



Girls on the Run 5K - Schedule of Events  
Saturday, May 20, 2017

- 6:00 am Registration and Bib Pickup opens
- 6:30 am Girls on the Run and Heart & Sole Participants arrive; check in with coaches at Team Tables
- 6:30-7:30 am Fun Activities: Happy Hair, Inspiration Station, Sponsor Table Bingo, and more
- 7:30-8:10 am Warm UP and Pre-Event Stretching by waves in Family Fun Area
- Wave 1 – 7:30am warm up ... 7:50am line up ... 8:00am start
  - Wave 2 – 7:40am warm up ... 7:55am line up ... 8:07am start
  - Wave 3 – 7:50am warm up ... 8:05am line up ... 8:14am start
  - Wave 4 – 8:00am warm up ... 8:10am line up ... 8:21am start
- (Note: Only Girls on the Run and Heart & Sole program participants and coaches are assigned to waves. If running with a Girls on the Run or Heart & Sole participant, go in her wave. If not, go in any wave.)
- 9:00-9:30 am Fun Activities: DanceFest, Sponsor Table Bingo, Picture Garden, and more
- 9:30 am Superstar Coach and Volunteer Awards
- 9:45 am Raffle
- 10:00 am Event Wrap-up