

Title	Event Volunteer	Running Buddy	SoleMate	Head Coach	Committee Member	Assistant Coach	Board Member
Role	Behind the scenes support	Work with participants at the 5K	Run with your heart, not just your feet	School and participant support	Behind the scenes leadership	Work with participants weekly after school	Behind the scenes leadership
Description	Assists with logistics at annual 5K, Expo, or Fundraiser	Runs with a girl during the end-of-season 5K	Support the program through organized and self-directed fundraising	Completes initial site application, helps identify coaches, helps recruit participants	Participates in committee meetings, provides leadership, and manages tasks	Leads a team of girls using prepared curriculum in bi-weekly lessons	Works with Council Director, oversees direction of GOTR program, and promotes mission
Time Commitment	Varies—as much as you want!	1-2 days per year	Varies—as much as you want!	2-4 hours per week, 1-2 seasons	1-3 hours per month, year-round	2-4 hours per week, 1-2 seasons	3-6 hours per month, year-round

Girls on the Run runs on volunteers, and every volunteer plays an important role in helping us *achieve program success* and *promote our mission*—inspiring girls to be joyful, healthy, and confident!



## Rainbow of Volunteerism

To Apply: (443) 583-7740

