

Girls on the Run McHenry County

Running Buddy

Time Commitment:	Practice 5K or Last Session Race Day
Who:	Women over the age of 18
When:	Spring
Where:	School of choice (Visit www.mchenrycountygotr.org for complete list of schools)

Volunteer Description:

A Running Buddy escorts GOTR girls on the adventure of their 5k event. They provide encouragement and lots of high 5's throughout the race and especially at the finish line

- Being a running buddy is contingent upon a clean background check.
- Meet the girl you will be running with once prior to the 5K- this means going out to the school she is running at and running with her at either the practice 5k or meeting her at the last practice.
- Running or walking with your participant at the 5K, cheering her on and helping her do her very best!

Upcoming Dates to Remember:

Practice 5K:	May 5th, 6th, 7th, 13th or 14th depending on site*
Last Practice:	May 26th, 27th or 28th depending on site*
5K Race:	May 31st - Sunset Park, Crystal Lake

*Please confirm with the site coach.

I would love to be a Running Buddy for the race on May 31, 2009.

Name _____

Phone _____ **Email** _____

Address _____

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City _____ **State** _____ **Zip** _____

Driver License #

Mile Pace _____

___ **Am willing to be a walker if needed**

___ **Only want to be paired with a runner**

Preferred Site _____

Sites listed at www.mchenrycountygotr.org

Office Use Only

Site Assigned _____

Girl Assigned_____