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 2,000+ 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.