



PEGCITY STEPPERS

Job Description



Run Leader and Walk Leader

Position Title: Run Leaders & Walk Leaders (2-3 Each)

Location: In-Person

Commitment: Weekly

Term: 1 Year

Reports To: Executive Director / Board of Directors

Compensation: Voluntary with Benefits (Refer to the Benefits Section)

Business need

We are seeking **Run Leaders** and **Walk Leaders** to play a key role in ensuring our weekly runs/walks are safe, enjoyable, and inclusive for all participants. As the face of the community, the Run/Walk Leader will lead weekly group runs/walks.

You will lead a group of runners/walkers on pre-planned routes, guiding them through the workout while providing encouragement and support to help them achieve their fitness and wellness goals. Whether participants are seasoned runners/walkers or just starting, your leadership will play a key role in fostering a welcoming, motivating, and safe environment for runners and walkers of all levels.

What you need to know about the team

Pegcity Steppers is a community-focused, non-profit organization dedicated to promoting physical wellness, mental well-being, and community engagement through running, walking and fitness. We offer programs and events designed to bring people together, build healthy habits, and support a welcoming and inclusive environment. Pegcity Steppers is in its 5th year of operation and seeking to expand our reach and services offered.

About the job

Essence of the role:

- **Lead Group Runs:** Lead scheduled group runs for participants of varying fitness levels, ensuring safety and adherence to the route.
- **Create a Supportive Environment:** Foster a positive and inclusive atmosphere by motivating runners/walkers, providing encouragement, and offering tips for improving running/walking form and performance.
- **Safety and Communication:** Monitor the health and well-being of participants, ensuring the group maintains safe pacing and respects traffic laws. Stay in communication with club coordinators in case of emergencies or incidents.

Examples of projects candidate will be working on:

You will work closely with the Executive Director, Board of Directors, and volunteers to:

- **Route Planning and Knowledge:** Familiarize yourself with the chosen run routes, ensuring they are safe and accessible for all participants. Be prepared to make route adjustments if needed.
- **Encourage Community Engagement:** Promote the values of the club by building camaraderie and helping participants connect with one another.

Impact of the role to the organization's collective success

The ideal candidate will be passionate about health and wellness, possess ability to:

- **Provide Feedback:** Offer constructive feedback to runners/walkers to help them improve and celebrate their achievements.
- **Be an Ambassador:** Represent the club's values, mission, and goals while maintaining a positive image in the local community.
- **Attend Training/Meetings:** Participate in any leadership training or team meetings to stay informed about club updates and running best practices.

Roles and responsibilities	Skills and experience
<ul style="list-style-type: none"> ● Lead Group Runs: Plan and guide weekly group runs, ensuring a safe and enjoyable experience for all participants. ● Foster Inclusivity: Create a welcoming environment for runners of all abilities, from beginners to advanced athletes. ● Promote Safety: Monitor the safety of participants during runs, including awareness of traffic, weather conditions, and hydration needs. ● Support Goal Achievement: Motivate and encourage participants to set and achieve their personal fitness goals. ● Plan Routes: Select and communicate run routes in advance, ensuring they accommodate different paces and distances. ● Coordinate Warm-Ups and Cool-Downs: Lead proper warm-up and cool-down exercises to prevent injuries. ● Engage the Community: Build relationships with participants, promote club events, and encourage growth within the community. ● Provide Feedback: Collaborate with the Run Club Coordinator to share feedback 	<ul style="list-style-type: none"> ● passion for running and promoting an active lifestyle. ● Experience leading group activities or coaching (preferred but not required). ● Strong interpersonal and communication skills. ● Ability to engage and motivate individuals of all fitness levels. ● Basic knowledge of injury prevention and running safety practices. (preferred but not required). ● Availability to lead scheduled runs and attend occasional club events.

and suggest improvements to club activities.	
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Benefits

- 1 Pegcity Steppers Run Leader/Walk Leader T-Shirt
- Entry to 1 race of your choice within the term of service under or up to a \$70 value.
- The opportunity to make a tangible impact on the health and wellness of the community in Winnipeg.
- Opportunity to give back to the community and inspire others.
- Work in a flexible, supportive environment, with the ability to make a meaningful contribution to an active, vibrant community.
- Networking opportunities with other community leaders, local businesses.

Expression of Interest

If you are interested in serving in this role for a 1-year term, please apply using the following link [Volunteer Opportunities](#) | [Pegcity Steppers](#).