



## Race Day Tips -- May 13, 2017

**Race Info:** Girls on the Run 5K

**Date:** Saturday, May 13th

**Time:** 9:00 a.m. race start - **GET THERE EARLY** – no later than 8:00 a.m.!

**Where:** Cherry Creek High School, Greenwood Village

**Race Start:** Located on E. Union Ave.

**Parking:** Parking is available at Cherry Creek High School. Please enter off of Yosemite and Campus Drive. **Dam Road will be closed on race day. The race start is on E. Union Avenue,** which is on the north side of the school campus.

**What to do when you get to the race:**

### **Girls**

- **Your coaches will already have your bib.** Find your team and coaches at the **Girls on the Run Meet and Greet** located in the parking lot behind bib pick up tents. There will be team signs at the Meet and Greet area. Teams are listed alphabetically.

### **Parents**

- If you plan to run with your daughter, you **MUST** register. All registered runners will receive a bib.
- You will need to pick up your race bib if you registered to run. Bib pick up goes from 8:00 a.m.- 8:50 a.m. and is located near the start line on E. Union Avenue. **Bibs are organized alphabetically by last name.** Find the line that corresponds with your **last name.**
- Find your daughter's team and coaches at the **Girls on the Run Meet and Greet** located in the parking lot behind bib pick up. There will be team signs at the Meet and Greet area. Teams are listed alphabetically. **This is also where you will reconnect with your team after the race.**
- **Beat the Rush!** Parents and friends can register for the race and pick up their bibs on Friday, May 12<sup>th</sup> from 12:00 p.m.-7:00 p.m. at Runners Roost: 1685 S. Colorado Blvd., Denver. **\*Girls will get their race bibs from their coaches on race day!\***

### **Race Start**

- Go to start line with your team and have fun- girls will be assigned a wave based on their team.
- Questions? Go to our 5K Frequently Asked questions page:  
<http://girlsontherunrockies.org/wp-content/uploads/2017/02/FAQ-Spring-2017-1.pdf>

**\*\*All walkers/runners need to register. 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.**

**Safety:** We are expecting more than 1,500 runners at this event. Safety is always a priority. We understand that it may be a little overwhelming to participate at a race of this size. Here are some things to help with your concerns:

- Consider running with your daughter. It will be a wonderful experience to do with your child. You will need to register for the race to run. Here is the link:  
<http://girlsontherunrockies.org/5k/5k-events/>

- We have running buddies running the event with each site. They are there to make sure no child is ever running alone.
- The course is well marked and there are a lot of adults helping on the race route.
- There are police officers at this event. They are there for traffic control, but also to help and offer security to the event and its participants.
- After the race have a plan to meet your runner(s) back at the Meet and Greet area and then visit the post race expo together. **DO NOT cross into or through finish line chute.**

### **Wear your 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.
- **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: 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 your group or check in.
- Go to the bathroom before the race (there will be facilities available on site).
- Race starting line – will be done in waves by team.
- Don't go out too fast. Pace yourself!
- Meet your team, family and friends at your sign in the **Meet and Greet Area** after the race.  
**Make this your after-race meeting place!**
- Wear sunscreen (did I mention that?)
- Dress appropriately. If it is cold, wear layers.
- **Stretch! Breathe! Have fun! You can do it!**

**NOTE: Please reunite with your runner at the Meet & Greet area after the race. If you are not a runner, please do NOT enter the finish line chute. We need to keep this area clear for runners coming in through the finish line.**