



Be a Running Buddy

Running Buddy Goals

Through written notes and running with their GOTR Girls, Running Buddies...

- Promote physical activity and healthy behaviors
- Role model a positive attitude and active lifestyle
- Encourage self-expression and confidence
- Provide a safe and supportive running experience

Who Can Be a Running Buddy?

- Women or men age 18 and over
- Family members age 16 and over
- Volunteers from schools, community
- Runners, walkers, run/walkers

How Do I Join?

1. Register online at www.GOTRCR.org | Get Involved | Running Buddies
 2. Complete a background check (link provided once application is submitted)
 3. Attend orientation session
 4. Register on your own for final 5K event
- If fees would limit your ability to participate, please contact the Director for a discount code.

Mentor, Run and Have Fun!

- Be a personal cheerleader to a young girl
- Inspire girls to be joyful, healthy and confident and have some of your own fun too!
- Runners, walkers and run/walkers are welcome

What does a Running Buddy do?

All Running Buddies, including family members:

1. Write weekly notes to girls during the season
2. Attend the practice 5K at the school
3. Run/walk the end-of-season 5K

What is Girls on the Run?

Girls on the Run® uses the power of running to help prepare girls for a lifetime of self-respect and healthy living. It's a place where participants learn how to celebrate being girls by building self-respect and improving emotional and physical health, while also training for a noncompetitive 5K run/walk event. They also learn about how they fit into the world around them and complete their own community service project. Teams of 8-16 girls meet twice a week for 10 weeks.

Seasons

Spring—Late March through early June

Fall — Mid-September through early December

To learn more about the Running Buddy Program, visit:

WWW.GOTRCR.ORG

or contact LuAnn.McCormick@girlsontherun.org

(518)635-0828