

What is a Running Buddy?

A Running Buddy is a **WOMAN*** from the **COMMUNITY** who agrees to **ACCOMPANY & ENCOURAGE** a Girls on the Run (GOTR) participant as she **COMPLETES THE 5K EVENT**.

1. ...is a **WOMAN***

The Girls on the Run organization celebrates girl power. As such, we have found our girl participants respond best and identify with a running buddy who is like her. Our young participant is more likely to feel comfortable around a female. Likewise, someone who has actually been a young girl will have greater insight into our young girl's world. Buddies need to be at least 18 years old.

2. ...from the **COMMUNITY**

Having a Running Buddy is a wonderful way for our girl to connect with another person thus making a positive connection to the world outside her own. We would love for our Running Buddies to be enthusiastic, fun, supportive, patient, motivated and kid friendly.

3. ...agrees to **ACCOMPANY & ENCOURAGE**

From a safety perspective, each of our incredible girls will need to be accompanied by a Running Buddy as she winds her way through the 5K course. But the Buddy will be so much more than just a guardian. The Buddy's energy will be devoted to encouraging, cheering on and sharing in our girl's excitement along the way! The Buddy will recognize the girl's limits and support her to achieve her goals. The young girl will dictate the pace, and the Buddy's job is to stay with the girl, motivate her through the tough times and praise her for her efforts.

4. ...**COMPLETES THE 5K EVENT**

A Running Buddy can be any fitness level. During the 10-week program, Girls on the Run participants slowly build up endurance and stamina as the running games they play gradually increase the distance they complete. They've learned to pace themselves with walking and running, setting goals, and feeling proud about what they accomplish. We have participants who are great runners, girls who are still learning running/breathing techniques and would benefit from guidance and we have girls who plan to walk or trot their way to the finish line. We don't care if they run, hop or skip, simply crossing the finish line is the true accomplishment.

What does a Running Buddy need to do?

- Register to run the race online at www.mchenrycountygotr.org by April 29, 2010, and pay the reduced \$18 Running Buddy race registration fee.
- Attend the pre-race Running Buddy practice at your program's site and meet your buddy! Practices are typically held in the afternoons between 3:30 and 5:00. This should take place the week of May 17, 2010.
- June 6, 2010, arrive at the 5k at 8:00 am. There will be a Running Buddy tent available for questions but you should go directly to your sites meeting location.
- Run, jog, or power walk the race with your GOTR participant!
- Enjoy the post-run celebration and have fun!

Being a Running Buddy for the Girls on the Run program will be an experience no one will ever forget.

**Although its great to see parents at the finish line, cheering their daughters on, Girls on the Run of McHenry County recognizes that a parent may want to be a running buddy. We ask that all of our running buddies realize that this race is for the girl and should be able to keep up or slow down with her. A running buddy may be a male if he is a family member or close family friend chosen by the family. He too must be 18.*