

## Running Buddy Program Fall Season – General Overview

The Running Buddy Program is a popular and rewarding volunteer opportunity. It is also a vital component of our program. A Running Buddy provides support and encouragement to their buddy throughout the season. Running Buddies do not attend all practices. Please review the following commitments before registering. Running Buddies make a commitment to:



1. Write **weekly** notes of encouragement to their buddy,
2. Attend the Practice 5K, *and*
3. Run (or walk) the Final 5K (must be able to attend)\*

If you are unable to keep any of these commitments, please contact the head coach or the council director before registering. It is important to our girls that they have a consistent, positive adult throughout the season and, for safety, every girl needs a buddy at the 5K.

### Runners, Walkers, Men and Women

Everyone is welcome as a Running Buddy! We try to match running styles of girls with Running Buddies so you both have a pleasant experience. Running Buddies must pre-register and submit a clear background check before participating in any Girls on the Run Capital Region practices, runs, or activities.

### Family as Running Buddy

Family members age 16 and older are welcome to join the Running Buddy program. The same commitments apply. Background checks are not required of family members.

### Matches

Matches will be made during the first three weeks of the season. You will be notified of your match and provided instructions on when and where to send notes.

If we have more Running Buddies than girls, we will offer the following options:

- Team Buddy - we will assign you to a team rather than a specific girl
- Superhero Sweeper - run the 5K and "sweep up" girls at the back of the pack
- Refund

Meet Your Match – An opportunity for girls and Running Buddies to meet each other and run together  
Week 6 of the season – RBs come at the beginning of a practice and stay through the running portion of the lesson (or longer). Details will be provided once you are matched.

### Attending Practice

It is not an expectation to attend weekly practices. If you would like to stop by a practice to say hello or run with the team, please let the head coach know ahead of time so they can expect you.

### Where to Send Notes

Site-specific information will be provided once you are matched. Girls are not expected to send notes back but they can choose to give you a note at the practice or final 5K.

### Events – Updates at [www.gotrccr.org/events](http://www.gotrccr.org/events)

- **Practice 5K** – Lesson #17 (about 8 weeks into the season) at each school during regular practice.
- **End of Season 5K** – Visit our website for dates and details.

### Fees

The fee includes RB program registration and 5K race registration:

- Family member of enrolled participant - \$20 adult, \$10 age 16-17 only, \$10 low income
- Volunteer RB new to the program - \$35
- Volunteer RB returning this season - \$33

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\* If you cannot attend the final 5K you can be a Team Buddy for \$10. Select this from the drop-down during RB registration.

## Writing Notes:

- Notes should be handwritten. Please print. For our elementary girls, short and simple is better. These are young readers.
- Keep messages positive and motivational.
- Talk about your own fitness goals and how you deal with setbacks or frustrations; reference the lessons of the week or past weeks as a refresher; or talk about how you feel when you reach a goal or accomplish something important to you. Share as much or as little about yourself as you feel comfortable.
- You can include stickers or glitter (resembling “GOTR sparkle”), but please keep enclosures minimal. We don’t want to set up any competition or jealousy between girls.
- Parent Running Buddies – Stick a note in your daughter’s lunch box, under her pillow or in her sneakers. You can also send them into the site liaison.

## Resources

Online resources are available at [www.gotr-cr.org](http://www.gotr-cr.org).

Join the [Private Running Buddies Facebook Group](#) to share ideas, tips and questions with your fellow Running Buddies.

## Welcome to the GOTR team!

[www.GOTR-CR.org](http://www.GOTR-CR.org)

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