

GOTRMC RUNNING BUDDY PROGRAM

Need help? Contact Becky Cortina at 4cortinas@comcast.net

GOTRMC asks that every coach finds 5 Running Buddies and GOTRMC will provide each site with 5 if needed. This may sound difficult but you would be surprised at how easy it is to find women who would love to help out our girls.

How do I find a Running Buddy?

- Schools PTO, teachers, parents from the school.....
- Neighbors, friends, or family...
- Your health club, pool, people you've meet through your children's activities, coaches from other sports teams...
- Your favorite local places to shop or eat...
- Co-workers (past, present, husbands, families)...

What do coaches need to do once they find their Running Buddies?

Once you have found your 5 buddies and they are registered online their information will be received by Deb Bromley who will then put together a Running Buddy spreadsheet for each GOTR/GOT site.

- Your program site's Running Buddy information will be sent to you via email by May 7, 2010. At this time please confirm the practice 5k date and time with each buddy. Please Note: it is best to tell the running buddies when the practice 5k is when you invite them to join your team. Dates and times will be listed on the GOTR website.
- If you have a girl whose running buddy will not be at your practice 5k you will need to find someone to run with them during the practice race...unless you feel like running a 5k that day ;)
- Race day questions will arise at the practice 5k...assure the running buddies that they will receive an email prior to the race from the office with race details. There will also be a Running Buddy tent at the race for last minute questions.