

Race Day - Final 5K Women's Distance Festival - North Monument Valley Park Saturday, May 13th at 10:00 AM



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

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

- 9:00 AM - Be at your team sign.
- 9:30 AM - Girls should arrive at team signs.
- 10:00 AM - The race starts.
- 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.

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 our race is no different. Girls should arrive by 9:30 AM. Street parking is available in neighborhoods east of the park.

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 (there is no race day registration): <https://runsignup.com/Race/CO/ColoradoSprings/WomensDistanceFestival5K>
- Bib Pick-Up:
 - **Girls and coaches all pick up their own individual bibs.**
 - **Race day bib pick-up:** 9:00 AM at the 5K staging area
 - Parents and other adults not on your team need to pick up their own bibs.

DROP OFF YOUR COACH BAG ON RACE DAY

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

