



# 5k Etiquette and Policies

## 5k Policies

**GOTR NOVA asks that you please observe the following rules while participating in the 5k:**

- ★ Dogs are not allowed on any part of the race course.
- ★ Umbrellas are not permitted on the race course, as this could be a serious safety issue with 4,000+ runners and volunteers.
- ★ 5k runners may run with jog strollers, but all runners must be registered with participant bibs (including children in strollers).
- ★ Only registered runners are allowed to enter the Start and Finish areas.

## 5k Etiquette

**To help facilitate a positive race experience for all runners and walkers, we ask that you practice standard 5k etiquette. Please read through this list and share it with your daughter:**

- ★ Please move to the far right if you need to stop moving at any point during the 5k.
- ★ Slower runners and walkers should stay to the FAR RIGHT.
- ★ Faster runners should stay to the left. If you want to pass someone, please pass to the left of them.
- ★ If you see a runner who you think needs medical attention, please alert a Bike Marshall or policeman stationed along the 5k route.
- ★ Run or walk the course in pairs only. No groups of three or more people should run across the lane at once, as this will block faster runners from passing.
- ★ If a buddy runner runs with more than one girl, he/she should run behind the girls.
- ★ Please do not hold hands at any time while on the race course.
- ★ As you come to a water stop, take a cup of water and keep moving.
- ★ After the water stop, throw your cup on the ground; you have a license to litter this one time!
- ★ When crossing the finish line, keep moving so that runners behind you do not have to stop before they reach the finish line.
- ★ Have fun! This is meant to be a non-competitive, encouraging race environment for all participants.
- ★ Choose a pre- and post-race meet-up spot for your family members and friends. The pre-race color corrals are an excellent option for this.
- ★ If you cannot find your child after the 5k ends, come to the Lost Child station at the Registration Tent. GOTR NOVA staff members will assist you.

**Girls on the Run of Northern Virginia**  
10560 Main St. Suite 514 Fairfax VA 22030  
703.273.3153

[www.gotrnova.org](http://www.gotrnova.org)