

Girls on the Run Utah 2024 Volunteer Opportunities

ONE-TIME VOLUNTEER OPPORTUNITIES

EVENT	WHEN & WHERE	VOLUNTEER TASKS	GET INVOLVED
Program Supply Prep	Tuesday, March 5, 2024 9 a.m. to 1 p.m. Thursday, March 7, 2024 2 p.m. to 6 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 	Group or individual opportunities! Volunteer sign up
Coach Training	Friday, March 15, 2024 4 p.m. to 6 p.m. Saturday, March 16, 2024 7-9 a.m. & 11 a.m. to 1 p.m. <i>Location to be determined</i>	<ul style="list-style-type: none"> · Set up & clean up · Check coaches in/out · Organize participant shirts · Distribute team supplies 	Group or individual opportunities! Volunteer sign up
5K Supply Prep	Tuesday, May 7, 2024 9 a.m. to 1 p.m. Thursday, March 9, 2024 2 p.m. to 6 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 	Group or individual opportunities! Volunteer sign up
5K Packet Pickup	Wednesday, May 29, 2024 10 a.m. to 2 p.m. & 2-6 p.m. <i>Girls on the Run Utah office</i>	<ul style="list-style-type: none"> · Organize race shirts · Distribute race shirts & bags 	Group or individual opportunities! Volunteer sign up
5K Event Celebration	Saturday, June 1, 2024 6:30 a.m. to 11 a.m. <i>Sugar House Park</i>	<ul style="list-style-type: none"> · Set up & clean up · Registration & packet pickup · Hydration station & happy hair · Cheer squads & finish line 	Individuals, please fill out a volunteer application Groups, please email mindy@girlsontherunutah.org

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
Solemate	Participate in a physical activity challenge (marathon, cycling race, swimming event, etc.) while fundraising for Girls on the Run.	Learn more about Solemates at girlsontherunutah.org/solemates



There are countless ways to make a difference this spring!

Questions? Please contact mindy@girlsontherunutah.org

www.girlsontherunutah.org/volunteer