

**Greater Kalamazoo Girls on the Run – GIRLS ON TRACK RUNNING BUDDY
2009 Girls on Track® Running Buddy Application -- DUE November 13, 2009**



Girls on Track® (GOT) Running Buddies join the Girls on Track participants during their 5K celebration run to encourage the girls as they exercise their spirits and push their bodies to complete the event. Running Buddies will be assigned individually to a team, where the coach will identify a girl or girls who might benefit from the extra encouragement and camaraderie Running Buddies will provide as they complete the 5k together. The 2009 GOT Celebration Run will be held in conjunction with the Turkey Trot on the campus of Western Michigan University on Saturday, November 21st. Running Buddy check-in begins at 8:00 a.m., while the run begins at 9:00 a.m.

Name _____

Phone (Day) _____ (Evening) _____ (Cell) _____

Address _____

City _____ State _____ Zip _____

E-mail (required) _____

Running Buddies are asked to wear their own Girls on Track/Girls on the Run t-shirts, if possible. A limited number of vintage GOT/GOTR t-shirts will be available at the event to purchase for \$5 for Running Buddies who do not already own a GOTR/GOT t-shirt.

If you don't have a GOT/GOTR shirt already and would like to purchase one, please circle adult T-shirt size
S M L XL XXL

Is there a specific site/team with which you would like to run? If yes, please name _____

Is there a specific girl with whom you would like to run? If yes, please name her _____

Criminal Background Check Permission

I give permission for Greater Kalamazoo Girls on the Run to complete a criminal background check.

Signature

Please Print:

First Name _____ Middle Initial _____ Last Name _____

Maiden/Prior Name(s) _____

Ethnic Background (optional, but requested by state of Michigan for background check) _____

Date of Birth _____

Applications must be returned by November 13, 2009

Mail or fax application to:
Karen Raseman, GOTR®
125 W. Exchange Place
Kalamazoo, MI 49007
Fax 269.385.5806

Please direct any questions to Karen Raseman at 269.491.6865 or karen@girlsontherunkazoo.org

