

Great Candy Run - Race Day Tips

Race Info: The Great Candy Run 5K

Date: Sunday, November 12th

Time: 9:00am race start – GET THERE EARLY – no later than 8:00am

Where: Washington Park, Denver

Race Start: South High School Parking Lot – Off of East Louisiana

Parking: Parking is limited and difficult to find so please plan ahead. There is only street parking available around the perimeter of Washington Park. While a bit of a walk, parking may be easier on the east side of University. Make sure to arrive early to give yourself enough time to find parking and ensure a fun race day! Consider carpooling, biking, taking an Uber or RTD or have a friend or family member drop off and pick up after the race.

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 at the fencing just south of the school. There will be team signs listed alphabetically on the chain link fencing that encloses the school playing fields.

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 7:30am-8:30am and located near the start line. Bibs are organized 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 at the fencing just south of the school. 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 pick up your bib on Friday, November 10th from 12:00pm-6:00pm at Road Runner Sports in Lone Tree **OR** Saturday, November 11th from 10:00am-3:00pm at Cherry Creek Athletic Club. **Don't forget to bring your bib to the 5K. If you forget or lose it there is a \$5 charge for a replacement.**

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

Race Start:

- Go to the start line with your team.
- Girls and parents will be assigned a wave based on their team. The waves will be written on your bib. Waves will be called to start.
- HAVE FUN!

* **All walkers/runners need to register. For everyone's safety, it is important that all runners/walkers on the race course wear a bib. You will not be allowed into a wave corral without a race bib.** *

Safety:

We are expecting more than 5,000 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. 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. Here is the link:
<http://girlsontherunrockies.org/5k/>
- 2) The course is well marked and there are a lot of adults helping on the race route.
- 3) 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.
- 4) Make a plan for where to meet up after the race. We suggest you plan on meeting back at your team sign.

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 Girls on the Run t-shirt!**
- Safety pin race bib to front of shirt.
- 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. Wear Sunscreen.

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