

GIRLS ON THE RUN



COACH NEWTON



COACH FOX



COACH PAINTER



COACH PARENT



COACH ROOD



COACH STEVENS



Hello and Welcome

We look forward to your child's participation this season! Over the next eight weeks, participants will learn what it means to be strong, confident, and connected, and by the conclusion of the program, they will be physically and emotionally prepared to complete the end-of-season 5K with their teammates.

REMEMBER

Practice is Monday/Thursday
3:15 - 4:45

Key Dates

Season Starts: Monday, September 29
Season Ends: Thursday, November 20
Girls on the Run 5K: Saturday, December 6

ATTIRE: Please make sure your child comes to practice wearing clothing appropriate for the weather and for physical activity, wearing comfortable athletic shoes, and has a full water bottle. Sunscreen too!



WEATHER: The safety of our team is our priority. While we plan to practice rain or shine, the team will not practice outside if the weather is unsafe. For this reason, practice may be canceled or brought inside if the forecast is questionable. If this is to happen, one of the coaches will contact you. We will do our best to notify you at least 4 hours in advance of practice changes.



SUPPORT: Our goal is to ensure that Girls on the Run is a safe and inclusive space for every participant. Please let us know if there are any accommodations or support needs we should be aware of to provide an accessible and positive space for your child.



GIRLS ON THE RUN



Stay Connected



TEAM NEWS: WE WILL SEND TIMELY UPDATES THIS SEASON REGARDING PRACTICES AND THE 5K USING BAND

Season Reminders:

- attendance is important. so please let a coach know if you will need to miss practice
- comfortable clothes are important for helping our girls feel prepared for practice - please let a coach know if you need assistance in getting appropriate clothes for your girl
- each girl will need a running buddy to register (18 years old or older) for the 5K on May 11th
- we will use Band for our communication so be sure to check it frequently

GOTR 5K

Our end-of-season 5K will be on **December 6** at Al Lopez Park in Tampa. Save the date - this will be a memorable, limitless potential activating day! For more details, please visit

www.gotrtampa.org/5K for everything you need to know about the 5K. Every participant is strongly encouraged to have a 5K Buddy for the event, but you do not need to register to run, walk, or roll across the finish line to join in on the fun - all are welcome to join and cheer.

5K Event Details

Event 2025 Fall Season 5K Celebration

Date Saturday, December 6, 2025

Location Al Lopez Park
4810 N Himes Ave
Tampa, FL 33614

Time 8:00 AM - Celebration Village Opens!
8:00 AM - Hillsborough County Teams Arrive

8:10 AM - Pinellas County Teams Arrive

8:20 AM - Pasco, Sarasota & Manatee County Teams Arrive

8:45 AM - Announcements Begin

9:15 AM - Girls on the Run 5K Begins!

Price

Registration Type	Price
5K Participant Registration Fee	\$35

NOTE: Program participants and coaches have already been registered for the 5K and DO NOT need to register.