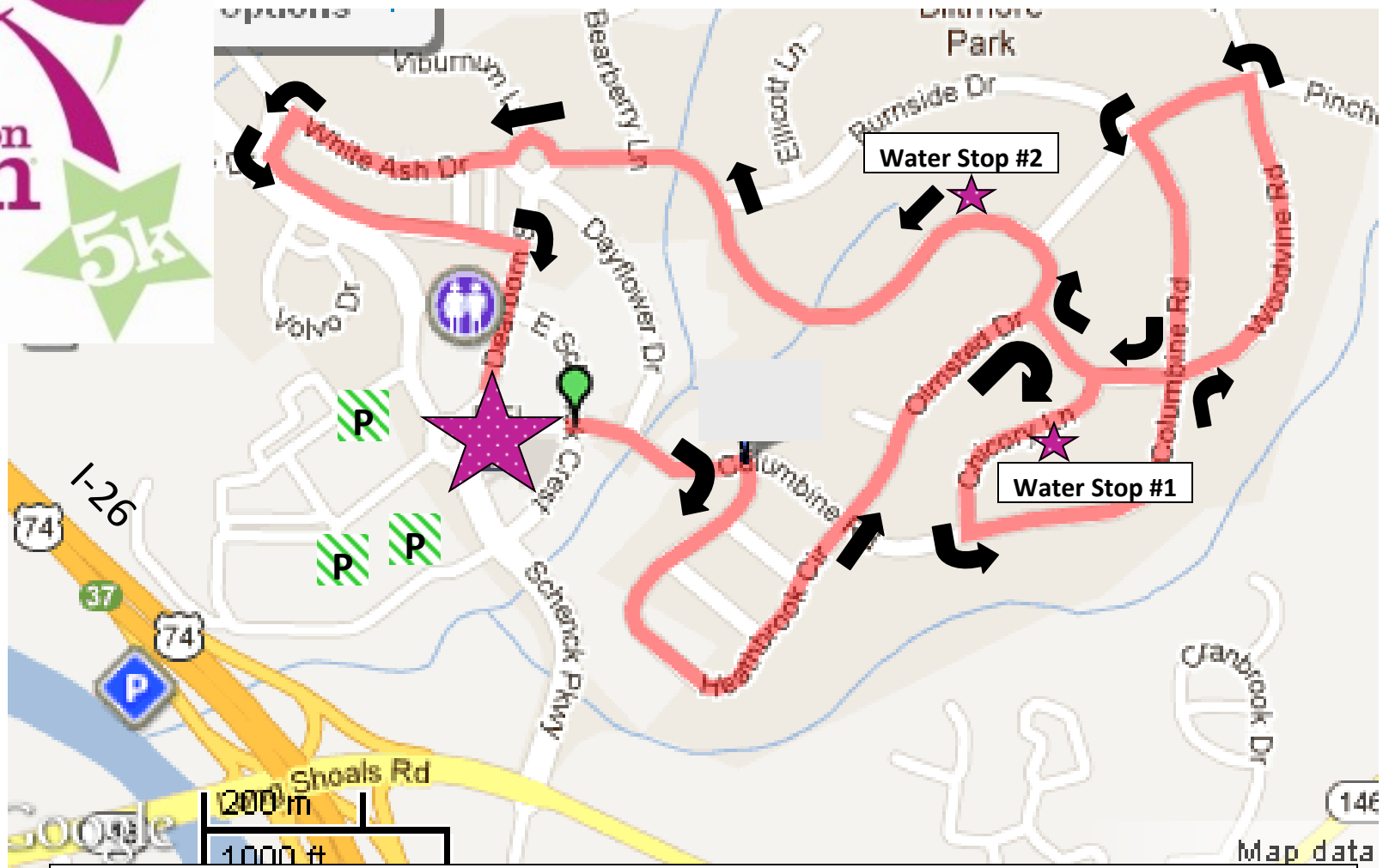




GIRLS ON THE RUN 5K SATURDAY, MAY 19TH, 10AM

DIRECTIONS TO BILTMORE PARK® TOWN SQUARE AND 5K:

- Take Interstate 26 to **EXIT 37**—Long Shoals Road
- Turn east (uphill towards CVS Pharmacy) on Long Shoals to the first stop light
- Take a **LEFT** at the stoplight onto Schenck Parkway
- Follow signs for Parking or look for 5K Event Volunteers
- Staging Area will be in front of the **Reuter Family YMCA**



- | 5K COURSE TURNS: | | |
|---|--|---|
| <ul style="list-style-type: none"> • START at East Schenck Crescent on Columbine • Turn RIGHT at Heathbrook Cir • CROSS over Columbine onto Olmstead • Turn RIGHT at Woodvine | <ul style="list-style-type: none"> • Turn RIGHT at Chicory • WATER STOP #1 1113 Chicory • Turn LEFT at Columbine • Turn RIGHT at Woodvine • Turn LEFT at Pinchot • Turn LEFT at Columbine • Turn RIGHT at Woodvine | <ul style="list-style-type: none"> • Turn RIGHT at Olmstead • WATER STOP #2, 1633 Olmstead • Turn RIGHT at White Ash • Turn LEFT at Leucothoe • Turn RIGHT at Dearborn • FINISH at Town Square Blvd |

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STAGING AREA in Biltmore Park® Town Square:

- **COACH CHECK-IN** (red balloons)
- **RUNNING BUDDY-COMMUNITY RUNNER CHECK-IN** (yellow balloons)
- **FAMILY TENT**
- **GOODY HAPPY HAIR**
- **VOLUNTEER TENT**
- **FIRST AID TENT +**
- **GOTR MERCHANDISE**—Foot Rx Rickshaw \$5
- **SHOE DRIVE**—bring your old running shoes to the Volunteer Tent!
- T.H.E. Center for Disordered Eating info

PLEASE REMEMBER:

- No Smoking
- No Dogs
- Strollers OK!

5K OVERVIEW & ETIQUETTE:

- Start/Finish at One Town Square Blvd. Please DO NOT drop off at the roundabout.
- 5K Course through neighborhoods
- Stay to the right side of the road on campus—there may be some traffic
- ALWAYS stay with your Running Buddy or Girl
- Cheer each other along—we are all here for the same reason!
- Runners—move through the finish line—do not stop in front of others
- Spectators—stay clear of the finish line area and do not encroach on the barricades, please. This is for the safety of the runners who are finishing.

