

Girls on the Run® of Pamlico County

Running Buddies for December 3rd

5K Fun Run



What is a Running Buddy?

During the 5K Fun Run each girl is accompanied by an adult (18 or older) who will run and walk with her for 3.1 miles and give her encouragement. The Running Buddy's job is to keep the girl company, encourage her to do her best, and show her that you are proud of her no matter what! A Running Buddy may be a girl's family member but this is not required. *If no family member can participate, we will provide a Volunteer Running Buddy for your girl.*

If you or someone in your family would like to run/walk with _____, please return the form below. This can be a motivation to walk and run regularly during the next few weeks to get in shape to run with the girls.

The girls and their Running Buddies should be at the High School track at 9:15 am. Dress for the weather! The event will conclude with an Awards Ceremony at about 11:30am. Thank you for supporting Girls on the Run of Pamlico County!

Cynthia Cochran

Cynthia Cochran, 5K Coordinator
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Yes, I will be a Running Buddy for _____ . I understand that I will need to be able to run and walk at her pace for 3 miles (12 laps on the track).

I understand that physical reactions to exercise may include heat-related illness, abnormal heartbeats and blood pressure and, in rare instances, events such as heart attacks. While Girls on the Run of Pamlico County takes all reasonable precautions, we can make no guarantees regarding these and other risks. Recognizing the risks and in consideration for allowing me to participate in the program, I hereby release, discharge and agree to hold harmless, and to indemnify each of Girls on the Run of Pamlico County and Girls on the Run International, their owners, directors, officers, contributors, sponsors, employees, contractors, agents and assigns against and from any causes of action, claims, demands, damages, costs, loss of services, expenses, compensation, all consequential damages and attorneys' fees (regardless whether pursuant to the laws of any county, state or country) claimed by, through or on behalf of me related directly or indirectly to the program (including without limitation the 5k Fun Run), and specifically including any and all claims for personal injuries sustained while participating in program activities without regard to negligence or negligent conditions.

Signature _____ Date _____

Print Name _____ Age _____ Relationship to girl _____

Signature of parent if under 18 _____

My phone numbers _____ My email _____

Person to contact in case of emergency _____

Emergency Contact Phone Numbers _____