

Race Day Tips

Race Info: Women's Distance Festival 5K

Date: Saturday, May 20th

Time: 10:00 a.m. race start

Get there early – no later than 9:00am

Where: North Monument Valley Park, Colorado Springs

Parking: **USE THESE DIRECTIONS – DO NOT USE YOUR GPS! YOU WILL NOT END UP AT THE RIGHT PARK!**

North Monument Valley Park. I-25 to Uintah Street, Exit 143. Turn east and go 3 blocks to Cascade Avenue. Turn left (north), go 7 blocks to Fontanero and turn left (west). Go to the end of the road and you will be at the park. You can park on Culebra Avenue or anywhere in the neighborhood. Registration is in the park down the hill by the playground. **DO NOT USE YOUR GPS!**

What to do when you get to the race:

- 1) Pick up your race bib. Bib pick up is separated **alphabetically by last name**. So, you and other family members can all pick up your bibs together. Find the line that corresponds with your **last** name.
- 2) Find your team and coaches in the **Girls on the Run Meet and Greet area** located by the GOTR tent and start line. Look for your team sign.
- 3) Go to start line with your team and have fun!

****All walkers/runners need to register. Not registered yet? Register here:**

<https://runsignup.com/Race/CO/ColoradoSprings/WomensDistanceFestival5K>

For everyone's safety, it is important that all runners/walkers on the race route wear a race bib. Anyone on the course without a bib will be pulled off of the race course.

Wear your Pink Girls on the Run t-shirt!

Tips for a successful race day experience:

- Hydrate well the day before the race.
- Lay out your clothes the night before. There is nothing worse than searching for your favorite socks the morning of the race.
- Safety pin **race** bib to **front** of your shirt.
- Wear sunscreen!
- Get up 2 to 3 hours before the race to allow your body time to wake up and digest breakfast. Race day breakfast: This is a 5K, a light breakfast that is easy to digest is best – toast, cereal, banana.
- Drink water 2 hours before the start of race. Don't over hydrate or drink too close to start of race. This can cause cramping.
- Get to race early. It may be crowded and take a little extra time to find group or check in.
- Go to the bathroom before the race (there should be facilities available).
- Race starting line – slower runners in back, faster ones go up front.
- Don't go out too fast. Pace yourself!
- Meet your team at your sign in the Meet and Greet area after the race.
- Identify meeting point post race for family and friends.
- Wear sunscreen (did I mention that?)
- Dress appropriately. If it is cold, wear layers.
- **Stretch! Breathe! Have fun! You can do it!**