



Girls on the Run Northwest Ohio

# peace love joy 5k!

November 19, 2022 • The Shops at Fallen Timbers, Maumee

## Schedule

**Friday, November 18 4:00—6:30PM**

Packet Pick-up at Dave's Running Shop  
26567 Dixie Hwy, Perrysburg, Ohio 43551

**Saturday, November 19: 5k day!**

3100 Main Street, Maumee, Ohio 43537

8:00 —  
8:55AM

Packet pick-up & registration

8:00 —  
8:55AM

Celebration Village Activities (photo booth, crafts, face painting, happy hair, merchandise, food trucks (coffee, breakfast items, hot chocolate))

8:30AM

¼ mile Little Star kids run

8:45AM

Stretch and Dance  
(Team Meet Up Area)

9:00AM

5k start time!



# 5k details

## **P** Parking

We recommend parking near the movie theatre or in the lot north of Barnes and Noble Bookstore. The parking lots on the north side of the mall will be closed until the end of the 5k (approximately 10:30 AM). If you need to leave early, we recommend parking in one of the south parking lots. The south parking lots should be accessible to leave around 9:30 AM. The north parking lots would be accessible closer to 10:00 AM.



## **Team Meet Up**

Upon arrival, you will take your girl to meet up with her team and coaches in the Team Meet Up area located in the grassy field across from the movie theater. A flag with your girl's site/school name marks the place for your girl to meet her team. This area is also where you will meet your girl post-5k and retrieve her personalized cheer sign if you purchased one.



## **Celebration Village**

We'll have face painting, photo booth, giant "GOTR" letters to take photos with, happy hair, Peace, Love, & Joy crafts and GOTR merchandise available for purchase in Celebration Village between the movie theater and the Team Meet Up area. Join the fun!



## **Spectator Row**

See your runner from the Main activity area by the movie theater all along the sidewalks between Red Robin & Granite City Brewing. The 1 Mile mark is near the movie theatre. See your runner during Mile 3 near the main entrance near JCPenney. Note: Spectators, please stay off the course at all times.



# 5k details

## Attire: Shirt, Bib & Flair!

Dress for the weather. Wear the correct shirt listed below as well as your 5K Bib. Ensure bib is visible at all times. No one will be permitted on the course (besides registered volunteers), including the finish line area, without a visible bib. Don't forget your festive flair! Tutus, crazy socks... have fun!

**GOTR Program Girls**  
(3rd - 5th grade)  
wear Gray  
program shirt + BIB



**H&S Program Girls**  
(6th - 8th grade)  
wear Emerald Green  
program shirt + BIB



**All Other Runners/Walkers**  
(Including Little Star and  
Running Buddies)  
wear Pink 5K Shirt + BIB



## Starting Corrals

To relieve start line congestion, start line corrals are identified with signage. Whether you plan to “Run the Whole Way,” “Run & Walk Combination,” “Walk Most of the Way” or “Stroller Zone” simply match your 5K plan with the corral signage and you will be in the perfect place to reach your goals!



# 5k details



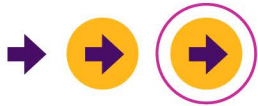
## Awards & Results

All non-program participants are chip timed. Awards will be presented to the overall female, male, female masters and male masters, as well as 1st, 2nd and 3rd place finishers for each age group. Results will be posted at the 5K and on the Dave's website following the 5K.

## Helpful Tips & 5k Etiquette



Try to run at an even pace the entire event rather than starting and stopping, sprinting and walking, etc.



Please move to the far right of the path and try to ease your pace into a walk instead of abruptly stopping if you need to walk. Stay to the right and allow runners to pass on the left.



When approaching a water station, take your water while being aware of other runners who may be passing through. Please do not stop in the middle of the course.



If you see a runner who needs medical attention, please alert a course marshal or EMT.



At the finish line, please be aware that other runners are coming in behind you. Do not stop abruptly upon crossing the finish line.



No dogs may accompany runners/walkers during any of the events.



No bicycles are allowed on the courses, except for authorized personnel who are there for the safety of the participants.



Participants may run or walk with a stroller, but they must start at the back of the corral (even if running with a Girls on the Run participant).



# Fall 2022 5k course map



# fall 2022 event activities map



MAP KEY	
	START/FINISH
	5K ROUTE
	MILE MARKER
	WATER STATION
	TEAM MEET UP
	CELEBRATION VILLAGE
	RESTROOM
	PARKING



\* Map not to scale

# fall 2022 little star map

