



5k Event Etiquette

Before the 5k begins, make sure your shoes are tied, you've gone to the bathroom, and your event bib and nametag are on the front of your shirt. Have fun!

1. Pay attention to the starting-line instructions. What you hear will not only help guide you through the course but will also keep you safe.
2. Pay attention to what is going on around you during the event. Just as in real life, expect the unexpected. Please remain aware of your surroundings at all times and show common courtesy to all other participants.
3. Keep the lanes clear - **runners should stay to the left, walkers to the right.**
4. Share the course - if you're with a group, don't be more than two abreast.
5. Move to the side if someone behind you says, "Excuse me" or "Coming through." It's proper etiquette to let that person through.
6. If you drop something just as the race starts, don't stop and pick it up. You'll endanger yourself and others. Trust that an event volunteer will get it, or move to the side and wait until everyone has crossed the starting line and then retrieve it.
7. Do not stop or change directions suddenly! If you need to tie your shoe, or stop for any reason, please move to the side of the road. People coming up behind you are still moving and if you stop in front of them, the scene is set for a collision. If you need to change your running line, (such as crossing to grab a drink at a water station), make sure you look first.
8. Be careful at the water stop. The water stop can be a busy and crowded area. Use caution when going to the water stop and make sure you're not cutting off other runners or spilling water on them. If you're going to stop or slow down to walk through the water stop, make sure there's no one right behind you.
9. Feel free to shout words of encouragement to other participants. They will appreciate your cheers!
10. Show appreciation to volunteers. Say "Thank You!" to the volunteers who hand you water, help along the course, or put your medal around your neck. Most of the GOTR VT volunteers are wearing a red GOTR shirt. They're volunteering their time and the event would not be successful without them.
11. Thank supporters, too. Acknowledge supporters who cheer for you as you pass them. If you're too tired to say "thanks," show them a smile, wave, or give them a "thumbs up". It will make them feel good and encourage them to keep rooting for others.
12. Support your team and the other participants – go back to the finish line and cheer for others!
13. No dogs are allowed at the event, except for service animals.