

GIRLS ON THE RUN TWIN CITIES

Spring 2018 5k  
Event Guide



**JOIN US SUNDAY, JUNE 3, 2018 AT MALL OF AMERICA®  
FOR A 5K UNLIKE ANY OTHER!**

The Alerus Mortgage Girls on the Run Twin Cities 5k is the culminating event of our 10-week, 20-lesson after school program, which uses the power of running to prepare girls for a lifetime of self-respect and healthy living. Join 2,500+ girls at over 150+ schools in a community celebration of health, wellness and girl power!

**REGISTRATION**

GOTR participants and coaches are already registered! All parents, Running Buddies, friends, Sparkle Runners, etc., must register for the 5k at [www.gotrtwincities.org](http://www.gotrtwincities.org). **Registration fee is \$30 before May 1st and \$35 from May 2nd through June 2nd, when online registration closes.** Same-day registration will be available Sunday, June 3rd for \$40 (cash, check or credit card accepted). This includes 5k entry, a short-sleeved GOTR t-shirt, a finisher's medal, pre-race activities and post-race refreshments.

**PACKET PICK-UP**

GOTR girls will receive their race bibs from their coaches on Race Day. Packet pick-up for Running Buddies, parents, friends, community runners will be available:

**Friday, June 1  
10 am - 7 p.m.**

Mall of America®, West Market Square - Park in West Parking ramp, proceed to Level 1

**Saturday, June 2  
10 a.m. - 6 p.m.**

Mall of America®, West Market Square - Park in West Parking ramp, proceed to Level 1

**Sunday, June 3  
7:30 a.m. - 8:30 a.m.**

Mall of America® East Lot

**SCHEDULE OF EVENTS**

**Sunday, June 3, 2018**

Mall of America® East Lot,  
2600 E. 82nd St.,  
Bloomington, MN 55425

**7:30 a.m.** Same-day registration opens (\$40)

**7:45 a.m.** Girls, Coaches, Running Buddies and community runners arrive. Find your team and enjoy pre-race festivities like music, Happy Hair, Happy Henna, pictures, our Dream Team hall of women in the workplace and more!

**8:45 a.m.** Group welcome and warm-up

**9:00 a.m.** 5k fun run begins!



Join us at the Dream Team tent to meet 10 inspirational women with unique careers.

**RACE ETIQUETTE**

This is a non-competitive event and we encourage all runners to go their "Happy pace." To keep the course clear for all, we ask slower runners and walkers to stay to the right, leaving room for other runners to pass.



**MALL OF AMERICA®**

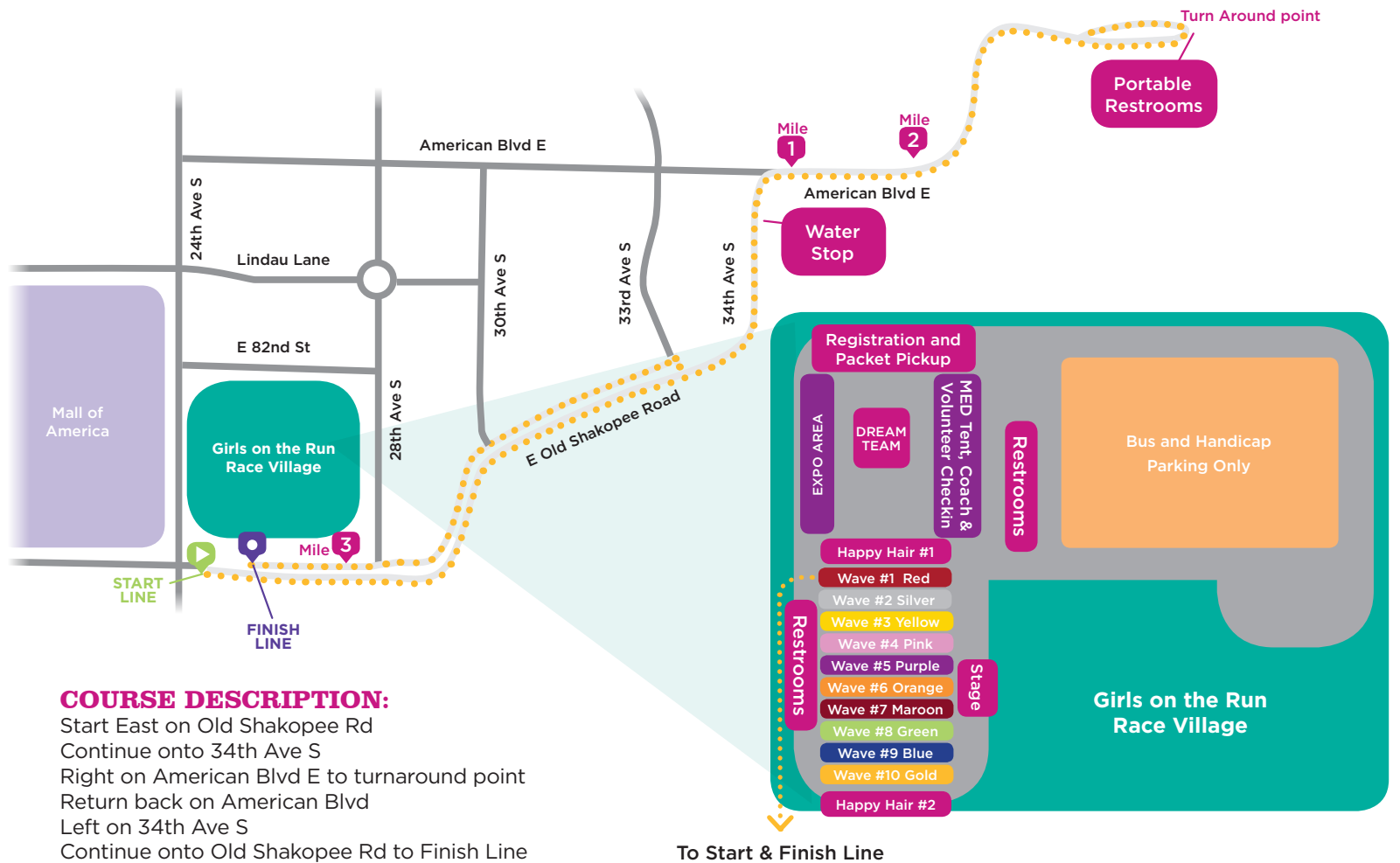
We are excited to be hosting our event on the grounds of the Mall of America. Hop over to the mall to celebrate the 5k with special discounts and offers for Girls on the Run 5k participants.

**PETS AND STROLLERS**

Sorry, no pets are allowed at the event. Strollers are welcome, but please start at the back of your wave for safety.

**WEATHER**

This is an important day for our girls and the 5K will be held rain or shine. Should outside conditions become unsafe, we will notify participants through email and social media as soon as possible. You can also visit our Facebook page for updates [www.facebook.com/GOTRTwinCities](http://www.facebook.com/GOTRTwinCities)



**COURSE DESCRIPTION:**

Start East on Old Shakopee Rd  
 Continue onto 34th Ave S  
 Right on American Blvd E to turnaround point  
 Return back on American Blvd  
 Left on 34th Ave S  
 Continue onto Old Shakopee Rd to Finish Line

**WAVES**

Each school/site has been assigned a color to designate their starting wave and there will be plenty of signage to help participants know where to go. Each wave will be directed to the start line in four minute intervals.

- Wave #1 Red:** Adams-Brimhall
- Wave #2 Silver:** Byron-Crooked Lake
- Wave #3 Yellow:** Diamond Path-Emmet Williams
- Wave #4 Pink:** Fair Oaks-Hale
- Wave #5 Purple:** Hamilton-John Adams
- Wave #6 Orange:** Justice Page-Little Canada
- Wave #7 Maroon:** Longfello -Orono
- Wave #8 Green:** Otsego-Richfield
- Wave #9 Blue:** Ridgeview-St. Thomas More
- Wave #10 Gold:** University Ave-YMCA

Community runners with a girl participating are welcome to join their girl's wave or start in the first wave. Runners not affiliated with a school/site are encouraged to join the first wave.

**DIRECTIONS**

Mall of America® is located at 60 E. Broadway, Bloomington, MN 55425. Parking will be available on all levels of the Mall of America East Parking Ramp.

**From North of Bloomington:** Take I-35W South to I-494 East, Exit on 24th Ave S, proceed to East Parking Ramp

**From South of Bloomington:** Take I-35W North to I-494 East, Exit on 24th Ave S, proceed to East Parking Ramp

**From West of Bloomington:** Take I-94 East to I-494 South to Hwy 77 South, exit on Killebrew Dr. or 81st St/Lindau Lane, proceed to East Parking Ramp

**From East of Bloomington:** Take I-94 West to I-494 South, Exit on 24th Ave S, proceed to East Parking Ramp

**PARKING AND TRANSPORTATION**

**Please allow plenty of time to arrive at the race site.** Because of the large size of our event (approximately 5,000 runners) there will be traffic congestion. All parking will be in the Mall of America® East Parking Ramp. After you've parked, proceed to Level 1 of the parking ramp and follow signs to crosswalk across 24th Ave to the Girls on the Run Race Village.

**PUBLIC TRANSPORTATION**

Take the easy way to the event! Metro Transit will be offering free rides on their network of buses and light rails throughout the metro area! Download your round trip pass from our website at [www.gotrincities.org/5k](http://www.gotrincities.org/5k).



This is non-competitive, family-friendly event and all ages, stages and speeds are welcome. We look forward to celebrating with you! Don't forget to share your photos from this exciting day **#GOTRTC5K**

Please visit [www.gotrincities.org](http://www.gotrincities.org) for more information. Contact [info@gotrincities.org](mailto:info@gotrincities.org) with any questions. For questions on race weekend (June 1- June 3), please call or text the 5k Command Center at 612.263.2885.

Thank you for your support and enthusiasm!



**SEE YOU SUNDAY, JUNE 3, 2018!**

