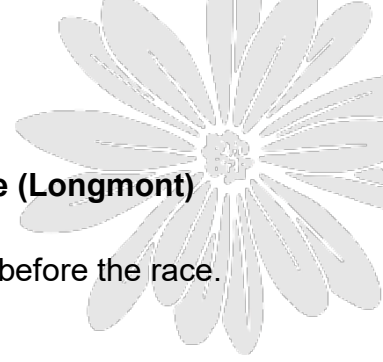


# Race Day - Final 5K Happy Smackah at McIntosh Lake (Longmont)

Saturday, May 13<sup>th</sup> at 8:00 AM

A more detailed Race Day Tips will be sent out to coaches and parents the week before the race.



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

- 7:00 AM – Be at your team sign.
- 7:30 AM - Girls should pick up their bibs and meet at their team sign.
- 8:00 AM - The race starts.
- Allow time for parking. Parking is a challenge at big events and this race is no different. Rushing to find your team isn't a fun way to start the day, so arrive early.

## COMMUNICATE WITH PARENTS/GUARDIANS

- Invite parents, family, friends, and teachers to run with girls.
- 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.
- Remind parents that parking is limited and that they should arrive early. As we mentioned before, parking is a challenge at big events and this race is no different. Girls should arrive at 7:30 AM. Parking is available at Westview Middle School and on the streets around the park. Please be courteous and do not block driveways.

## 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 (online registration closes May 11th!): <https://www.happysmackah.com/happy-smackah-registration/girls-on-the-run/>
- Bib Pick-Up:
  - Bib Pick-Up is available on race day at 7:00 AM at the Girls on the Run tent. Coaches will pick up bibs for their whole team at the pink GOTR tent. *Please note:* Only Girls on the Run participants and coaches will receive bibs on race day.

## DROP OFF YOUR COACH BAG ON RACE DAY

- Please return your coach bag, curriculum, and any unused materials on race day at the pink Girls on the Run tent.
- Final lessons will be available on the Coaches Corner.

