



How to register as a Running Buddy

All running buddies must register for the 5k race. Each running buddy must be accounted for and race waiver approved during registration process (online). The cost to register is \$15.00 and includes a t-shirt and personalize race bid. Hurry and register, price will increase the closer it gets to race day (*running buddies are not timed*).

Step 1: Determine 5k race for your county (*Double check with your head coach with which race your school will be attending. Some teams attend races outside of their county*)

- NaberDodge.com 5k April 27th (Brunswick County)
- Marine Chevy Shuffle 5k May 11th (Onslow, Craven, Carteret, and Jones Counties)
- OrthoWilmington 5k May 18th (New Hanover, Pender, and Sampson Counties)
- Columbus County- Contact Rachel Smith rachelsmith.nc@gmail.com

Step 2: Find Website

- www.nckidsrun.org Find 5k link on main page **or**
- www.sportoften.com search your 5k race by race name

Step 3: Follow Registration Instructions

- Choose (**name of race**) 5k- **\$25.00/\$30.00 until...** to start registration. Fee will be reduced at check out for running buddies. Answer questions accordingly
- Must input child's name and school of who you are running with
- Only one running buddy per GOTR/STRIDE participant

You can also visit www.nckidsrun.org for more information about GOTR/STRIDE races

**Girls and boys in program are already per-registered.
They do not have to register online.**

If you are not a running buddy or you are a running buddy that would like to be timed, please answer **NO** to question number 4 regarding running buddies.

We encourage the whole family to join the fun on race day. Additional family members are always welcome to register. ONLY **one** running buddy per GOTR/STRIDE participant.

