



Girls on the Run 5K Spring 2017 – Arlington 5K FAQs

Sunday, May 21st

Start time: 8:30am

Location: Welburn Square
901 N Taylor St, Arlington VA 22203

Packet Pick Up

All family, and community members, who are running in one of the Girls on the Run 5Ks must pick up (or have someone pick up) their timed race bibs and t-shirts at one of the following locations:

- **Friday, May 19th:**
4pm – 8pm | Dick's, Dulles Town Center, 21070 Dulles Town Cir, Dulles, VA 20166
- **Saturday, May 20th:**
10am-2pm | Dick's, Crossroads Center, 5716 Columbia Pike, Bailey's Crossroads, VA 22041
- **Event Day, May 21st**
7am-8am | Runner Assistance Tent. Packet pick up will end promptly at 8:00am.



*Friends/family members can pick up for you, no identification required. No special permission is required to pick up someone else's race packet, but you will need their name, date of birth, and zip code of the person whose bib you are picking up. All GOTR girls will receive their bibs from their coach at practice, prior to or on race day.

COACHES – If you did not receive your bib with your team's package, please pick up your bib at one of these packet pick up locations.

Getting to the Race

- **What time do I need to arrive and how do I get there?**
If you registered in advance for the 5K and already picked up your bib, you should plan to arrive no later than 7:30am. If you still need to register or pick up your packet, you can do so between 7:00 and 8:00am on the day of the race; however, we will close packet pick up and registration promptly at 8:00 on race day. **The race will start promptly at 8:30 am.**

The 5K is located on N Taylor St between Wilson Blvd and Fairfax Drive in Arlington (901 N Taylor St, or Welburn Square, for GPS.) The Taste of Arlington festival, our post-race celebration, is located on Wilson Boulevard between Quincy St and N Taylor St.

- **Where should I park?**
You may park in the Ballston Common Mall Parking Garage (\$1 for up to three hours, \$1 for each additional hour). The parking garage is located at 4238 Wilson Blvd, Arlington VA 22203. Access the garage entrances on Glebe Rd or on Randolph Rd. Note that Wilson Blvd between Glebe Rd and Pollard St will be closed to traffic starting at midnight on Saturday, May 20. There is also street parking available on N Fairfax Drive and in surrounding neighborhoods. Please obey posted signs.

Plan to park no later than 8:00 am and arrive at the start line no later than 8:10 am to have time to get your bearings and make a last minute toilet stop. **The race will start promptly at 8:30 am.**

- **Public Transportation**
You may also arrive via metro – Ballston-MU Station (orange line).
- **What time do the roads close?**
Roads will begin closing at 8:15am so please plan accordingly. Note that Wilson Blvd between Glebe Rd and Pollard St will be closed to traffic starting at 12:01am on Sunday, May 21.

Once you've arrived. . .

- **Where do I go?**

After you've arrived in Ballston, head straight to the start line, located on N Taylor St between Wilson Blvd and Fairfax Drive (901 N Taylor St, or Welburn Square Arlington, for GPS).

If you are a GOTR participant and would like to meet up with your GOTR teammates, go to the 10' tall sign in the race start line chute that matches the color code and number assigned to your school (example: RED 3). When in doubt, ask any volunteer in a black GOTR baseball cap.

- **What GOTR color and number is my school?**

Refer to the **Color Corral** document posted on the Girls on the Run web site [5K Page](#). There will also be school signs near the race start and helpful volunteers with clipboards who can assist you.

- **What time does the race start?**

Our Arlington 5K will start promptly at 8:30am on Sunday, May 21.

In order to provide the safest and most enjoyable event experience and to allow for plenty of space on the race courses, the 5K start will be divided into three waves of participants based on color corral assignments. Please look at the color corral assignments sheet above to see to which wave your GOTR participant's school will be assigned. If you are a community runner (unaffiliated with any of the GOTR or H&S teams), you may run in either wave. Event personnel will be positioned at the starting line to make sure teams are lined up in the correct waves.

- **How will I know when to go to the Start Line?**

Listen for the PA announcer – runners will be called to line up at the start line starting around 8:10am.

- **If I am a spectator, where do I go when the race is about to start?**

An announcement will be made for all spectators to leave the start line chute just before the race starts. The start/finish line area will be the best place to cheer on your runner. Roads on the 5K course will be closed to vehicular traffic during the race, and it may be difficult to view the race from different points along the course if you would also like to see the race start and finish. Please reference the [course map](#).

Where will I find. . .

- **Restrooms?**

There will be portable toilets located near the start/finish line.

- **My Goody Bag?**

It's in your inbox! In an effort to "keep it green" our goody bag is virtual and was emailed to all registrants prior to the race. All registered family and community runners receive the Virtual Goody Bag as a thank you for participating. Please check your Spam or Promotions folder if you do not see the email by Wednesday, May 16th.

- **First Aid?**

The first aid tent is located near the start/finish line.

- **Food and Beverages?**

Runners will be served water on the course, and water and a banana upon completion of the race. We suggest bringing your own snacks, coffee, etc. if you think you'll need them before you leave the race.

- **Bag Check?**

There is no bag check. We suggest leaving valuables at home, and carrying only what you need.

The 5K Course Itself

- **How far is the Girls on the Run 5K and what can I expect on the course?**
Our 5K has been certified by USA Track & Field as a standard 5K, or 3.1 miles. For a complete overview of the course, please refer to the Course Map on our [Spring 5K Page](#).
- **How do I handle the Water Stop?**
Runners are encouraged to quickly pick up a cup of water from our wonderful volunteers and keep moving. It is OK to walk but please DO NOT stop as it becomes a hazard for the thousands of runners who are behind you. This is the one time when you're encouraged to litter - in order to keep the race moving, just throw your cup off to the side when you're finished. One of our incredible volunteers will pick it up.
- **Why are there barricades around the start and finish areas?**
The barricades form the race's start and the finish chute and are in place to ensure that runners transition smoothly and quickly before and after the race. Both the start and finish chutes are RUNNER ONLY areas in order to ensure the safety of the runners. Spectators should not cross the barricades.
- **Race Etiquette**
Check out our [5K etiquette](#) guide if this is your first running event or if you're just curious.
- **Will there be water at the Finish Line?**
Yes, there will be water and bananas for runners in the finisher's chute.

After the 5K

- **Where do I go after the 5K to meet my runner?**
Before the race starts, set a meeting location with your runner or meet him or her at the end of the finishers' chute. Remember that only runners with a bib are allowed inside the finish line chute!
- **What happens after the 5K?**
Find a moment to celebrate your daughter and take a photo or two with her – running a 5K, especially if it's her first, is a milestone for any girl.

Beginning at 12:00, enjoy the festivities of the Taste of Arlington festival. For more information about Taste of Arlington, visit their website at <http://www.ballstonbid.com/taste/>.
- **When and where can I see the race results?**
Immediate real-time results will be available at <http://www.gotrnova.org/5k>. Remember - results will be posted by bib number. **Please remember to write down your bib number.** Results will also be posted by runners first and last name for runners over 18 years of age and by first name and first initial of the last name for runners under 18 years of age.

Special Circumstances

- **I can't find my daughter/son/child/parent. What do I do?**
Go to the Runner Assistance tent. This is the official **Lost Child Center**. Tell them you have a lost child and ask to speak with a GOTR NOVA staff member.
- **Is it ok for my daughter to run the 5K by herself?**
The majority of GOTR participants have little if any experience running in an event of this magnitude so girls will feel more comfortable running with an adult or older sibling. It not only allows someone special an opportunity to experience that finish line moment with a girl, but buddies also help girls navigate the ups and downs of race day. We know families share in our commitment to the safety and well-being of the girls and will make choices that are appropriate for their daughter.
- **I love the shirt! Can I buy another?**
Unfortunately, no. We are not authorized to sell any merchandise, including race shirts, before or on race day.
- **I'd like to swap the size of my shirt. When can I do that?**
Due to limited sizes, we are not swapping any shirts until race day. If you have received the wrong size, or would like a different size, bring your shirt to Runner Assistance and we'll trade it for the size you need, if it is available.
- **What if it's raining/very cold/very windy? Is there a contingency for inclement weather?**
We'll see you at the race! The race will go on, rain or shine. No refunds will be provided.
- **Are strollers allowed?**
Yes, our 5Ks are family-friendly and strollers are allowed on the race course. However, due to insurance requirements, everyone must be registered for the 5K and wearing the official GOTR race bib in order to run. This includes babies and small children in strollers.
- **I can no longer run, can I swap my registration with someone else?**
Come to Runner Assistance on race day and the "new runner" can fill out the waivers and swap forms.
- **Can I bring my dog?**
Dogs are welcome at Taste of Arlington. For our event, they are allowed as spectators but are not allowed on the Girls on the Run 5K course.