

Race Day - Final 5K Girls on the Run 5K @ Colfax

Saturday, May 20th - City Park 10:30 AM Race Start



Please note: the Girls on the Run 5K start time is **DIFFERENT** from the Colfax 5K. Detailed Race Day Tips will be sent out to coaches and parents the week before the race.

BE ON TIME (better yet... be early!)

- 9:30 AM – Be at your team sign.
- 9:45 AM – Girls should arrive at team signs, located near the race start line.
- 10:30 AM – Race start
 - Runners will be released by corral at the start.
 - Your corral assignment will be on your bib.
- Allow time for parking. Parking is a challenge at big events and our race is no different. Rushing to find your team isn't a fun way to start the day, so arrive early. Be mindful that the general Colfax 5K begins at 9 AM so you will need additional time for parking.

COMMUNICATE WITH PARENTS/GUARDIANS

- Invite parents, family, friends, and teachers to run with girls:
<https://raceroster.com/events/2023/67194/girls-on-the-run-colfax-5k>
 - Make sure to find out which girls on your team don't have an adult to run with them on race day (more on this below).
- Make sure parents know where to meet your team before AND after the race. Each team will have a Meet & Greet sign with their school/site name in the start chute.
- Remind parents that parking is limited and that they should arrive early. As we mentioned before, parking is a challenge at big events at City Park and our race is no different. Girls should plan to be parked no later than 9:30 AM.

REGISTRATION INFORMATION & RACE BIB PICK UP

- Coaches and girls on your team roster are already registered for the race.
- Everyone else must register independently on the race website.
- Bib Pick-Up:
 - **Coaches will pick up bibs for the entire team.**
 - **Early bib pick-up:** Friday, May 19th 1-8 PM at the Colfax Expo, Empower Field @ Mile High
 - **Race day bib pick-up:** 9:00 AM at City Park
 - Parents and other adults not on your team need to pick up their own bibs.
 - Bibs have your corral letter on them. Registered runners will NOT have corral assignments for this race as they are free to join your team in the corral you are assigned.

DROP OFF YOUR COACH BAG ON RACE DAY

- Please return your coach bag, curriculum, and any unused materials on race day. You can drop off at the pink Girls on the Run tent in the start area.

COMMUNITY RUNNING BUDDIES

Community Running Buddies are women from the community that are assigned to run with girls that don't have a parent, friend, teacher, or coach to run with on 5K day. These buddies have no connection to the school or your team and are background checked to ensure safety. Buddies accompany and encourage one or two girls through the 5K experience. We will be sending a survey requesting the number of running buddies that you need.

