

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.



Pentagon City

Sunday, May 19
Start Time: 8:30 a.m.
Arrive By: 7:45 a.m.



Grace Murray Hopper Park
1401 S Joyce St
Arlington, VA 22202

www.gotrnova.org/5K

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



Register today!

