



Race Day Tips – May 20, 2017

Race Info: Bellco Colfax 5K

Date: Saturday, May 20th

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

Where: City Park, Denver

Race Start: West of the Museum of Nature and Science

Parking: Parking is limited and hard to find so plan ahead. Parking is available at East High School and on nearby neighborhood streets. Once you park, you will head to the race start area which is located just west of the Museum of Nature and Science and behind the zoo.

What to do when you get to the race:

Girls

- **Your coaches will have your bib.** Find your team and coaches at the **Girls on the Run Meet and Greet** located in the grassy area south of the registration near the race start. 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 is from 7:30a.m.- 8:30a.m. and located near the start line. Bibs are organized alphabetically by last name.
- Once you have your bib, find your daughter's team and coaches at the **Girls on the Run Meet and Greet** located in the grassy area south of the registration. There will be team signs at the Meet and Greet area. Teams are listed alphabetically. **This is also where you will reconnect with your daughter after the race.**
- **Beat the Rush!** You can register for the race and pick up your bib on Friday, May 19th from 1:00 p.m.-7:00 p.m. at Sports Authority Field at Mile High: 1701 Bryant Street Denver, CO 80204, Club Suites Indoors West and East. Park for FREE – Lot B, enter at Gate 7. PLEASE NOTE: If you want to pick up a bib for a friend or family member, you will need an authorization form (attached to email) and a copy of their driver license (can be photo on phone). This is a Colfax race regulation, we apologize for the inconvenience.

***Girls on the Run participants will get their race bibs from their coaches on race day! ***

Race Start

- Go to start line with your team and have fun- girls and parents will be assigned a wave based on their team. The wave will be written on their bib. Waves will be called to start.
- 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. You will not be allowed into a wave corral without a race bib.**

Safety: We are expecting more than 4,000 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, so here are some tips and information to help with your concerns:

- Consider running with your daughter. It will be a wonderful experience to have with her. 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 race with each team. They are there to make sure no child is ever running alone.
- The course is well marked and there are many 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 finishers 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.
- **Arrive 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 the letter on your bib.
- Don't go out too fast. Pace yourself!
- Meet your team, family and friends at your team sign in the **Meet and Greet Area** after the race. **Make this your after-race meeting place!**
- Wear sunscreen (did we 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 chute. We need to keep this area clear for runners coming in through the finish line.