



BECOME A RUNNING BUDDY!

Be Inspirational to a Young Girl

and Help Her Cross the Finish Line at our 5K Celebration!



WHAT IS A RUNNING BUDDY?

a parent/family member, teacher, family friend or community volunteer. We need the happiest and most energetic buddies in Utah. **IS THAT YOU?**



THE JOB OF A RUNNING BUDDY

is to be by a girl's side either running, walking or skipping at her pace, encouraging her to do her best, but also recognizing and respecting her limits.

YOU COMMIT TO RUN TWICE

with your buddy, once at her practice 5K (about 2-3 weeks before the May 21st 5k Celebration Event at Sugarhouse Park, SLC, UT) and the day of the 5K Event. Each school site has a different practice day/time and these are listed on our website under 'program locations' as soon as available.

REGISTER FOR OUR MAY 20th 5K EVENT,

pay the \$30 event fee and choose the 'Running Buddy' option. Either choose a school that you would like to run with or select the 'choose for me' option and we will contact you to match you up with the school that works best with your schedule.

QUESTIONS?

Please contact our Program Assistant, Sandy Martinez at sandy@girlsontherunutah.org or 801-824-3652.



www.girlsontherunutah.org