



Race Day Tips

Race Info: Girls on the Run 5k presented by Penrose-St. Francis Health Services

Date: Saturday, November 11th

Time: 10:00 a.m. race start

Where: America the Beautiful Park, Colorado Springs
126 Cimino Dr, Colorado Springs, CO 80903

Parking: From West Colorado Ave., turn south on Cimino Dr. There are parking lots just east of the entrance to the park.

Get there early – no later than 9:00am!

1. Pick up your bib by last name. Everyone will pick up their OWN bib morning of the 5k. Bibs go on the FRONT of your shirt.
2. Find your team sign and coach by start line on the northwest side of the park. Stay with your team.
3. Warm up and listen for call to race start!
4. After the race, visit the post race expo.

Safety: Safety is always a priority. Here are some things to help with your concerns:

- 1) 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. Go to www.girlsontherunrockies.org or here is the link for online registration:
<https://www.raceplanner.com/register/index/XTUJKREVV3QZKX?sid=7cbf80a9e1e047e58cbcf1669e49f6d1>
- 2) Race day registration is available starting at 9:00.
- 3) The course is well marked and there are a lot of adults helping on the race route.

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. **Don't forget to wear your purple Girls on the Run t-shirt! This is your 5K shirt.**
- Safety pin race bib to front of shirt.
- Wear layers if cold and 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 the 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.
- Go to the bathroom before the race (there should be facilities available).
- Don't go out too fast. Pace yourself.
- Dress appropriately. If it is cold, wear layers.

Stretch! Breathe! Have fun! You can do it!