

VOLUNTEER

at the Girls on the Run of the
Greater Chesapeake Fall 5K!

Sunday, November 22, 2026

Celebrate every girl's courage, confidence, and accomplishments at the 5K. Volunteers help create a joyful, welcoming experience for participants, families, coaches, and community members.

VOLUNTEER OPPORTUNITIES



CHEER STATIONS

Bring energy and encouragement to the participants on the course!

8:00 - 11:30 AM



SPARKLE SWEEPERS

Be the last group to walk the 5K and clear the course decked out in GOTR gear!

8:30 - 11:45 AM



WATER STOP

Keep participants refreshed out on the course and spread GOTR cheer!

8:00 - 11:15 AM



COURSE MARSHALS

Help guide participants safely along the 5K course from designated stations.

8:00 - 11:45 AM



BIKE LEAD

Guide the participants through the 5K course on your bike.

8:00 - 10:00 AM



POST-5K REFRESHMENTS

Hand out snacks and water at the finish line.

9:00 - 11:45 AM



VOLUNTEER CHECK-IN

Greet and check in volunteers as they arrive.

6:30 - 9:30 AM



BIB PICK-UP

Greet and hand out bibs and 5K shirts to our registered 5K Buddies!

6:45 - 9:15 AM

NO EXPERIENCE NEEDED! Individuals and groups welcome!

5K DETAILS



Sunday, November 22, 2026

5K begins at 9:00 am

Pre-5K fun begins at 8:00 am



Druid Hill Park, Baltimore

1 Safari Place, Baltimore, MD 21217



Scan to volunteer



www.gotrchesapeake.org/volunteer

Questions or interest in coordinating corporate/group volunteer opportunities?
Email Rachael.jarrell@girlsontherun.org.