Sam Werbel

Entrepreneurial outdoorsman and fitness enthusiast with years of experience owning and operating businesses, working in outdoor recreation, state government and politics, community leadership, and coaching health and wellness.

PERTINENT EXPERIENCES

CrossFit Burlington, Burlington, VT — *Co-Owner*

June 2017- May 2022

Responsible for all levels of business management and community leadership for a gym with a member base of nearly 150 athletes and a staff of six coaches. Responsible for coaching, payroll, staff management, personal training, Covid compliance, State agency reporting and more.

ActiveVT, Burlington, VT — *Founder, Co-Owner*

June 2016 - Present

Independent tour guide curating and facilitating Vermont excursions that feature outdoor adventures and authentic food and beverage experiences.

Agengy of Agriculture, Montpelier, VT — *Executive Assistant*

2014 - 2016

Supported the Secretary and Agency in all capacities, especially in communications, liaising with the VT Legislature and Governor, managing intra-agency work and projects with partner organizations.

EDUCATION

University of Vermont, Burlington, VT — *Bachelor of Arts*

May 2010 - *Cum Laude*

Anthropology and Geography Double Major, College Honors, Dean's List
Recipient of Geography Department's James Wilson Globe Award
Awarded Honors in Anthropology for thesis
National Geographic Honors Society, elected President of UVM Chapter

OTHER EMPLOYMENT EXPERIENCES

Molly Gray for Congress - Outreach Liaison. Burlington, VT: 2022
Tetra Tech ARD - Office Assistant. Burlington, VT: 2013-2014
Bluebird Restaurant Group – Server trainer. Burlington, VT: 2013–2018
PedalPower – Bicycle cab driver. Burlington, VT: 2010
U.S. Senator Patrick Leahy – Intern/Case-worker. Burlington, VT: 2008
Small Point Club – Sous-chef, promoted to chef. Phippsburg, ME: 2007
Upper Valley Ambulance – EMT and driver. Fairlee, VT: 2007
Upper Valley Rowing Foundation – Instructor. Hanover, NH: 2003-2005

SKILLS

Excellent communicator.

Versed in business management and financial operations.

Leadership confidence at the staff, and community levels.

Proficient coach with over 3,500 hours of group coaching experience.

PASSIONS AND INTERESTS

Fitness - Committed to the relationship between our fitness and overall wellbeing.

Outdoor recreation - Enthralled with the outdoors, seeing more of it and experiencing it with others .

Food systems - Focused on the importance of sustainable and diversified food systems.

Democracy and Governance - Advocate for equity, honesty and fairness in elections and leadership.

Sustainability - Mindful of the importance of innovation and austerity needed to make tomorrow possible.

LANGUAGES

English, French, Spanish