



5K Celebration Guide

Girls on the Run Site-Based 5K

Getting on Board:

1. Set your date
2. Map a safe and accessible 5K course. Use the 'Map My Run' app or another GPS device to plan your 3.1 miles.
3. Send an invitation to parents/caregivers inviting them to come cheer on their girls.
4. Send an invitation to teachers, principals and other school staff. They can hold up signs of encouragement throughout the course or at the finish line, run with the team (we encourage 2-3 girls to have an adult to run with) or host a water stop at the halfway point.

Warm Up: Preparing for the event

1. Design a music playlist of inspiring and encouraging music for the start and finish line.
2. Have the girls design their own bib that they will wear during the run (great for an indoor practice). *Bib template is included in your 5K kit*
3. During practice time, have the girls draw and create their Finish Line. This is also great for an indoor practice activity.
4. Organize people (parents, teachers, etc) to host a water stop. You will need: jugs of water, cups and a trashcan or trash bags to pick up used cups.
5. Complete a 5K certificate for each girl. *Certificates are in your 5K kit*

Workout: Day of the event

1. Mark your course with chalk or arrows and indicate 1 mile, 2 miles and 3 miles. You can use chalk to write inspirational messages along your course. *Chalk is included in your 5K kit*
2. Hand out bibs and program shirts to the girls. *Shirts are included in your 5K kit*
3. Give each girl safety pins to pin their 5K bib to their GOTR shirt. *Pins are included in your 5K kit*
4. Lead the girls and other participants in warm up stretches. Don't forget to play music at the start line!
5. Before the runners start:
 - Explain the course and remind people to follow the markers. You don't want any girl running off course!
 - Remind all participants that everyone should go their own happy pace. The 5K is about everyone doing their personal best.
 - **Fun suggestion** -have the girls recite the Girls on the Run pledge (see below).



Wrap up:

1. Have your principal or other “special person” call each girl’s name and hand her a medal and her 5K certificate. *Medals are included your 5K kit*
2. Keeping with local safety guidelines and social distancing precautions, celebrate the end of the 5K and season with food, friends and fun. This is a great time for the girls to express their favorite and most memorable parts of the season.

Girls on the Run Pledge

As a Girl on the Run, I pledge to:

Be a **G**ood listener,

have an **O**pen mind,

be **T**ruthful to myself and others,

while **R**especting Girls on the Run rules during all practices and the end of season Girls on the Run 5K.

This means that I _____ will stay with my other GOTR teammates during our 5K. I will always make sure a coach knows where I am. I will choose to be a Girls on the Run during the 5K and will participate as I just stated above. Girls on the Run is so much fun!