



Participant Event Tips

Get rest and stay hydrated:

It is very important for participants to get rest before the event. Often it is difficult for our participants to sleep the evening before because they are nervous and excited so be sure that they get plenty of sleep the week leading up to the event. Also, it is important participants to be hydrated before they start the event. To avoid having to use the bathroom at the last minute have them drink a bottle of water when you first wake up and use the bathroom before you leave home.

What to wear:

Girls on the run participants are required to wear their purple GOTR shirt the day of the event. Some like to wear a long sleeve shirt underneath. It will likely be chilly the day of the event so we encourage the girls to wear layers of comfortable clothing that they can easily peel off and tie around their waist if they get warm while running. Some girls like to wear gloves or mittens. And their running shoes, of course! We suggest you tuck a few tissues in their pocket as their noses will likely start to run as they warm up.

Arrive to the event with time to spare:

Our morning festivities begin at 8:00am so we recommend you arrive around 7:30am to park, use the bathroom, help your daughter find her team and get her number pinned on. We also want to encourage you to visit our sponsor's tables, participate in the fun activities and celebrate with a group photo. If you still need to register please arrive early. Event Day registration opens at 7:30am.

Face painting and Goody Happy Hair station:

Our face painting stations and Goody Happy Hair station will open at 8:00am. If your daughter would like to get her face painted and her hair "happied" we encourage you to arrive early because all girls need to meet back at their team spots no later than 8:45am. Both stations will be open until 10 so if you do not have time before the event your daughter can line up after she finishes. If you have children not running in the 5k event who want to have their faces painted or their hair "happied" please wait and use these services between 9am and 10am when our participants are running.

Plan restroom visits (It'll get busy...):

Try and plan your visits to the bathroom carefully and well in advance, if you can. As the starting time approaches, there are likely to be long lines, so the sooner you act the better! There are bathrooms located in sponsor village (look for signs).

Warm up and stretch 30 minutes before the event:

Girls on the Run participants will warm up and stretch with their teams at 8:30am

Pace yourself:

Events begin really fast but within the first mile things settle down. If you (or your daughter) feel like a wild animal is chasing you – you are likely running too fast. Encourage her to slow down to a comfortable pace.

Be kind, cheer each other on:

We are all out there for the same reason. We want to run or walk and enjoy the day. A key value we teach at Girls on the Run is being positive and supporting one another. Don't be afraid to tell people "Good Job!" or give them a high five.

Finish Line:

When you see the finish line ... kick in to high gear. Let the crowd of people and cheering carry you across the finish line. Do not stop suddenly or cut off other runners in the finish line chute. Finish with a smile!

Celebration:

You are invited to stay and celebrate with us! Festivities include pictures, post event refreshments, face painting, Goody Happy Hair station and Girls on the Run merchandise for sale.

Spectator Tips

Utilize the Girls on the Run information table if you have any questions or concerns.

Don't be afraid to ask the coaches if they need help:

Our coaches have to do a lot of things in a short period of time this morning. You can help support them by taking participants to the bathroom, helping to pin on numbers and making sure shoes are tied.

First Aid:

Medical support is available at the finish line. In case of an emergency please notify a volunteer for help.

Cheer on participants:

Our starting line is also the finish line so families often stay in this area to wait for the participants to finish however you may want to go out on the course to cheer them on as well. You can see a course map by visiting the <http://gotrcharlotte.org/upcoming-events/new-balance-girls-on-the-run-5k/>. Please stay off the actual course to avoid tripping the runners or getting in their way. This is especially important near the finish line area when runners are often sprinting. Please do not push into the caution tape or step onto the course. We encourage you to bring signs, horns, cowbells and other noise makers. Smile big, cheer loudly, and give high fives and thumbs up to all the girls and participants as they run by! We strongly encourage you to stay and cheer until the very last participant crosses the finish line. This is a great lesson in team spirit and sportsmanship to teach our participants.

Finish line:

At the finish line, please allow your daughter to cross the finish line and receive her medal and exit the finisher's chute before you greet her. If can make for a confusing and dangerous finisher's chute if it is full of spectators.

Photographs:

We have professional photographers, volunteers and staff taking pictures. We will post photos in a gallery area of our Girls on the Run Facebook fan page. Our Facebook page is a great place for you to share your pictures (and stories) with us as well. We hope you will!