

“ Buddy Runner Appreciation Week  
Stories from GOTR 5K Runners ”



## Natalie & Andrea Prince William County

Spring 2013

*This was my second time racing with my daughter Andrea. I have been wanting to get more active, especially when Andrea joined GOTR. I worked crazy hours that made it impossible for me. Then things started to look up, and I started to work out at least 3-4 times a week. We did activities together and started to adjust our diet. We were picking healthier foods, and what made it great was that Andrea was making the decisions. We both stayed active until the race.*

*The day of the race, one word can describe it “AWESOME”. The vibe you get from the coaches, runners, family and volunteers was great. I felt so energized and ready to go when we got there. I was happy that I was able to enjoy this day with my daughter. She seemed so motivated and full of smiles. I am thankful that I was able to be her buddy runner. It didn't just help her, but it helped me as well. The experience you have from the beginning, and leading up to the race is unforgettable. Your daughter comes out of this feeling 10x better than before, and I hope all girls get the chance to live this experience.*