

SATURDAY, DECEMBER 12TH

SAVE THE DATE FOR
THE NEW BALANCE GOTRM 5K
9:30AM



Location

Asphalt Green
Entrance at 555 East 90th Street
(between York & East End Avenues)



Registration at 8:45 AM
Run starts promptly at 9:30 AM

Don't Forget! If you want to run with your daughter, email
runningbuddiesgotrm@gmail.com to register.

Please contact your daughter's GOTRM coach with any questions about the race
that are not answered in the following FAQ.

Go to www.gotrm.org for more details and updates before the big day.

FAQs:

How will the girls get to the race?

Transportation varies by team. Your daughter's coach will provide the details for your group.

Will a map be provided?

Yes, a course map will be distributed by coaches and posted on the GOTRM website.

Is there a place for the parents to watch the race?

Parents may watch the girls from the start/finish area or they can position themselves anywhere around the course. However, we ask that parents be mindful of other runners and park visitors, as this is a public space.

What should I bring?

Please create signs to hold up during the race to show your support for your girls. Feel free to bring balloons and / or flowers too to celebrate their big accomplishment!

Will water and snacks be provided for the girls?

Yes, water and snacks will be provided at the race site. Coffee will also be provided for parents.

What should the girls wear?

Please make sure the girls are wearing appropriate shoes and comfortable, warm clothes for running in the cold weather. Hats and gloves also recommended.

How will the girls be tracked for safety?

Every girl will have a running buddy assigned to them. That person is responsible for staying with the girl the entire length of the race. Additionally, we will have volunteers and course marshals stationed around the course to help monitor safety.

Can I run with my daughter?

Yes! Parents and legal guardians are welcome to run with their daughters in the capacity of a running buddy. If you would like to register, please contact our running buddies coordinator at (runningbuddiesgotrm@gmail.com). The registration fee is \$13.

How else can I help?

We are actively soliciting donations for food (i.e. bagels, granola bars, fruit, etc) and a number of other materials (such as a video camera). If you have any leads or would like to make a donation please contact our race director: Holly Carmichael (RunningHolly@gmail.com).

What will the girls receive for completing the race?

Each race participant will receive a completion certificate, a goody bag, and a t-shirt. Our sponsors generously donate a number of products that the girls will enjoy. Because these are donations, however, supplies are limited to one per student enrolled in the GOTRM program.

When will I receive more information?

We will give each of the GOTRM coaches updated information on the race to pass out to your daughter(s) during practice. Information will also be posted on the GOTRM website. (www.gotrm.org).