



Girls on the Run® of the Greater Chesapeake Running Buddy Description

Serving as a running buddy is an amazing opportunity to get involved with Girls on the Run and make a difference in the life of girl within your community. Running Buddies join the Girls on the Run participants during their 5K celebration run to encourage the girls as they exercise their spirits and push their bodies to complete the event. For many girls and buddies this is a magical experience because the girls are accomplishing something they have been dreaming of for 10 weeks.

Volunteer Description:

A Running Buddy is a volunteer opportunity for individuals interested in providing support for a girl during the 5K celebration. Running Buddies provide enthusiasm, encouragement and support to their buddy throughout the 5k event day by being their personal cheerleader.

Core Duties/Responsibilities include the following (other duties may be assigned):

- Understand and believe in the mission of Girls on the Run
- Encourage and motivate all participants
- Provide one-on-one attention to your assigned Girls on the Run participant
- Run and/or walk the 5K with your assigned Girls on the Run participant

Qualifications:

- A positive female role model
- 18+ years of age
- A great desire to make a difference in the life of a girl
- Flexible / ability to accommodate to a changing environment
- Strives to lead a healthy lifestyle
- Complete and clear a background check verification

How to Apply:

The easiest way to apply is by filling out a Running Buddy application at www.gotrchesapeake.org. Applications can also be mailed, faxed or emailed to the following:

Angela Edwards, Executive Director
Girls on the Run of the Greater Chesapeake
P.O. Box 4596, Annapolis, MD 21403
Fax: 888.830.1917, Phone: 443.454.9274
Email: angie@gotrchesapeake.org