

Girls on the Run Utah Fall 2025 Volunteer Opportunities

ONE-TIME VOLUNTEER OPPORTUNITIES

| EVENT | WHEN & WHERE | VOLUNTEER TASKS | GET INVOLVED |
|----------------------------|---|--|--|
| Program Supply Prep | Wednesday, August 13, 2025 Thursday, August 14, 2025 12-4 p.m. <i>Girls on the Run Utah office</i> | <ul style="list-style-type: none"> Assemble participant items Assemble coach materials Assemble team supplies | Sign up for August 13 Sign up for August 14 |
| Coach Training | Saturday, September 6, 2025 7:30-9:30 a.m. & 11 a.m. to 1 p.m. <i>Beacon Heights Elementary</i> | <ul style="list-style-type: none"> Set up & clean up Check coaches in/out Organize participant shirts Distribute team supplies | Volunteer sign up <i>Shifts available!</i> |
| Sneaker Soirée Prep | Friday, September 19, 2025 8 a.m. to 12 p.m. <i>University of Utah Alumni House</i> | <ul style="list-style-type: none"> Set up & decorate venue Organize silent auction items | Volunteer sign up |
| 5K Supply Prep | Wednesday, October 22, 2025 Thursday, October 23, 2025 12-4 p.m. <i>Girls on the Run Utah office</i> | <ul style="list-style-type: none"> Assemble race bags Assemble team items Organize race shirts Organize event supplies | Sign up for October 22 Sign up for October 23 |
| 5K Packet Pickup | Monday, November 10, 2025 Tuesday, November 11, 2025 9 a.m. to 6 p.m. <i>Girls on the Run Utah office</i> | <ul style="list-style-type: none"> Organize race shirts Distribute race shirts & bags | Sign up for November 10 Sign up for November 11 <i>Shifts available!</i> |
| 5K Celebration | Friday, November 14, 2025 2-4 p.m. Saturday, November 15, 2025 7:30 a.m. to 12 a.m. <i>Sugar House Park</i> | <ul style="list-style-type: none"> Set up & clean up Registration & packet pickup Hydration station Cheer squads & finish line | Sign up for November 14 Sign up for November 15 |
| Program Inventory | Wednesday, December 3, 2025 12-4 p.m. <i>Girls on the Run Utah office</i> | <ul style="list-style-type: none"> Organize program materials Count program materials | Volunteer sign up |

LONG-TERM VOLUNTEER OPPORTUNITIES

| TYPE | VOLUNTEER DESCRIPTION | GET INVOLVED |
|------------------|---|--|
| Coach | Make an impactful difference leading and having fun with a team of girls twice a week during our spring or fall season. | Learn more about coaching at girlsontherunutah.org/coach |
| Fundraise | Serve on an event committee to help plan our golf tournament in June or Sneaker Soirée fundraiser in the September. | Contact Allison Leishman at allison@girlsontherunutah.org |



There are countless ways to make a difference this fall!

Questions? Please contact brooke@girlsontherunutah.org

www.girlsontherunutah.org/volunteer

