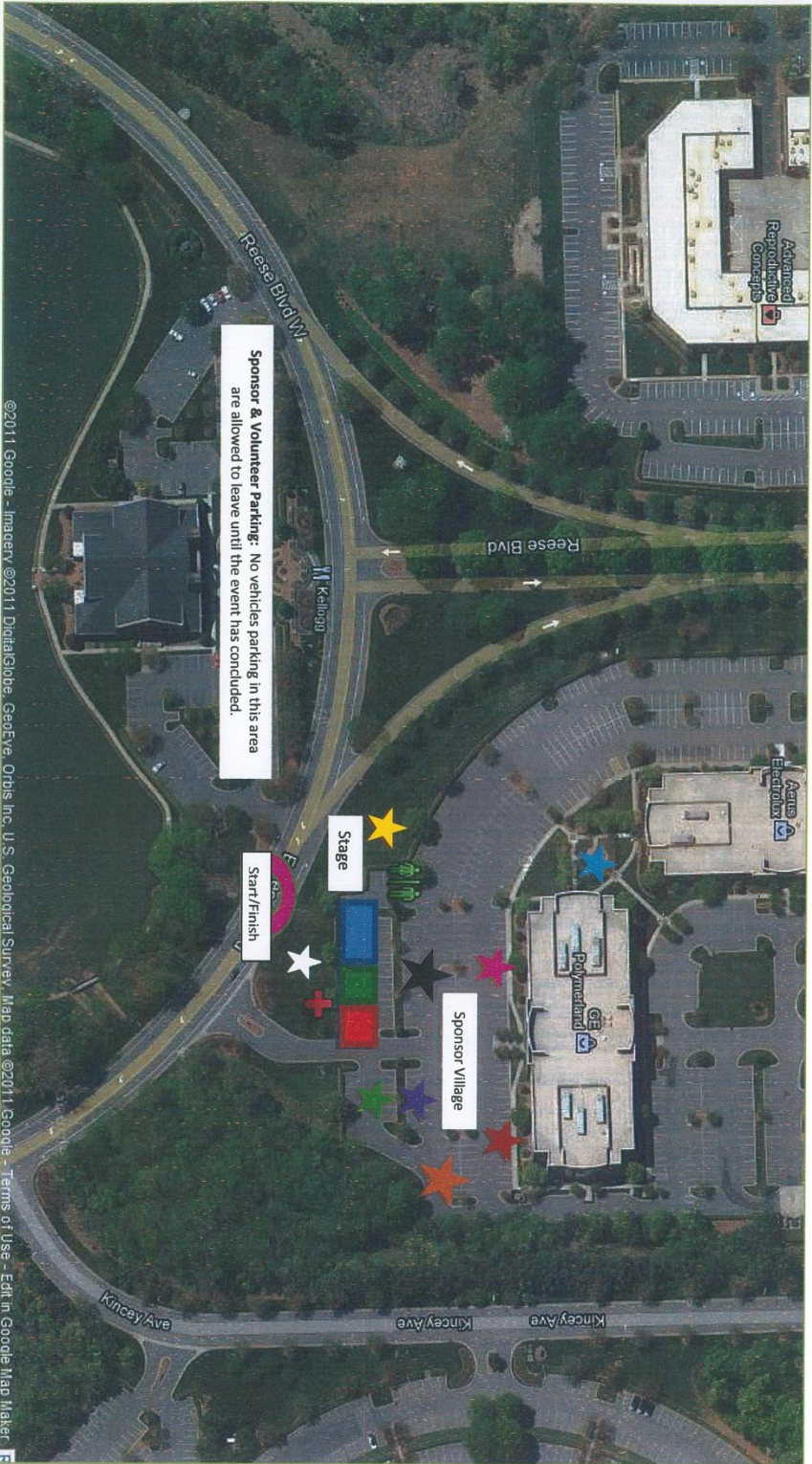
Volunteer Opportunities:

Girls on the Run is still looking for volunteers to help during the 5k event. If you are interested please email Lisa Keller at Lkeller@girlsontherun.org.

Additional Questions:

If you have additional questions regarding Girls on the Run or the upcoming 5k please contact the Girls on the Run office. We will be happy to assist you with any further questions.

NEW BALANCE GIRLS ON THE RUN 5K 2011
 GOTR Meeting Locations



Meeting Locations:

- Light Blue Star - Sites beginning with A & B
- Pink Star - Sites beginning with C
- Red Star - Sites beginning with D-E
- Black Star - Sites beginning F-L

- Dark Purple Star - Sites beginning with M-O
- Green Star - Sites beginning with P-Q
- Yellow Star - Sites beginning with R
- Orange Star - Sites beginning with S

- White Star - Sites beginning with T-Z
- Registration, Packet Pick-up, Coach Tent
- GOTR Info Booth & Volunteer Check-in

Sponsor & Volunteer Parking: No vehicles parking in this area are allowed to leave until the event has concluded.

Start/Finish

Stage

Sponsor Village

Thank you to our Sponsors...

Additional 5k Sponsors:

Action Plus
BJ's Wholesale Club
ChobaniFit Yogurt
Diamond Springs
Earth Fare
Jeff Gordon Children's Hospital
Lite 102.9
Menchies
Omega Sports
Our Place & Friends
Piedmont Natural Gas
Queen City Dance Out
Sign Innovations
Sunbelt Rentals