

# You Are Invited! New Balance Girls on the Run 5k Thursday, May 26th



## Directions

The event is being held at Waldo Stadium on the campus of Western Michigan University, just west of downtown Kalamazoo.

Directions from I-94: At Exit #74, turn north onto US-131, go 2.7 miles then follow directions from US-131.

Directions from US-131: At Exit #36, turn East onto Stadium Drive, go 2.2 miles. Waldo Stadium is accessible from Stadium Drive and Oakland Drive.

**Map & Parking information on back.**

**Register online now at [www.GirlsontheRunKazoo.org](http://www.GirlsontheRunKazoo.org)!**

You already may see the excitement in your daughter's eyes . . . the **New Balance Girls on the Run® 5k** is just weeks away! As your child is participating in the 2011 GOTR program, we are finalizing our plans for the big day. We are thrilled to be expecting a crowd of nearly 2,200 participants, 1,000 community runners and over 2,000 spectators on May 26th.

Your daughter and her teammates have come together having learned about self-respect and healthy living. They are full of determination and ready to encourage each other as they make their way toward the finish line. We're so proud of your daughter who has been working hard training her body for this event, all while learning about the strength of her mind and spirit over the past several weeks. We are inspired and honored to be part of celebrating her achievement!

**We encourage spectators!** Bring those extra family members and friends to join in the fun cheering the girls on! **Included in this packet is:**

- **An event schedule**
- **Frequently asked questions**
- **A course map**

Please don't miss out on this special day—mark your calendar, rustle up some more cheerleaders and plan on being an important part of an amazing day with your Girl on the Run!

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## Celebrate with us!

### **4:00 pm Community Runner Registration & Packet Pick-up**

See the enclosed 5k entry form or sign up online to run or walk with the girls at [www.girlsontherunkazoo.org](http://www.girlsontherunkazoo.org).

**NOTE:** All ages are welcome to register as community runners/walkers, however, for safety reasons and due to AstroTurf surface inside Waldo Stadium, no strollers, in-line skates, bicycles or pets are allowed on the course.

**5:30pm Girls and coaches will begin gathering** at designated team signs which will be set up in alpha order by school inside Waldo Stadium. Families, friends and spectators are encouraged to find their place in the stands or along the course to cheer on the girls.

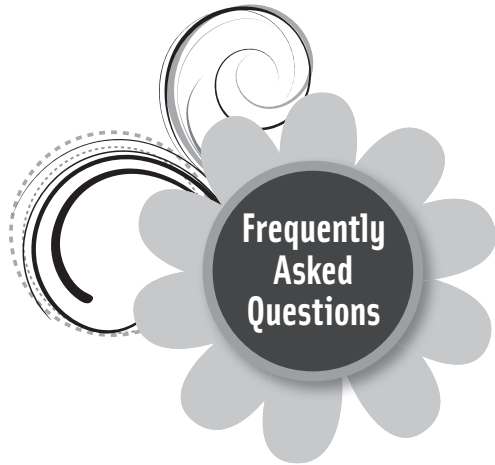
**5:45 pm Group Warm-Up** Spectators welcome to bring signs and noisemakers

**6:00 pm Welcome and Introductions**

**6:10 pm National Anthem**

**6:15 pm VERY Excited Girls Parade to the Starting Line!**

**6:30 pm New Balance GOTR 5K Officially Begins!**



## Frequently Asked Questions

### **What Time Should We Arrive?**

Your participant should be on the football field at her designated school/site sign by 5:30 pm. Some sites will coordinate buses to transport girls and others will ask that girls find their own transportation. Please learn from your daughter's coaches or site liaison about the transportation plan for the event. Spectators will want to arrive well in advance of the 6:30 pm start. The opening ceremony begins at 6:00 pm and you will need to allow time for traffic, parking and walking to the stadium.

### **Do I need to register my daughter for the GOTR 5k?**

No. Your daughter is already registered for the event. You do not need to complete a registration form for her.

### **Where do we go as spectators?**

You may watch your daughter and the opening ceremony from the stands inside Waldo Stadium, or you may want to get out on the course to cheer her on! Please see the course map on the back of this newsletter for details. **For safety reasons, please do not bring pets, bicycles, strollers or roller blades on the course.** High-heeled shoes also are not allowed on the football field.

### **Who will be with my daughter?**

At the field your daughter will be with the coaches from her site. **Coaches will be wearing purple t-shirts. Event volunteers will be wearing orange t-shirts.**

### **Will there be food and drinks available?**

Waldo Stadium is opening their concession stands in the lower concourse. Food and drinks will be available for purchase. To protect WMU's football field, no coolers, food or drink are allowed on the football field – except for water.

### **What if my daughter gets hurt or needs help?**

There will be emergency medical technicians (EMTs) and first aid volunteers (in red t-shirts) on-site and throughout the course should any kind of medical assistance be necessary.

Girls will be instructed to go to anyone **in a purple (coach) or orange (volunteer) GOTR t-shirt** for help. Volunteers will be lining the entire course so that they are in eyesight of one another. In addition, there will be public safety officers on bikes throughout the course. All major roads will be staffed by public safety officers.

### **How do I register to run with my daughter?**

Enclosed is a copy of our 5k entry form. Please make copies as needed or go on-line to [www.girlsontherunkazoo.org](http://www.girlsontherunkazoo.org) to register. If you complete the enclosed brochure, please mail with a check for \$25 per runner/walker or \$60 per family of three or more persons from the same household by May 23, 2011 to:

Greater Kalamazoo Girls on the Run  
157 S. Kalamazoo Mall, Suite 70  
Kalamazoo, MI 49007

### **What if it rains or storms?**

The event will be cancelled by 6:00 pm if there is lightning. If it is at all possible (even in the rain!) we will continue to have the event. It will NOT be rescheduled. Please tune in to 106.5 FM and 103.3 FM or our website at [www.girlsontherunkazoo.org](http://www.girlsontherunkazoo.org) for a weather related cancellation announcement.

### **What should I bring?**

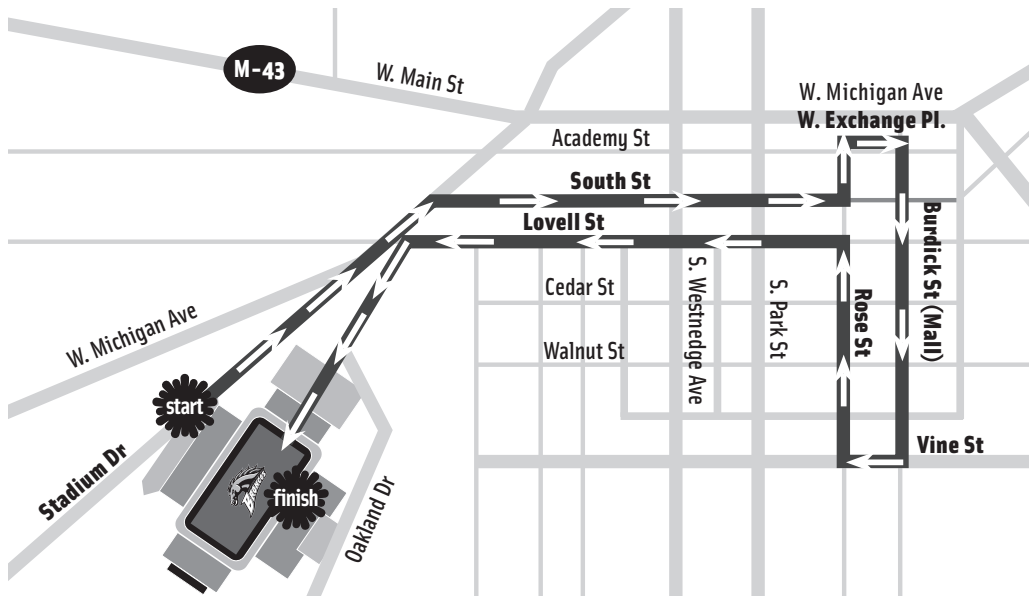
You can support our local program by shopping for GOTR t-shirts and other items. Please, no coolers or food on the football field except for water. Don't forget your cameras and video recording devices! And bring tons of encouragement and your excitement!



Parking is available in all WMU parking lots surrounding Waldo Stadium, including the lot in front of the Student Recreation Center. Handicapped parking is located in lot #7 on Stadium Drive. Some sites have secured school buses to transport girls to the 5k. Check with your daughter's coaches to learn if a bus is available for her team. School buses will drop off participants on Oakland Drive at the service drive for the stadium. Parking attendants will be on-site to assist you. You can also visit [www.girlsontherunkazoo.org](http://www.girlsontherunkazoo.org) for additional information.

**When will the event finish?**

Please encourage your daughter to stay until the last girl has crossed the finish line. Every girl appreciates all the support she can get in reaching her goal! The event typically will finish by no later than 8:00 pm.



Support for this program was provided by grants from the following: Fabri-Kal Foundation, John E. Fetzer Institute, Greater Kalamazoo United Way, Kalamazoo Community Foundation, P & G, Santreece Family Foundation, and the Turn 2 Foundation.



Communities In Schools of Kalamazoo serves as the fiduciary for the Greater Kalamazoo Girls on the Run.