

# My Volunteer Work

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- Planned, organized and carried out **Female Athlete Triad Education Campaign**. Visited Region 4 high school XC Running teams and spoke to girls about short-term and long-term dangers of the triad.
- **PLAAY Planning Committee** – Positive Leadership for Active Alaskan Youth – planning a synchronized day of activity for every elementary school student in Alaska!
- **Skiku** – spent a week teaching kids to ski in Anantuvuk Pass, Alaska (April, 2016)
- **Girls on the Run** – Auctioneer for annual fundraising auction
- **Alaska Dispatch News Correspondent**. Wrote a series of articles featured during pre-Olympic World Cup - Currently writing a column titled *"The Road to Sochi, the path to the Olympics through an Athlete's eyes."*
- **Girdwood 2020** Fundraising for athlete scholarships & grants.
- **Keynote speaker & panelist** at the Alaska Women's Summit, 2013 & 2014.
- Wrote a monthly **International Column** for Alaska state-wide **Nordic Skier** Newspaper.
- Ambassador for **Fast and Female**; empowering girls with confidence and leadership skills through sports. The US Ski Team ladies traditionally hold an event at each training camp we do throughout the country. I have also been on the organizing committee for events in Anchorage that draw over 325 girls!
- Serves as a **"Healthy Hero"** for the Anchorage Healthy Futures Program; promoting and instilling healthy habits into the youth of Anchorage. (Frequently records PSA's, attends events, energizes groups)
- Spokesperson for **"Get out and Play Everyday"** Campaign. State program advocating for children to get 60 minutes of play and/or exercise everyday!
- Spokesperson for **Girl Scouts of Alaska** – Have recorded 6 different PSA (Public Service Announcements) for the organization.
- Keynote speaker at Girl Scouts **Young Women of Distinction** Luncheon, 2015.
- **Barrow, Alaska** (North Slope) School visits and Nordic Ski Club kick-off - April, 2013
- Produced and was featured in **10 How-To Cross Country Ski** videos for the Anchorage Daily News - free instruction from the privacy of ones' own home for general public consumption
- Frequently serves as keynote and/or **guest speaker in local schools** - assemblies, honor role induction ceremonies, physical education classes.
- Volunteers with **Special Olympics** Alaska.
- "Models" for Skinny Raven's annual "Best in Boots" fashion show – a fundraiser for the YWCA.
- Featured speaker & panelist for the **Alaskan Women's Summit**; 2013, 2014.

- **ARISE:** Alaskan Runners Inspired to Succeed and Excel; bringing running and love of a healthy lifestyle into Title 1 Elementary schools.
- Participates in annual October Fairbanks on-snow camp open called, "**First Tracks**" open statewide to young skiers. (Role model, guest speaker, guest coach)
- Leader for "**Bike to School Day**" ... over 1,500 Anchorage School District elementary schools participated.
- **Donates clinics**, equipment and time to *many* non-profit auctions and causes that I believe in annually
- Delivered **key note speech** at Junior Olympics, 2010
- Featured on **Alaska Public Radio**, KSKA, 91.1
- Coached *Team Alaska* at **Junior Olympics** for 5 years including last year directly after the Olympics – choosing to fulfill my commitment to the kids rather than going to compete in Europe.
- Serving as **Head High School Ski Coach** at West Anchorage HS 3 years (While not entirely volunteer I did make \$3/hour!)
- Worked as an avid volunteer for the **Bonny Sosa Tuesday Night race series**. My husband and I were in charge of “cleaning the courses” for three seasons + I set courses
- Conducts free, instructional clinics for the community
- Frequently speaks at various events including rotary luncheons, on behalf of the Anchorage Nordic Ski Association, etc.
- Blogged for **Athleta "CHI" blog** - articles used to empower female athletes
- Served as "guest athlete" and honorary starter for the **Alaska Run for Women**, 2010 - an annual Breast Cancer Research run