



New Balance Girls on the Run 5K

Sunday, May 16, 2010

American University Friedheim Quadrangle



Spring is already arriving quickly in the Washington, D.C. metro area, and excitement is building for the **New Balance Girls on the Run® - DC Spring 2010 5K!**

We are thrilled to be expecting a crowd of almost 500 GOTR-DC participants and coaches, 300 community runners and family members, and over 400 spectators on May 16th!

We're so proud of our participants, who have been working hard training for this event. Please join us in celebrating their achievement!

Please don't miss out on this special

day - mark your calendar, gather cheerleaders and plan on being an important part of an amazing day with your Girl on the Run!

FAQ

What time should we arrive?

Spectators will want to arrive in advance of the 9:30 AM start time. The opening ceremony begins at 9:00 AM and you will need to allow time for parking and walking to the race start site or taking the free AU shuttle that will be operating between the Tenleytown Metro Station and American University every 15 minutes starting at 8:00 AM.

How do we register? Register for \$20 by Friday, May 14th at: <http://www.gotrdc.org> or for \$25 the morning of the race.

CELEBRATE WITH US

- 7:30 AM** Community Runner Day-of Registration & Packet Pick-up Starts
Sign up to run or walk at www.gotrdc.org
- 8:00 AM** Girls and families are encouraged to enjoy pre-race festivities, including the Good Happy Hair Station, the Tony the Tiger and Kellogg's Frosted Flakes tent (with fan sign-making stand, give-aways and food samples) and face painting and tattoo stations
- 9:30 AM** New Balance GOTR 5K Officially Begins with VIP Race Ribbon Cutting
- 10:30 AM** Awards Ceremony and Post-Race Yoga with Just for Kids Inc.

Directions

The event is being held at American University at 4400 Massachusetts Avenue, NW.

The start and Finish lines, Registration Table and team Meeting sites will be located on the Friedheim Quadrangle. Please see map on last page for details.

Directions from all points South and East: Take Massachusetts Avenue north and go left at Ward Circle onto Arizona Avenue. Enter the free AU parking lot on your left.

Directions from all points North and West: Take Massachusetts Avenue south and go right at Ward Circle onto Arizona Avenue. Enter the free AU parking lot on your left.

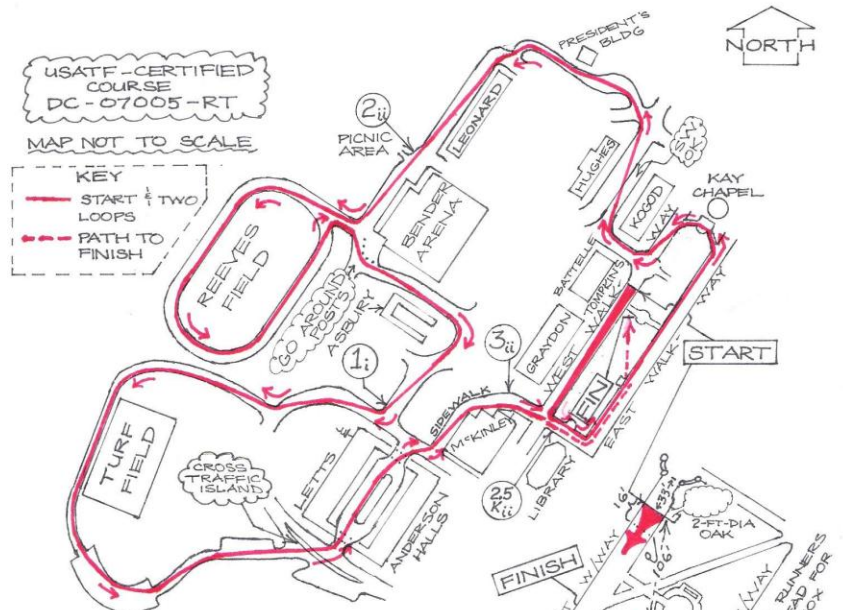
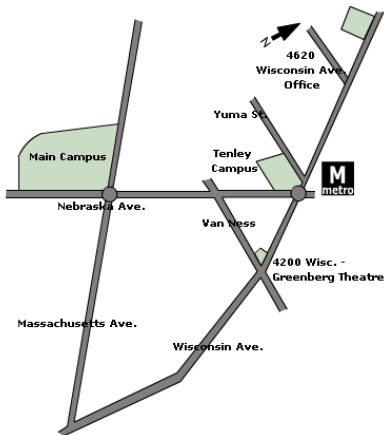
Parking and Metro Information on reverse side

PARKING AND METRO

PARKING is available in the free at the American University Parking Lot located on New Mexico and Nebraska Avenues (entrance is via New Mexico or Nebraska Avenues).

METRO Take the Red Line to Tenleytown Metro Station, and there will be free American University shuttles buses running every 15 minutes starting at 8:00 a.m. Please see map below for campus map or visit <http://www1.american.edu/maps/>.

MAPS



USATF-CERTIFIED COURSE DC-07005-RT
MAP NOT TO SCALE

KEY
 - START & TWO LOOPS
 - PATH TO FINISH

LOCATIONS
START: WEST WALKWAY, AT S EDGE OF TREE SQUARE FOR 2 FT-DIA OAK; 33' S OF PILLAR AT W/WAY CROSSING; 16 FT N OF L POLE.
1 MI: AT T-JUNCTION CORNER, 1 FT BEFORE FIRE HYDRANT ON RIGHT.
2.5 MI: BEGINNING SECOND LOOP IN FRONT OF LIBRARY; 28 FT E OF WEST W/WAY.
2 MI: ON SECOND LOOP, 9 FT BEF PATH TO PICNIC AREA ON R; 33 FT BEF CORNER.
3 MI: NEAR END OF 2ND LOOP, 42 FT BEF WEST W/WAY; 3' BEF CORNER IN SW.
FINISH: AT CORNER OF ELECTRIC BOX COVER ON WEST SIDE OF CENTRAL CIRCLE; 20 FT BEF FLAGSTONE WALK; 106 FT SOUTH OF START LINE.

ELEVATIONS:
 START: 384 FT
 FINISH: 384 FT
 HIGHEST: 384 FT
 LOWEST: 343 FT

MEASUREMENT
 3 AUGUST 2007
 BY R THURSTON

CERTIFICATION EXPIRES
 31 DECEMBER 2017

TWO-LOOP COURSE DIRECTIONS:
 1. START TO LEFT TURN AT LIBRARY
 2. TWO COMPLETE LOOPS
 3. BEGIN 3RD LOOP, THEN CUT ACROSS GRASS TO FINISH AFTER PASSING TREE SQUARE FOR 6-FT-DIA OAK.

5K SPONSORS

