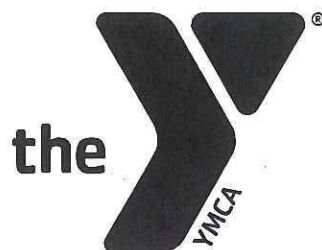




Inspiring Girls to be Healthy and Confident  
Oakland University, Sunday May 19, 2013



## 5K Fact Sheet

**Registration:** opens @ 8a (\$25 Check, cash, credit card accepted)

**Happy Hair/Face Paint:** opens at 8a, closes at 9:30a

**Sponsorship Booth:** We are collecting new/gently used running shoes, socks, and clothing. You can also sponsor girls for the Fall 2013 season.

**Merchandise:** GOTR gear will be available for purchase at the event. We will be selling the GOTR hoodies if you missed out a few weeks ago.

### **Parking:**

- Lots P 32, 34, 36, 38, 35, 37
- Handicapped parking in P 35/P37
- It will be best to enter campus from the Squirrel Rd. Entrance (to avoid the round-a-bout)
- There will be volunteers directing traffic
- Please be patience as we are expecting up to 1500 vehicles
- Car-pooling is encouraged

### **Route:**

- As the runners thin out, please try to stay to the right side of the road.
- There will be 2 water stations along the route. There will be first aid stations here as well
- There will be signs along the route as well as Course Marshalls directing traffic.
- There will be police presence along the route

### **Vendors**

- Bear Claw– food/refreshments for families available. 10% of proceeds go to GOTRGD
- Parkway Sanitation– 15 Porta-a-potties in P37

### **Safety**

- In cooperation with the O. U. Campus Police it is our goal to ensure that everyone has a positive experience at the GOTRGD 5K Celebratory Event
- We plan to have 18-20 Certified Y Lifeguards at the event spread out, and easily identifiable (red shirts, with green vests).
- There will be EMS presence as well
- We will have one main first aid tent at the main event. If you need assistance or if a child is lost, go to the tent.

**Directions will be posted on the website**

# Girls on the Run of Greater Detroit

## Sunday May 19th, 2013

### **7:00am** Volunteers arrive

We will have about 80 volunteers plus staff presence

### **8:00am** Registration opens (Cash, Check, or Credit Card \$25)

families, coaches, and girls begin to arrive: Parking in P 32,34,36,38,35, and 37. We encourage you to car-pool if possible

We are expecting about 400 people to register for the race on the day of the event, please be patient while we help you

There will be fun activities for families available at this time as well (Happy hair, face paint, a merchandise booth, and refreshments from Bear Claw)

We will have a donation booth as well, we are looking for New/Gently used shoes, sock, track jackets and pants. You will also be able to sponsor a girl for the fall 2013 season.

### **9:30am** opening ceremonies and thank you's

If any belongings are in the team meeting spot, please remove before the start of the race.

Please be in your teams designated area

Zumba dance and breathing exercise for families

### **9:45am** Wave 1 lines up

Teams in wave one will line up in the parking lot and start from parking lot and head out to the road.

### **10:00am** Wave 1 begins

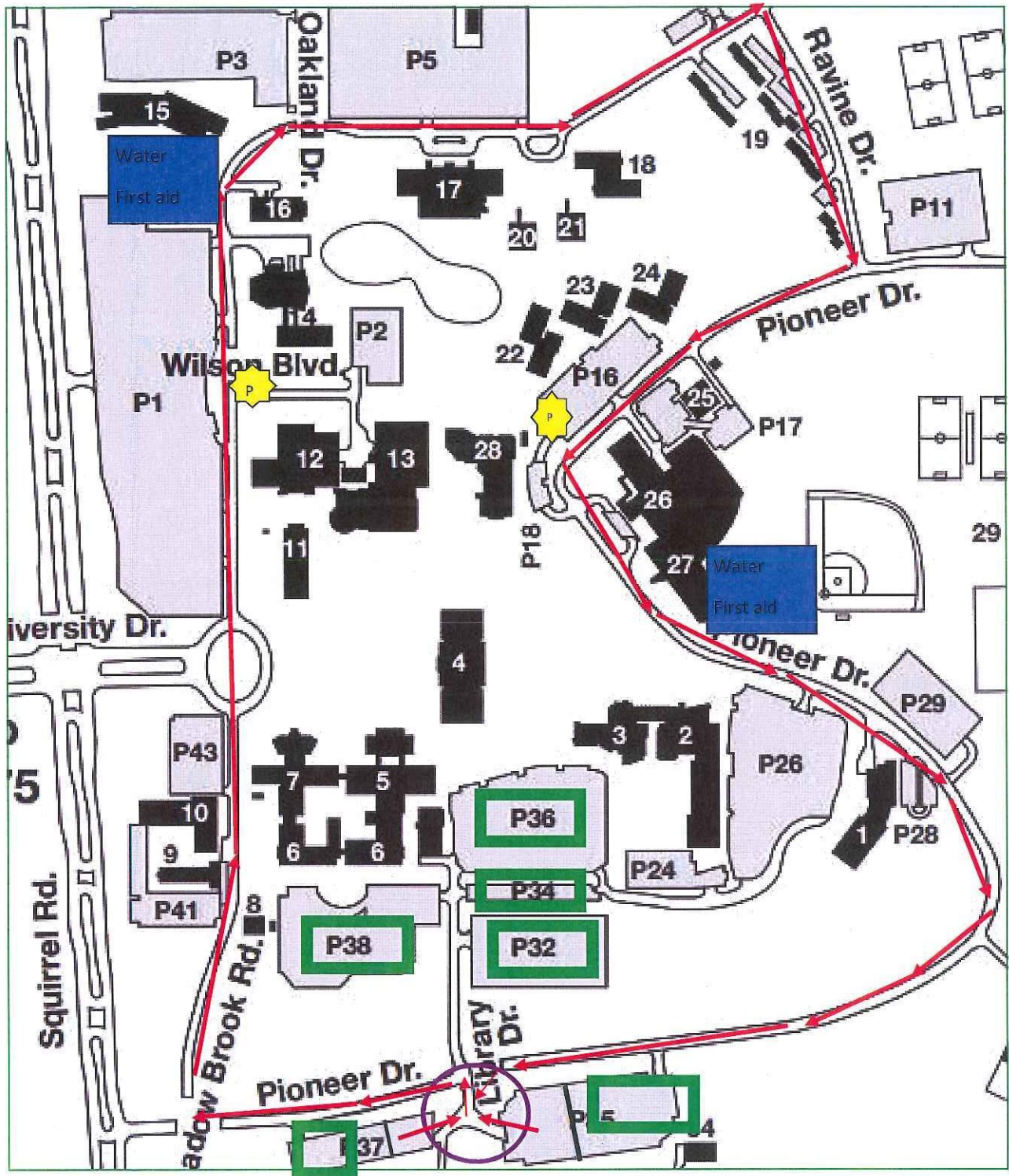
### **10:10am** Wave 2 lines up

Teams will line up in designated parking lot.

### **10:15am** Wave 2 begins

### **11:30am** All participants are finished, course tear down begins, participants begin to leave





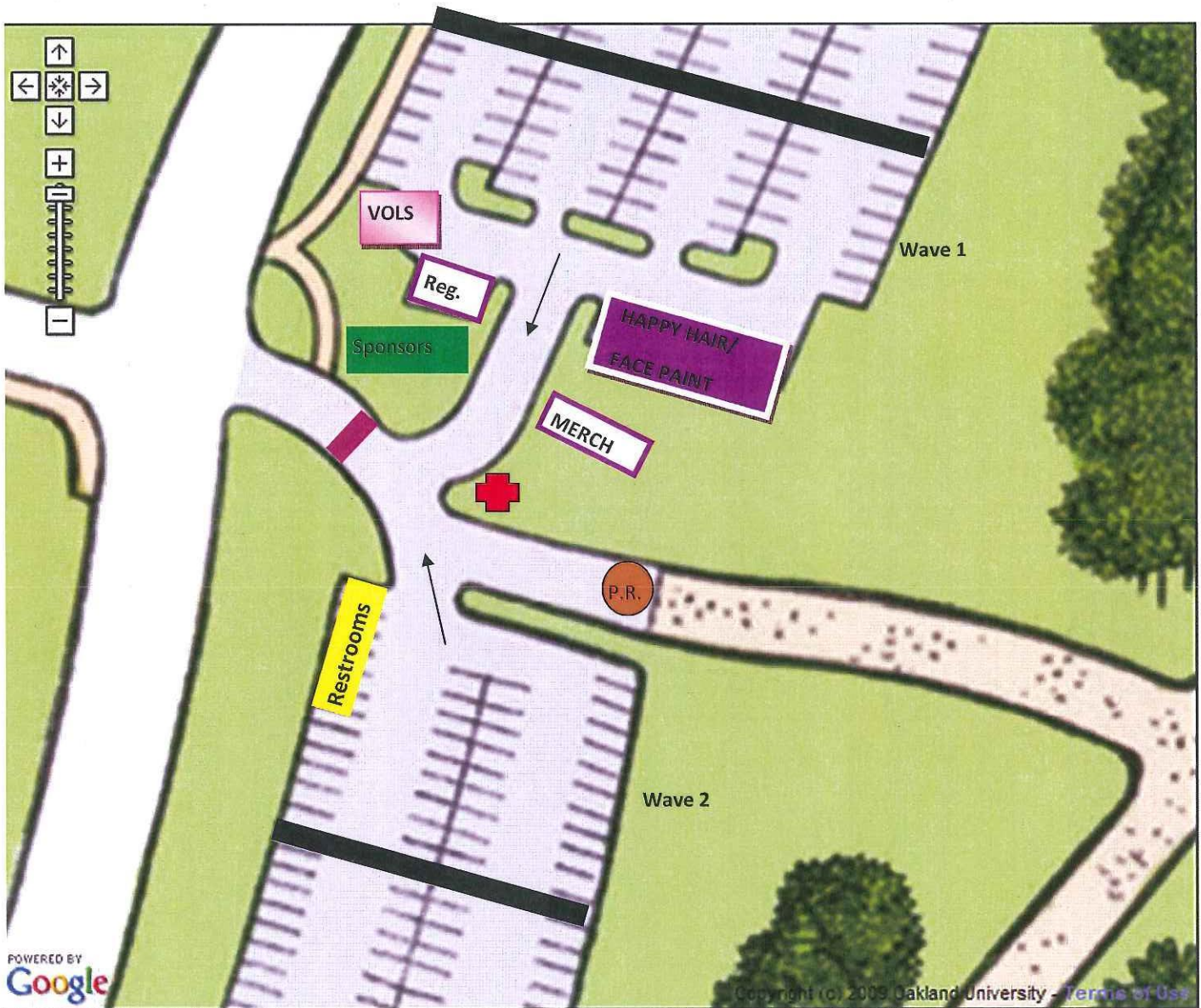
parking

Main Event  
Start/finish

Police



# Main Event



First Aid Tent



Start/Finish



Post Race Refreshments



Volunteer registration



# Wave 1

## 10am

|                      |                         |                          |         |                            |                            |                   |
|----------------------|-------------------------|--------------------------|---------|----------------------------|----------------------------|-------------------|
| Oxford               | LongMeadow<br>Lakeville | Long Meadow<br>Lakeville | Thorton | Bird                       | Bird                       | Smith             |
| Oxford               | Clear Lake              | Clear lake               |         | Plymouth Scholars<br>Hoben | Plymouth Scholars<br>Hoben | Smith             |
| Oxford               | Webber                  | Webber                   |         | Miller                     | Miller                     | Canton<br>Charter |
| Oakland<br>Christian | Paintcreek              | St. Joes                 |         | Hulsing                    | DLA                        | Canton<br>Charter |
| Oakland<br>Christian | Brewster                | North Oak-land YMCA      |         | Achieve                    | South Can-<br>ton          | Allen             |
| Deerfield            | Meadow Brook            | Baldwin Center           |         | Field                      | Isbister                   | East              |
| Novie<br>Woods       | Novie Meadows           | Village Oaks             |         | Tonda                      | Workman                    | Moraine           |



## Wave 2

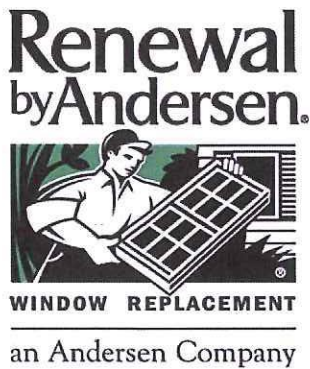
|                    |                    |                    |                          |
|--------------------|--------------------|--------------------|--------------------------|
| restrooms          | Birmingham<br>YMCA | Birmingham<br>YMCA | Peirce                   |
|                    | Kenwood            | Kenwood            | Patengill                |
|                    | West Maple         | West Maple         | Boll YMCA                |
|                    | Hearms             | Hearms             | OLL                      |
|                    | Saylem/Sayre       | Salem/Sayre        | Downriver<br>Family YMCA |
|                    | Dolsen             | Dolsen             | Marshall                 |
|                    | Hardy              | Hardy              | Taft-Galloway            |
|                    | Higland            | Highland           | Halmilton                |
|                    | Patterson          | Patterson          | Edison                   |
|                    | Dublin             | Dublin             | Livonia YMCA             |
| Carlson            | Wildwood           | Wildwood           | Livonia YMCA             |
| South<br>Oakland   | Ojibwa             | Ojibwa             |                          |
| Adams              | Chatterton         | Chatteron          |                          |
| Farmington<br>YMCA | Mound PARK         | Wyandote           |                          |
|                    | Atwood             | Macomb<br>YMCA     |                          |





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