



Want to get involved with Girls on the Run, but don't have a lot of time?

SIGN UP TO BE A RUNNING BUDDY

You can help a girl cross the finish line of her first 5k!

Share a girl's exhilaration and excitement as she crosses the finish line of her first 5k. For many girls, this is the biggest challenge and biggest accomplishment of Girls on the Run...and one of their favorite parts is having their very own Running Buddy by their side!

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 amount of running they do. They've learned to pace themselves with walking and running, set goals, and feel proud about what they accomplish. Girls on the Run participants top off their experience by running or walking in a 5k event at the end of the program.

The goal of the 5k is for the girls to do their best and HAVE FUN! Girls are not encouraged to race competitively, but are encouraged to reach their own goals. For most girls, that means making it to the finish-line- whether it is by walking, running or skipping!

Qualities of a Running Buddy:

Female who is enthusiastic, fun-loving, patient, supportive, enjoy spending time w/youth, ability to run or jog a 5k

Running Buddy Volunteer Description:

The job of a Running Buddy is to accompany and encourage one or two girls through her 5k experience at the end of season 5K. That means running or walking at her pace and encouraging her to do her best, but also recognizing and respecting her limits.

Please note, in addition to registering to become a Running Buddy on the GOTR site, you must also register in advance for the Race. Running Buddies are responsible for registering in advance for the final 5k and paying their own race fee. (***Instructions for registering will be provided upon acceptance as a Buddy.***)

If you commit to be a buddy but have to cancel, we ask that you notify us as soon as possible so that we have time to find a replacement Buddy for your girl. Girls on the Run cannot guarantee the attendance of your girl buddy at the 5K, although we make every effort to ensure that all girls do their best to attend. In some cases, some of you may run with other Running Buddies and some of you may not have a child to run with; we apologize in advance if this occurs.

How to Apply:

Please return via mail/fax/e-mail the following application to:

Shelley Campbell
4208 E Desert Marigold Dr
Cave Creek, AZ 85331
Fax: 480-556-1020
Email: runningbuddies@gotrmc.org

GIRLS ON THE RUN OF MARICOPA COUNTY RUNNING BUDDY APPLICATION

(This application is only appropriate for returning Running Buddies, Parents, and Current Coaches. New Running Buddies must complete the long version of the application.)

Please print clearly and return this application to:

Shelley Campbell
4208 E Desert Marigold Dr
Cave Creek, AZ 85331
Fax: 480-556-1020
Email: runningbuddies@gotrmc.org

THANK YOU for your interest in volunteering with Girls on the Run! Once you return your application, we will contact you with more details. We are looking forward to working with you!

LAST NAME: _____ FIRST NAME: _____ M.I. _____

HOME ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ BIRTHDATE: _____

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE: _____ EMAIL: _____

Are you a:

Parent of a Girl? _____ Coach? _____ or Returning Running Buddy? _____

Would you like to be paired with a specific GOTR Participant? If so, please list her name and the school she attends here:

For a 5k distance, what is your pace?

We will attempt to match you with a girl of similar or slower pace (most girls are generally much slower than their adult buddies).

- _____ Easy pace (10+ minutes per mile)
- _____ Medium pace (8-10 minutes per mile)
- _____ Fast pace (Under 8 minutes per mile)

Is it okay for us to release your contact information to your girl buddy if she requests it?

- _____ Yes
- _____ No