

2026 Celebrate Your Start



DATE AND TIME



Sunday, April 26th

Arrive by 7:15AM

5K begins at 8:00AM sharp

LOCATION



South County Regional Park

670 Cooper Street

Punta Gorda, FL 33950

WHEN YOU ARRIVE



FAMILIES/GOTR TEAM MEMBERS: Head directly to the Team Meet Up Area and find your school's sign to check in with coaches and pick up bibs. No need to go to registration. Then, explore the fun pre-event activities until the group warm-up begins.

SPECTATORS: After your girl is checked in & has her bib, please make your way to the start/finish line to cheer the runners on as they cross the finish line!

PARTICIPANTS: Go to the Registration Table & Bib Pick-Up Table to retrieve your bib and/or register. Then check out the pre-event activities until the group warm-up begins.

WHAT TO WEAR AND BRING



- Dress appropriately for the weather
- Wear your best GOTR gear (or Program/5K shirt if you are a GOTR team member) unless your coach says otherwise
- Choose comfortable, athletic footwear
- Show your spirit with colorful GOTR accessories such as hats, hair ties, signs, stickers, capes, or tutus
- Bring a filled water bottle

Questions? Please email danielle.steele@girlsontherun.org.

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Scan here to be a
running buddy!



5K DAY SCHEDULE

6:45 a.m. - 7:00 a.m.

Team leads, coaches, and event volunteers arrive

7:15 a.m. - 7:30 a.m.

Participants, families/GOTR team members, and spectators arrive, and pre-event activities begin (Reminder: GOTR families must check in with coaches first upon arrival.)

7:15 a.m. - 7:55 a.m.

Group warm-up, announcements, and temporary tattoo/shoe charm bar will be open for the girls to glam up before their run

8:00 a.m.

Official start of the 5K

9:15 a.m.

Most 5K participants have crossed the finish line by this point. Continue the celebration with refreshments, activities, awards, and food trucks.

10:00 a.m.

The 5K concludes



RUNNING BUDDIES

Be a buddy! Running Buddies are like chaperones on the course, and they can run with a single girl or small groups. It's a wonderful way to support and share this special experience with your girl!

<https://runsignup.com/Race/FL/PuntaGorda/CharlotteDesotogirlsontherun5k>

QUESTIONS? CONTACT DANIELLE.STEELE@GIRLSONTHERUN.ORG



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