

Spring is right around the corner and that means our spring program will soon be up and *running!* By volunteering just a few hours with Girls on the Run Utah, you can change the future of a young girl for a lifetime. We would LOVE your help with any or all of the following upcoming opportunities:

Date Time Location	Event	What will I be doing?	Is this for groups or individuals?	How do I sign up?
One-time opportunities				
Fri, March 10 3 - 5 pm <i>Beacon Heights Elementary School</i>	Coach training	Setting up venue for event	Both	Friday coach training sign up
Sat, March 11 7 - 9:30 am & 12 - 2 pm <i>Beacon Heights Elementary School</i>	Coach training	Checking in coaches and distributing team supplies	Both	Saturday coach training sign up
Wed, May 31 10 am - 2 pm & 2 - 6 pm <i>Salt Lake Running Company</i>	Packet pick up	Organizing and distributing race packets	Individuals	5k Race Packet Pick Up
Sat, June 3 7:30 - 11:30 am <i>Sugar House Park</i>	5k	Girls on the Run Utah 5k	Both	5k volunteer application
Longer-term opportunities				
Now - June 3	Coach	Girls on the Run Utah Coach description	Individuals	Girls on the Run Utah coach application
Now - June 23, 2023	Golf tournament	Girls on the Run Utah golf tournament	Individuals	Contact Allison Leishman allison@girlsontherunutah.org
Now - September 22, 2023	Sneaker Soiree	Help plan our annual fundraising event by gathering community items and support	Individuals	Contact Allison Leishman allison@girlsontherunutah.org
Now - Forever	Sole Mate			