



Girls on the Run Vermont Volunteering Opportunities

Want to get involved but not sure how? See what opportunities match your interests below!

And remember, you don't have to be a runner to be a coach!

Volunteer Role	Volunteer Description	Approximate Volunteer Hours
Head Coach	An adult 21+ who leads the participants and facilitates the lessons.	<ul style="list-style-type: none"> • 5-7 hours for training (online & in-person) ~required • 2 lessons per week, 1 ½ hours per lesson, 10-week program • Attend and support participants at end of season 5k • Additional responsibilities related to success of the program; including pre-season coordination • CPR/First Aid certification required
Assistant Coach	An adult 18+ who assists the lead coach with the group and lessons.	<ul style="list-style-type: none"> • 5-7 hours for training (online & in-person) ~required • 1-2 lessons* per week, 1 ½ hours per lesson, 10-week program • Attend and support participants at end of season 5k
Junior Coach	A student volunteer (18 and under) whose primary role is that of a positive role model and cheerleader.	<ul style="list-style-type: none"> • No training required • 1-2 lessons* per week, 1 ½ hours per lesson, 10-week program • Must be 2 years or older than the oldest participant
Site Liaison	An adult volunteer who supports a site's administrative needs.	<ul style="list-style-type: none"> • No training required • Hours vary throughout the season
5k Committee Member	Help to create a fun and safe experience for all 5k participants.	<ul style="list-style-type: none"> • Assist with organization, planning, and execution of 5k celebration • Attend up to three 5k committee meetings between January and May
5k Event Day Volunteer	Adults or students to be at 5k to volunteer for various duties.	<ul style="list-style-type: none"> • Help with 5k set up / take down • Support participants along the course • Cheer for all participants • Assist at registration/activity tables/other activities
5k Volunteer Recruiter	Adults or students to perform regional community outreach for 5k event day volunteers.	<ul style="list-style-type: none"> • Community outreach to recruit 5k event day volunteers through private sector, civic organizations, schools, athletic clubs, etc. • Attend meetings to present volunteer opportunities to members of these groups
5k Volunteer Coordinator	Adults who organize and coordinate 5k event day volunteers alongside recruiter.	<ul style="list-style-type: none"> • Communicate and coordinate role assignments of event day volunteers leading up to and during event day • Work closely with Volunteer Recruiter if any shortfalls/specifics are needed leading up to event day
SoleMate	A statewide opportunity to raise funds for GOTRVT while training for an athletic event of your choice.	<ul style="list-style-type: none"> • Set personal goals such as running in a marathon or 10k event to raise money for GOTRVT • Each year, SoleMates raise critically needed funds that ensure our council is able to serve more girls across our state
SoleMates Recruiter	Adults or students interested in recruiting participants for SoleMates fundraising campaign.	<ul style="list-style-type: none"> • Reach out to potential SoleMates to create awareness and education about the program through community connections, running or athletic clubs, races, events or training groups
General Administrative Volunteer	Anyone interested in supporting GOTRVT with administrative tasks.	<ul style="list-style-type: none"> • No training required • Hours will be determined between volunteer and staff

*Assistant/Junior Coaches have the flexibility to attend 1 lesson per week as the coach teams' needs allow. The more coaches the better!