



## 5k FAQs

### Fall 2017 – Woodbridge

Saturday, December 2<sup>nd</sup>

Start time: 8:30am

Location: Pfitzner Stadium

7 County Complex Court, Woodbridge, VA 22192

## Packet Pick Up

All family and community members who are running in the Girls on the Run 5k at Woodbridge must pick up (or have someone pick up) their timed event bibs and t-shirts at one of the following locations:

- **Wednesday, November 29<sup>th</sup>:**  
3pm-8pm | Wegmans @ Fairfax (11620 Monument Drive, Fairfax, VA 22030)
- **Thursday, November 30<sup>th</sup>:**  
4pm-8pm | Wegmans @ Sterling (45131 Columbia Place, Sterling, VA 20166)  
4pm-8pm | Wegmans @ Alexandria (7905 Hilltop Center, Alexandria, VA 22315)
- **Friday, December 1<sup>st</sup>:**  
4pm-7pm | Taylor Elementary School (2600 North Stuart Street, Arlington, VA 22207)
- **Event Day, December 2<sup>nd</sup>:**  
6:30-8:00am | Runner Assistance Tent. Packet pick up will end promptly at 8:00am.

\*Friends/family members can pick up for you, no identification required. No special permission is required to pick up someone else's event packet. All GOTR girls will receive their bibs from their coach at practice, prior to event day.

**COACHES** – If you did not receive your bib with your team's package, please pick up your bib at one of these packet pick up locations.

## Getting to the Event

- **What time do I need to arrive and where does the event start and finish?**  
If you registered in advance for the 5k and already picked up your bib, you should plan to arrive no later than 8:00am. If you still need to register or pick up your packet, you can do so between 6:30 and 8:00am on the day of the event; however, we will close packet pick up and registration promptly at 8:00 on event day. The event starts and finishes at the Pfitzner Stadium. **The event will start promptly at 8:30 am.**
- **Where should I park?**  
There is plentiful parking in the County Complex and Stadium lots. Enter the main entrance to the County Complex and parking volunteers on site will direct you to the appropriate lot.
- **What time do the roads close?**  
Roads will begin closing at 8:15am so please plan to arrive well before that time.

## Once you've arrived. . .

- **Where do I go?**

Once you have arrived at the event, volunteers will be on hand to guide you to the meet up area for your school, which will be located near the Start/Finish line. The event Start/Finish line (under the pink and green arch) is located just outside the Stadium.

If you would like to meet up with your GOTR teammates, go to the sign that matches the color code and number assigned to your school (example: RED 3). There will be 10-foot tall signs that match the GOTR color code and number assigned to your school. When in doubt, ask any volunteer for help.

- **What GOTR color and number is my school?**

Refer to the **Color Corrals** document posted on the Girls on the Run web site [Fall 5k Page](#). There will also be school signs near the event start and helpful volunteers with clipboards who can assist you. Volunteers will be wearing pink or green baseball caps.

- **What time does the event start?**

Our Woodbridge 5k will start promptly at 8:30am on Saturday, December 2<sup>nd</sup>.

- **How will I know when to go to the Starting Line?**

Listen for the PA announcements – runners will be called to line up at the start line around 8:00am. If you are standing in your school meet up area (at the color-coded sign), you will already be staged to start the event, and there will be no need to go anywhere else for the event start.

- **If I am a spectator, where do I go when the event is about to start?**

An announcement will be made for all spectators to leave the start line chute just before the event starts. The Start/Finish line area will be the best place to cheer on your runner. Roads on the 5k course will be closed to vehicular traffic during the event, and it may be difficult to view the event from different points along the course if you would also like to see the event start and finish. Please reference the course map for more details.

## Where will I find. . .

- **Restrooms?**

Restrooms are located inside the stadium. Look for signs near the Registration Tent that will direct you to the restrooms.

- **My Goody Bag?**

In your inbox! In an effort to “keep it green” our goody bag is virtual and will be emailed to all registrants prior to the event. All registered family and community runners receive the Virtual Goody Bag as a thank you for participating.

- **First Aid?**

The first aid tent is located near the Start/Finish line.

- **Food and Beverages?**

Runners will be served water on the course, and water and a banana upon completion of the event.

- **Bag Check?**

There is no bag check. We suggest leaving valuables at home, and carrying only what you need.

## The 5k Course Itself

- **How long is the Girls on the Run 5k and what can I expect on the course?**  
Our 5k has been certified by USA Track & Field as a standard 5k, or 3.1 miles. For an overview of the course, please refer to the Course Map on our [Fall 5k Page](#).
- **How do I handle the Water Stop?**  
Runners are encouraged to quickly pick up a cup of water from our wonderful volunteers and keep moving. It is OK to walk but please DO NOT STOP as it becomes a hazard for the thousands of runners who are behind you. This is the one time when you're encouraged to litter - in order to keep the event moving, just throw your cup off to the side when you're done. One of our incredible volunteers will pick it up.
- **Why are there barricades around the start and finish areas?**  
The barricades form the event's start and the finish chute. They are in place to ensure that runners transition smoothly and quickly before and after the event. Both the start and finish chutes are RUNNER ONLY areas in order to ensure the safety of the runners. Spectators should not cross the barricades.
- **Will there be water at the Finish Line?**  
Yes, there will be water and bananas for runners in the finisher's chute.

## Fun Things to Do

- **Any special guests?**  
Yes! Our presenting sponsor, Cigna, will be hosting a very special tent. Stop by their tent and make a cheer sign. While you are there, thank them for their support of our program!
- **What about Alumni?**  
Welcome Alumni! All alumni are asked to check in at our Alumni Tent and help us thank everyone who has supported us in building strong girls.

## After the 5K

- **Where do I go after the 5k to meet my runner?**  
Before the event starts, set a meeting location with your runner or meet them at the end of the finishers' chute or at your school's color corral.
- **What happens after the 5k?**  
Find a moment to celebrate with your daughter and take a photo or two with her – completing a 5k, especially if it's her first, is a milestone for any girl.
- **When and where can I see the event results?**  
Results will be available at [www.gotrnova.org](http://www.gotrnova.org). You will be able to see pace and overall time! Remember - results will be posted by bib number. **Please remember to write down your bib number.** Results will also be posted by runners first and last name for runners over 18 years of age and by first name and first initial of the last name for runners under 18 years of age.

## Special Circumstances

- **I can't find my daughter/son/child/parent. What do I do?**  
Go to the Runner Assistance tent. This is the official **Lost Child Center at Runner's Assistance**. Tell them you have a lost child and ask to speak with a GOTR NOVA staff member.
- **Is it ok for my daughter to run the 5k by herself?**  
The majority of GOTR participants have little, if any, experience running in an event of this magnitude so girls will feel more comfortable running with an adult or older sibling. It not only allows someone special an opportunity to experience that finish line moment with a girl, but buddies also help girls navigate the ups and downs of event day. We know families share in our commitment to the safety and well-being of the girls and will make choices that are appropriate for their daughter.
- **I love the shirt! Can I buy another?**  
Unfortunately, no. We are not authorized to sell any merchandise, including event shirts, before or on event day.
- **I'd like to swap the size of my shirt. When can I do that?**  
Due to limited sizes, we are not swapping any shirts until event day. If you have received the wrong size, or would like a different size, bring your shirt to Runner Assistance and we'll trade it for the size you need, if it is available.
- **I have not registered for the event but I would like to run. What do I do?**  
If the event has not reached registration capacity there will be an "Event Day Registration" table at Runner Assistance where we will be able to get you registered. The cost of Event Day Registration is \$50 (cash or credit card accepted). Please go to the Runner Assistance tent located near the start line. However, it is always best to register for the 5k prior to event day to ensure you are able to run the 5k. Event shirts cannot be guaranteed if you register on event day.
- **What if it's raining/very cold/very windy? Is there a contingency for inclement weather?**  
We'll see you at the event! The event will go on, rain or shine. No refunds will be provided. Follow us on [Facebook](#) or [Twitter](#) for up to the minute updates.
- **Are strollers allowed?**  
Yes, our 5k events are family-friendly and strollers are allowed on the event course. However, due to insurance requirements, everyone must be registered for the 5k and wearing the official GOTR event bib in order to run. This includes babies and small children in strollers.
- **I can no longer run, can I swap my registration with someone else?**  
Come to Runner Assistance on event day and the "new runner" can fill out the waivers and swap forms.
- **Can I bring my dog?**  
No. For the safety of the runners and spectators, we ask that you please leave your dogs at home.