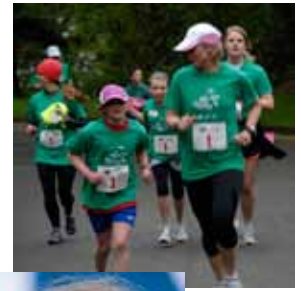




Girls on the Run of Puget Sound
8757 15th Ave NW
Seattle, WA 98117
Ph: (206) 528-2118
<http://www.girlsrun.org>



Encourage a 3rd, 4th, and 5th grade girl, to cross the finish line of their first 5K and have fun with Girls on the Run!



We Need You!

Running Buddy Volunteers Needed

What is a Running Buddy?

Share a girl's exhilaration and excitement as she crosses the finish line of her first 5K. For many girls, this is the biggest challenge - and biggest accomplishment - of Girls on the Run...and one of their favorite parts is having their very own Running Buddy by their side! As a Running Buddy, you will chaperone and mentor one girl through her two 5K experiences: the Practice 5K and the New Balance Girls on the Run 5K. That means keeping pace with your girl, ensuring her safety, and cheering her on! The time commitment to be a Running Buddy is approximately 6 hours, spread out over a few weeks.

What will I be required to do?

- Must be 16 years or older by November 14, 2011.
- New and returning Running Buddies are required to read and watch training materials.
- New and returning Running Buddies must consent to a background check. (A \$25 contribution is asked to cover the cost of the background check and Girls on the Run registration fee. This contribution can be waived on a case-by-case basis).
- Must attend both 5K events. Each Running Buddy is matched with a specific girl based on walking/running pace. (Having the same Running Buddy for both 5Ks contributes to the girls' overall experience of mentorship and encouragement).

How do I get started?

If you are interested in learning more about being a Running Buddy, contact Anna Fleming at anna@girlsrun.org or visit our website at www.girlsrun.org/runningbuddy

About Girls on the Run

Girls on the Run is a non-profit youth empowerment program that encourages preteen girls to develop self-respect and healthy lifestyles through running. The program addresses all aspects of girls' development, including their physical, emotional, mental and social well-being. Girls on the Run International® is the parent organization of more than 160 Girls on the Run councils across the United States and

Canada, including the local Puget Sound council. The after-school program runs in the spring and fall. This fall, Girls on the Run Puget Sound has 25 groups at 22 locations. For more information about Girls on the Run of Puget Sound, visit www.girlsrun.org.

- Connect with us: [Twitter](#) and [Facebook](#)



"It's a lot like recess and a slumber party all in one."