

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

ActiveVT, Burlington, VT — Founder/Owner

June 2016 - Present

ActiveVT started as a tour company offering outdoor excursions/dining experiences. 9 years later the focus is on fitness, nutrition and adventure. Our small team of coaches help clients daily through small group fitness classes, personal training, nutrition coaching... even local adventure, 48 hour races and, adventure film festivals.

City Market Onion River Co-Op, - Board President

July 2022 - Present

First appointed by the Board of Directors to fill a vacant position. Succeeded in the first election as an incumbent. After being on the board for a year was elected to the position of the Vice Presidency unanimously by my peers. A year later was unanimously elected by my board peers to the position of the Presidency. Works closely with the General Manager every other week to ensure a strong and professional relationship between the board body and the leadership of the Co-op.

CrossFit Burlington, Burlington, VT — Co-Owner

June 2017- May 2022

Responsible for all levels of business management, implementation, and community leadership for a gym, its members, and staff.

Agency 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

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

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