RUNNING BUDDY & COMMUNITY RUNNER FACT SHEET

What is a Running Buddy or Community Runner?
Running Buddies and Community Runners are mentors. It is their job to support their Girl on the Run from start to finish during the New Balance Girls on the Run 5K. Running Buddies and Community Runners should be able to complete a 3.1 mile/5K running event and should also be willing to help insure the girls' safety during the run. You should not run the event as a competition or to set a personal record.

Who can be a Running Buddy?
A Running Buddy is anyone 16 years old or older who is related to the girl or 18 if they are not related to, but have an existing relationship with the girl. To clarify, a Running Buddy does not have to be related to the girl, but knows the girl and has been chosen by her to be a support person during the 5K. For example a Running Buddy could be a parent or grandparent, a sibling, a teacher, or a family friend. Now is a great time to set a personal fitness goal for yourself and train with your girl for this fun 5K!

Who can be a Community Runner?
Community Runners can be men or women 18 years of age or older who are willing to support a GOTR participant during the 5K by running with her. Community Runners are people from the community who are not yet matched with a participant. Like Running Buddies, it is the duty of a Community Runner to go the distance with and support the girl during the 5K from start to finish and help insure her safety. All Community Runners will be background checked by GOTR of WNC. **Community Runner registration closes by December 8, 2010** to allow time for us to perform the necessary background checks required by Girls on the Run International.

How do I register to be a Running Buddy or a Community Runner?
Forms are available on our website (www.gotrwnc.org/new-balance-girls-on-the-run-5K) or through Coaches at our program sites. Registration is $15 per person.

What is the deadline the registration deadline?
Community Runners: Wednesday December 8, 2010.
Running Buddies: May register up until race day Saturday December 11, 2010 at 11:30am

T-shirts:
To get a t-shirt, we **must** have your registration form and payment by Monday November 22, 2010 at 5pm.

What does the $15 pay for?
Furthering our mission to educate and prepare girls for a lifetime of self-respect and healthy living. And, if you register by Monday November 22, 2010 -a T-shirt!

Want to volunteer on race day?
We always need volunteers. Information on how to register for this volunteer opportunity is also available at: www.gotrwnc.org/new-balance-girls-on-the-run-5K

As a Coach - How do I keep track of my team's Running Buddies?
Check out the Coach Resource page on the website or ask Audrey to email you a copy if you did not pick one up at the Coaches' Meeting. If you need a Community Runner to be matched with one of your participants, please let Audrey know before the 5K event.

Can a girl have multiple Running Buddies?
As long as they meet the requirements and have registered, sure! The more the merrier. This is a fun, family friendly, stroller friendly 5K. We encourage everyone to participate. Let's show these girls how proud we are of them, by walking/running alongside them on this incredible journey!