



presented by:



## 5K FAQs

### Fall 2021 - Reston Town Center

Sunday, November 21

**Start time: 8:00 AM**

Location: Reston Town Center  
Market Street, Reston, VA 20190

#### Packet Pick Up

Any family, friend (buddy runners) and/or community members who are running in the Girls on the Run 5K at Reston Town Center must pick up (or have someone pick up) their 5K bibs and t-shirts at one of the locations listed below. **Please note: All GOTR NOVA girls will receive their 5K bibs and program shirts from their coach at practice prior to the 5K.** These are the packet pickup events for family, friends and community runners.

- **Packet Pickup, Monday, November 15:**

11:00 am - 7:00 pm | Wegmans @ Chantilly (14361 Newbrook Dr, Chantilly, VA 20151)

- **Packet Pickup, Wednesday November 17:**

3:30 pm - 7:30 pm | Dorothy Hamm Middle School (4100 Vacation Ln, Arlington, VA 22207)

- **Packet Pickup, Friday, November 19:**

11:00 am – 7:00 pm | Wegmans @ Sterling (45131 Columbia Pl, Sterling, VA 20166)

- **Packet Pickup, Saturday, November 20:**

8:30 am – 2:00 pm | Wegmans @ Alexandria (7905 Hilltop Village Center Dr, Alexandria, VA 22315)

- **Event Day, November 21:**

6:30-7:30 am | Registration Tent. Packet pickup will end promptly at 7:30 am.

\*Friends/family members can pick up for you, no identification required. No special permission is required to pick up someone else's event packet. All GOTR girls will receive their bibs and program shirts from their coach at practice, prior to event 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.

## Registration

**What happens if I register but it says I am on the waitlist?** GOTR NOVA is thrilled you want to join us for the 5K, however we have reached capacity at this time. There are restrictions with capacity at the venue and permitting to ensure all 5K runners can complete the race safely. We are making every effort to open more spots available for the 5K.

We would advise anyone who hasn't registered yet to do so and be on the waitlist. You will not be charged unless you are taken off the waitlist.

We are making our best effort to confirm registered spots and move individuals from the waitlist as spots become available. We cannot guarantee you will be able to run the 5K. We recommend talking with your team to see if the girls can buddy up with other girls and their buddy runners. We encourage you to still come to the 5K to cheer on the girls and teams as a spectator!

We will notify you if we are able to add additional spots to the race and take you off the waitlist. An email will be sent directly from Events Manager, Ashley Engel, to the email you used in your registration to let you know that your registration has been processed if a spot has opened up. We are not able to let anyone on to the course without a bib so you will be turned away if you are still on the waitlist.

We appreciate you helping to ensure the safety and integrity of this 5K.

Please contact Ashley Engel, Events Manager at [aengel@gotrnova.org](mailto:aengel@gotrnova.org) if you have any further questions.

## Getting to the Event

**What time do I need to arrive and where does the event start and finish?** If you registered in advance for the 5K and already picked up your bib, you should plan to arrive no later than 7:15 AM. If you still need to register or pick up your packet, you can do so between 6:30 and 7:30 AM on the day of the event. We will close packet pick up and registration promptly at 7:30 AM on event day. The event starts and finishes on Market street near the fountain. **The event will start promptly at 8:00 AM.**

### **Where should I park?**

Reston Town Center has multiple parking garages, which are free to use on weekends. Please try to park in the Green and Silver parking garages (across the street from la Madeleine). There will be signs along Reston Parkway directing you to the parking garage (turn left onto New Dominion to access the Green and Silver parking garages).

### **What time do the roads close?**

Roads will begin closing at 7:30am so please plan to arrive well before that time.

## Once you've arrived

### **Where do I go?**

Once you have arrived at the event, volunteers will be on hand to guide you to the **Color Corrals** area for your team, which will be located near the fountain off of Market Street. The event Start/Finish line is located just under the large arch.

If you would like to meet up with your GOTR teammates, go to the sign that matches the color code and number assigned to your school (example: RED 3). There will be 10-foot tall signs that match the GOTR color code and number assigned to your school. When in doubt, ask any volunteer for help.

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

Refer to the [Color Corrals](#) document posted on the [Girls on the Run website](#). There will also be school signs near the event start and helpful volunteers with clipboards who can assist you. Volunteers will be wearing purple smocks.

### **What time does the event start?**

Our 5K event will start promptly at 8:00 am on Sunday, November 21st.

### **How will I know when to go to the Starting Line?**

Listen for the PA announcements – runners will be called to line up at the start line around 7:40am. By standing in your team meet up area (at the color-coded sign - corral), you are staged to start the event and there is no need to go anywhere else for the event to start.

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

Behind the barricades at the Start and Finish line area (on Market Street) will be the best place to cheer on your runner. Please do not go inside the chute (barricades) as that is only for runners to line up to start the race. Roads on the 5K course will be closed to vehicular traffic during the event, and it may be difficult to view the event from different points along the course.

### **Where will I find Restrooms?**

Restrooms are located near the fountain and the color corrals, off of Freedom Drive.

### **My Rally Bag?**

Is in your inbox! In an effort to “keep it green,” our rally bag is a virtual cheer from our sponsors and will be emailed to all registrants prior to the event.

**Is there a First Aid tent?**

Yes, the first aid tent is located near the Finish line and is red so you cannot miss it!

**Will there be any food and beverages at the event?**

Runners will be served water on the course, and a water, granola bar and banana upon completion of the event.

**Bag Check?**

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

**The 5K Course Itself****How long is the Girls on the Run 5K?**

Our 5K is a standard 5K, or 3.1 miles. View the [course map here](#).

**How do I handle the Water Stop?**

Runners are encouraged to quickly pick up 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 runners who are behind you. This is the one time when you're encouraged to litter - in order to keep the event moving, just throw your water off to the side when you're done. One of our incredible volunteers will pick it up.

**Why are there barricades around the start and finish areas?**

The barricades form the event's start and the finish chute. They are in place to ensure that runners transition smoothly and quickly before and after the event. 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.

**Will there be water at the Finish Line?**

Yes, there will be water, granola bars, and bananas for runners in the finisher's chute.

**Fun Things to Do****Any special guests or sponsors?**

Yes! Our presenting sponsor, Cigna, will be hosting a very special tent. Stop by their tent and make a cheer sign and take a picture with the mini arch. While you are there, thank them for their support of our program!

**Are there good places to take individual or team photos?**

Yes! Our presenting sponsor, Cigna, will be hosting a very special tent. Stop by their tent and make a cheer sign and take a picture with the mini arch with some fun

props and frames. While you are there, thank them for their support of our program!

## **After the 5K**

### **Where do I go after the 5K to meet my runner?**

Before the event starts, set a meeting location with your runner. We suggest meeting them at the end of the finishers' chute or at your team's color corral.

### **What happens after the 5K?**

Find a moment to celebrate with your runner and take a photo or two with her – completing a 5K, especially if it's her first, is a milestone for anyone.

## **Special Circumstances**

### **I can't find my daughter/son/child/parent. What should I do?**

Go to the Registration tent. This is the official Lost Child area for the 5K event. 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 event day. That being said, girls are allowed to run alone. 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 event shirts, before or on event 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 after the event, if the size is available. If you have received the wrong size, or would like a different size, bring your shirt to the Registration Tent after the race and we'll trade it for the size you need, if it is available.

### **I have not registered for the event but I would like to run. What should I do?**

If the event has not reached registration capacity, there will be "Event Day Registration" available at the Registration Tent near the start line. The cost of Event Day Registration is \$50 (cash or credit card accepted). Please know it is always best to register for the 5K prior to event day to ensure you are able to run the 5K. Event shirts can only be guaranteed if registered before October 11.

### **What if it's raining/very cold/very windy? Is there a contingency for inclement weather?**

We'll see you at the event! The event will go on rain or shine. We are prepared to delay for up to 2 hours (in 30 minute increments), if needed, and then we will determine whether the race will be canceled entirely. There is no rain date for the 5Ks. No refunds will be provided.

Please follow us on **Facebook**, **Instagram** or **Twitter** for up to the minute updates. Those who register for the 5K will receive text updates on the day of the event.

### **Are strollers allowed?**

Yes, our 5K events are family-friendly and strollers are allowed on the event course but require a bib (both adult and child in stroller). Due to insurance requirements, everyone must be registered for the 5K and wearing the official GOTR event 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?**

Yes! Come to the Registration Tent and they can help you switch the registration.

### **Can I bring my dog?**

No, for the safety of the runners and spectators, we ask that you please leave your dogs at home.

### **5K Race COVID-19 Precautions**

GOTR NOVA is taking extra precautions due to COVID-19 and we request your help in making sure everyone is safe at the 5K event. If you experience any of the symptoms of COVID-19, including the following: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea - we urge you to get tested and stay at home to avoid possible COVID-19 infection of your fellow participants, GOTR and race staff, volunteers and spectators.

GOTR NOVA strongly encourages you to wear a mask in the race village prior to and after the race. We ask that all spectators in the race village wear a mask as well. During the race, it is a reasonable expectation for runners to spread out and remove their masks while running if they are comfortable doing so. When the runners return to the finish line, GOTR NOVA again strongly encourages everyone to wear a mask. Masks

and hand sanitizer will be available at any of the tents and at the 5K start/finish line if you forget or lose yours.

GOTR NOVA is looking forward to having a safe and successful 5K event and we appreciate your help.