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Why be a Buddy Runner?

Why do we have Buddy Runners?

At Girls on the Run of Northern Virginia, we want all of our Girls on the Run and Heart & Sole participants to have a positive 5K experience at the end of their 10-week programs. By the time they get to the 5K, the girls have hopefully developed the skills they need to be confident, happy and healthy as they navigate future life challenges.

For many of them, the Girls on the Run 5K event is their first 5K. We expect large crowds with more than 2,000 runners at each event day. Buddy Runners provide support and encouragement as the girls participate in the 5K events.

What is the role of a Buddy Runner?

Buddy Runners are able to focus on one specific participant and their personal goals, ensuring they have a positive experience of healthy goal setting and achievement - a lesson we hope will stay with them long after they cross this finish line.

Does every participant need a Buddy Runner?

We strongly encourage that all Girls on the Run and Heart & Sole participants have pre-arranged Buddy Runners. Please note that parents and guardians are responsible for ensuring appropriate supervision for each girl before, during, and after the race (even if the participant does not have an assigned Buddy Runner). Coaches are responsible for the team as a whole, and should not be assigned to be Buddy Runners to individuals unless the coaches have approved it in advance.

What if I cannot find a Buddy Runner for my participant?

We would be happy to help you find one! We have special volunteers (called Road Runners) who sign up to run as a Buddy Runner with a participant during the 5K. The Road Runners are background checked before the race. Please let your coach know two weeks prior to 5K day if you'd like your participant to be matched up with a Road Runner.



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5K Buddy Runner Fee Timeline – Fall 2022

T-Shirt Deadline is October 10th, 2022

- **EARLY BIRD FEE (\$35):**
Monday, August 15th - Sunday, October 2nd, 2022
- **REGULAR FEE (\$40):**
Monday, October 3rd - Monday, October 31st, 2022
- **LATE FEE (\$45):**
Tuesday, November 1st - Friday, November 18th, 2022
- **DAY-OF FEE (\$50):**
November 19th and 20th, 2022
- **Family Pack of 4 – use code FAMILY22F**
4th registration free when using this code!

Use the link or QR code below to register:

<https://www.pinwheel.us/register/index/Fall20225KEvent>





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Buddy Runner Swap Procedure

In the event that a previously registered Buddy Runner can no longer participate in the 5K event and a new Buddy Runner has been secured for the participant, please use the following instructions to complete a Buddy Runner Swap:

1. Contact the GOTR NOVA 5K Manager, Ashleigh Conrad, by emailing aconrad@gotrnova.org with the following information:
 - a. Participant's Name
 - b. Original Buddy Runner's Name and
 - c. New Buddy Runner's Name
2. A code will be provided to you for the NEW Buddy Runner to complete a registration at no-cost. The NEW Buddy Runner will complete a 5K registration by visiting <https://www.pinwheel.us/register/index/Fall20225KEvent> and apply the code at check-out.
3. The GOTR office will ensure that the new Buddy Runner is given their bib and properly registered as the participant's new Buddy Runner.