A Buddy Runner is...

an individual who completes the GOTR 5K with a program participant to ensure their safety and provide encouragement during the event.

You do NOT have to be fast or a runner. The pace is set by the program participant you are with, which is usually a mix of running and walking.

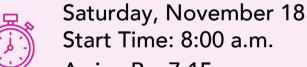
2,000+ people are expected to participate at each 5K event, which may be overwhelming for young participants. You can help provide comfort!

Financial assistance is available.

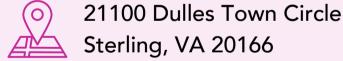




Dulles Town Center



Arrive By: 7:15 a.m.



www.gotrnova.org/5K

GOTR and H&S participants do NOT need to register for the 5K.





