

**Girls on the Run / STRIDE  
2014 Spring 5K  
Sunday May 18th, 2014  
Downtown Ferndale  
YMCA of Metro Detroit**

**[www.gotretroit.org](http://www.gotretroit.org)**

# 5K Event

## Sunday May 18th, 2014

**\*Schedule is subject to Change before May 1st\***  
**Website and schedules will be updated weekly**

**7:00am** Volunteers arrive

We will have about 100 volunteers plus staff presence

**8:00am** Registration opens (Cash, Check \$30)

Families, coaches, and girls begin to arrive: We will have volunteers directing traffic nearby the event. We encourage you to car-pool if possible. Please allow ample time for parking. **PLEASE CHECK DIRECTIONS IN ADVANCE**

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

**9:00am** Opening ceremonies and thank you's by stage

Warm up for families-9:00am

Happy hair and Facepaint will close -9:15am

A word from Scott Landry, CEO. YMCA of Metro Detroit-9:15am

Find your Zone -9:40am

**10:00am** GOTR Race begins

**10:20am** STRIDE Race Begins

**10:30am** First runners will be crossing the finish line

**12:00pm** All participants are finished, course tear down begins, participants begin to leave. Please help us with clean up by picking up your area/trash

# 5K Fact Sheet

**\*Event details may change before May 1st\***

**\*\*Website and schedules will be updated weekly\*\***

**Registration:** opens @ 8a (\$30 Check, cash, credit card accepted)

**Happy Hair/Face Paint:** opens at 8a, closes at 9:15am

**Merchandise:** GOTR gear will be available for purchase at the event.

**Social Media:** We will be doing a 'Live Broadcast' via Facebook, Twitter, and Instagram for relatives that may not be able to make it or live out of state. We will have a Social Media Specialist at the event that will be posting pictures and video #gotrdetroit.

## **Parking:**

- Parking will be spread out, all public parking and street parking will be open to our event.
- Handicapped/expecting families parking will be in the 2 Planavon Lots off of 9mile
- Please be patience as we are expecting up to 2000 vehicles
- Car-pooling is encouraged

## **Route:**

- Walkers remain to the right side of the road or sidewalk, and follow all traffic signals.
- As the runners thin out, please try to stay to the right side of the road. Police will be stationed at major intersections
- There will be 2 water stations along the route at mile 1 and 2. There will be first aid stations here as well.
- We encourage that each team has one adult runner for every 3 children running
- **Medals**– Girls will receive different medals than coaches and parents. At the end of the route their will be directions where to pick up your medal

## **Vendors**

- Porta-potties will be provided by Johns Sanitation

## **Safety**

- We plan to have 20 –30 Certified Y Lifeguards at the event spread out, and easily identifiable (red shirts, with green vests).
- 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.
- Please create a designated meeting spot for your team/family to meet up after the race.

## **THANK YOU TO OUR SPONSORS**

- **Beaumont**– *for your continued support of Volunteer Coaches and the GOTR mission*
- **Athleta**– *For your support of women of all ages*
- **Garden Fresh Gourmet**– *For your support of children and families in Metro Detroit*
- **Culligan Water**– *For your continued Support of the 5K*
- **Jr. League of Birmingham** *for your continued support and volunteer spirit*

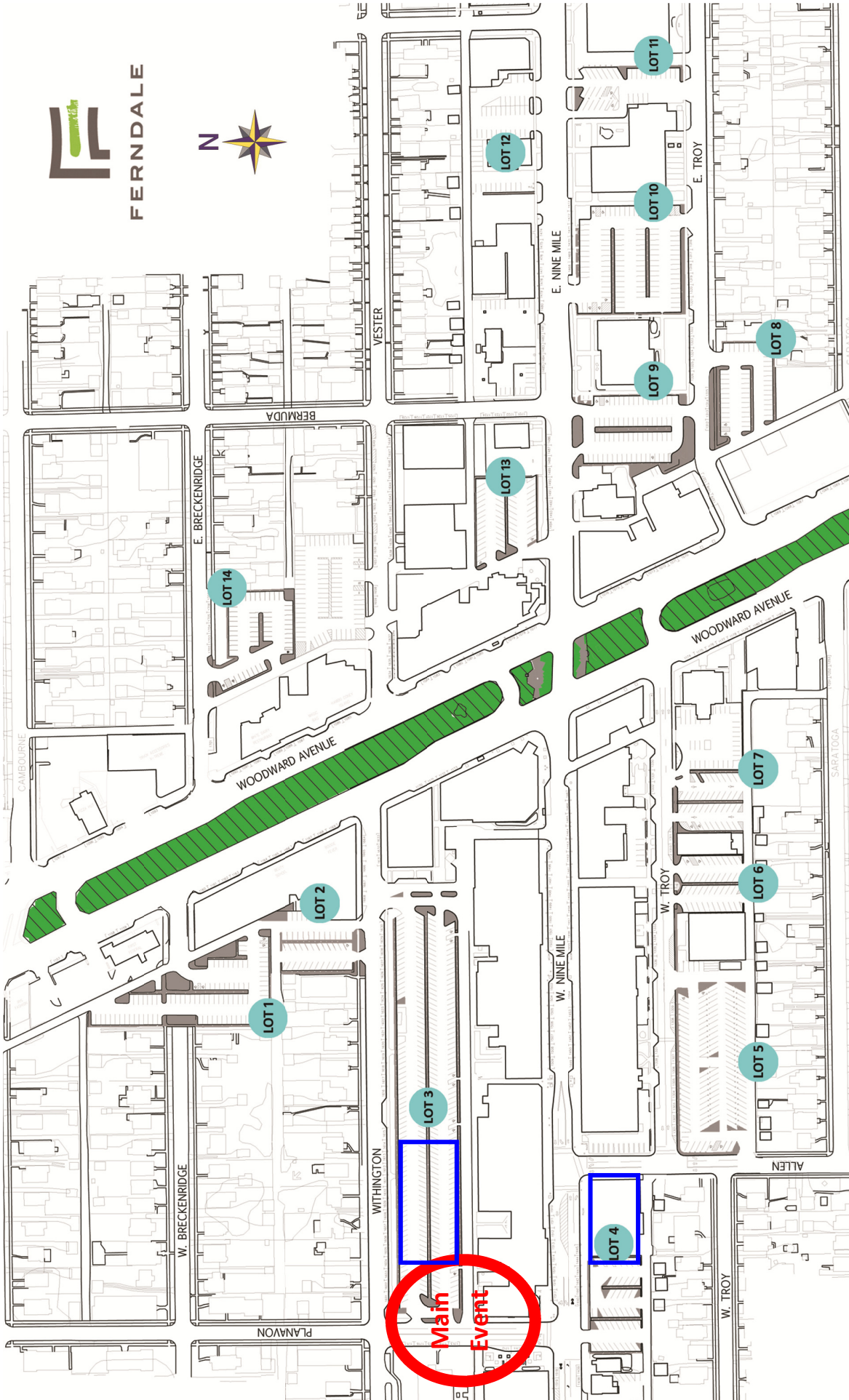
**Directions will be posted on the website, please be sure to check directions before driving to the event.**

**There will be no contact person the day of the event.**

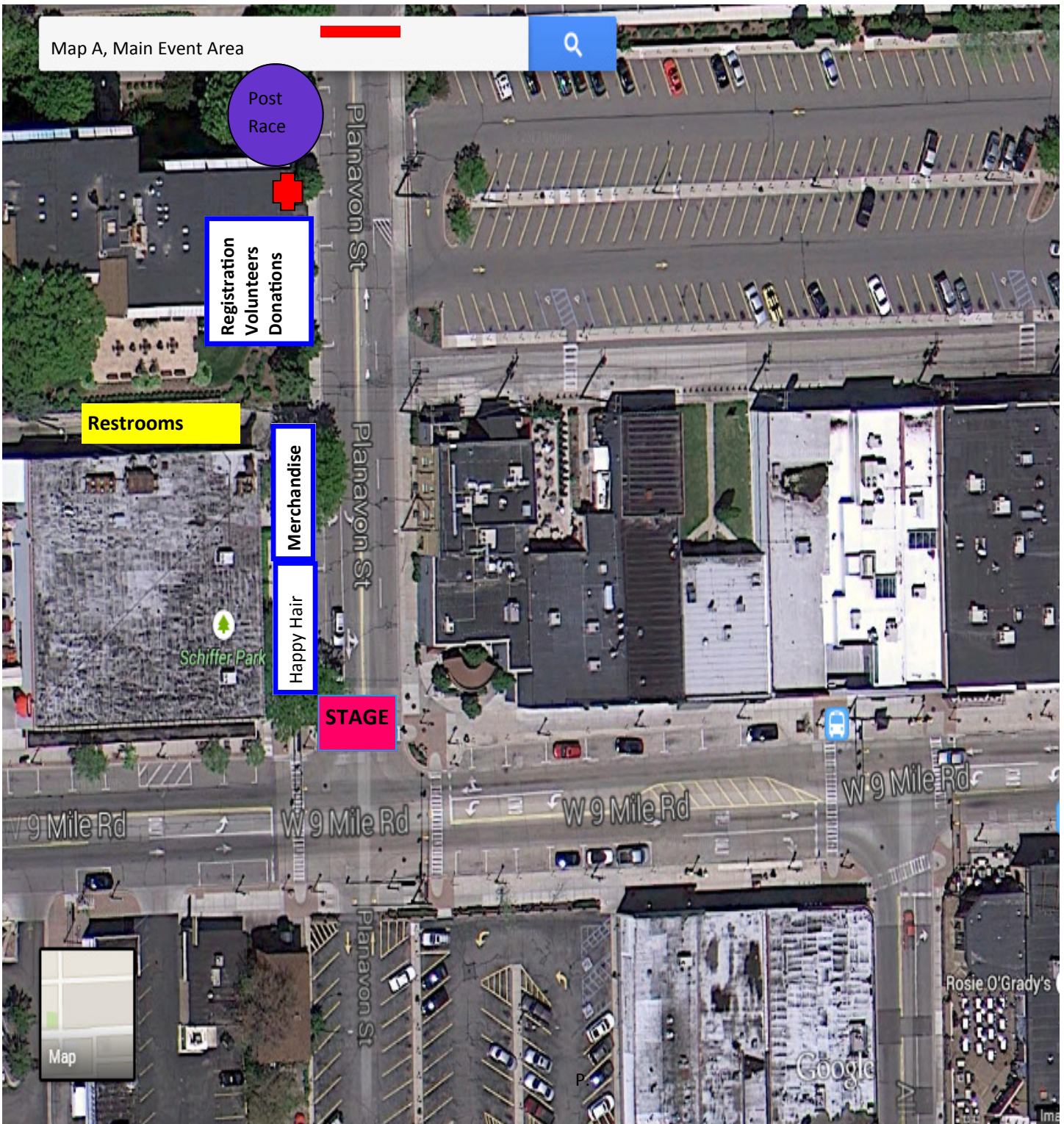
**We will have as much signage as possible.**



FERNDALE

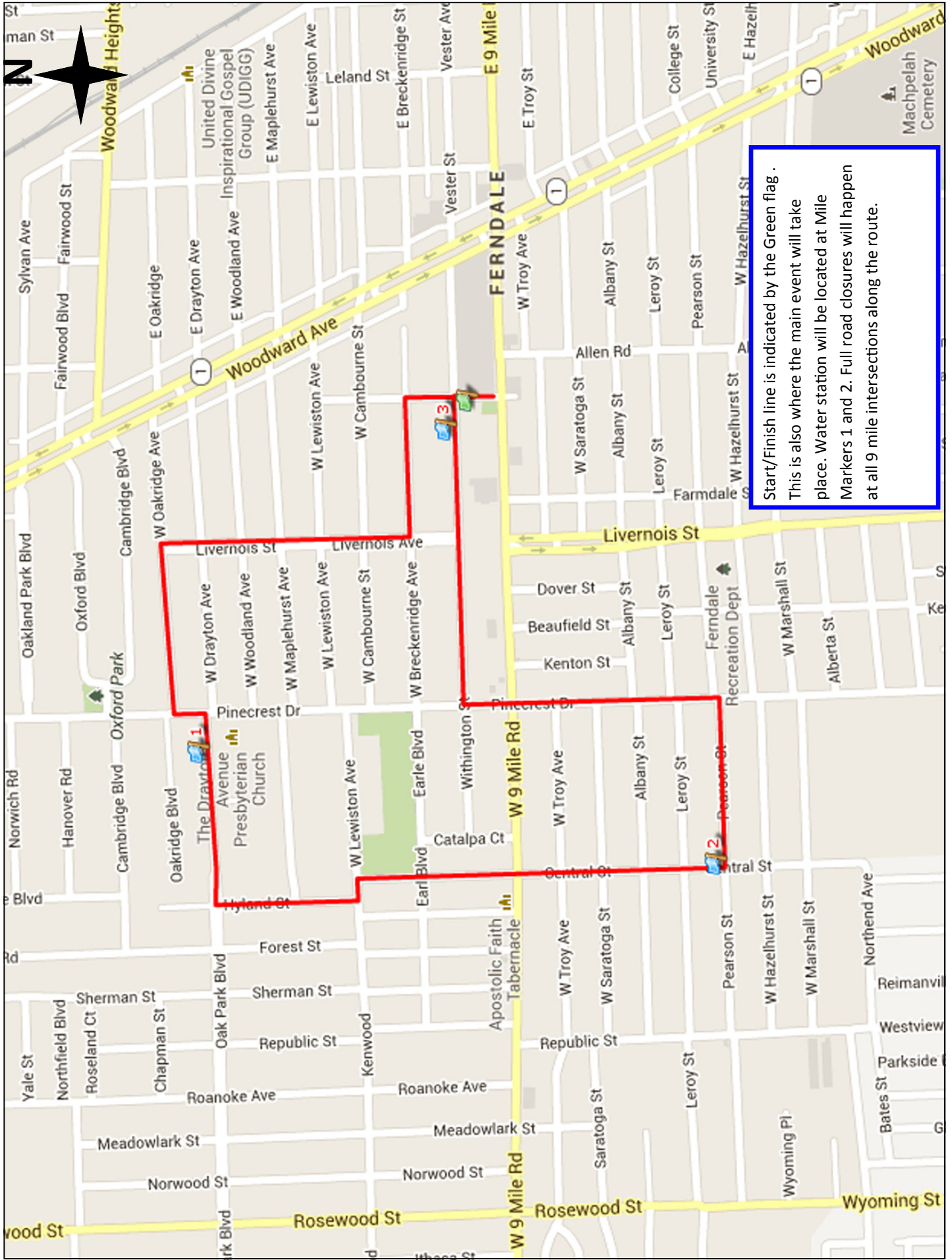


We plan to use all public spaces available for parking. The above map indicates all public parking lots in Downtown Ferndale. You can also utilize residential parking. Parking is free on Sundays. Please carpool if possible. Lot 3 and 4 have been designated for handicapped and excepting families.



Staging area will be located on Planavon between 9mile and Withington. Red arrows indicated starting line and flow of Runners. . Stage, restrooms, and waste receptacles have been confirmed by outside parties.

Key	Description	Tent Size
Post Race Refreshments	Runners will be given food and water at the end of the race at this location	10x20
First Aid	Trained first aid staff on site	10x10
Registration/Donations	Runners will be able to register morning of, we will be taking donations	10x20
Volunteer Check In	We expect 100+ volunteers, this is where they will check in	10x10
Merchandise	GOTR items available for sale	10x10
Porta-Potties	Restrooms	4x4x7 individual restrooms



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