

# 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

Saturday, November 18

Start Time: 8:00 a.m.

Arrive By: 7:15 a.m.



21100 Dulles Town Circle  
Sterling, VA 20166

[www.gotrnova.org/5K](http://www.gotrnova.org/5K)

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



Register today!

