

# Volunteer Role: Tail Walker



## **Volunteering as a Tail Walker**

If you can comfortably walk a 20 minute mile and maintain that pace for the duration of the race length, then you can be a tail walker at one of our events. Tail walkers (also known as Back Markers) play a crucial part in all running events. Their purpose is to ensure the race finishes on time, by setting the slowest pace permissible. Tail walkers also form a visible end to the race for spectators and event staff alike.

As a Tail Walker you will maintain the minimum race pace allowed for the event, acting as a back marker for the runners. This is approximately a 20 minute mile (depending on the event). Tail walkers can help motivate and cheer on the slower runners, as well as following race procedures should a runner be unable to maintain the slowest allowed race pace.

Tail walkers normally work in pairs and are allocated a radio, with instructions on who to contact for support. They will be briefed by the Race Director before the event begins.

## **What does a Tail Walker do?**

Once all runners have crossed the start line, tail walkers are instructed to begin walking. You will be given a minimum pace to maintain and time critical positions for certain locations where you will need to pass by set times. This is to ensure that roads can be reopened on time.

You will have a radio to communicate with Event Control should you encounter any problems. Event Control will also let you know if you need to make alterations to your pace.

Behind you will be a Sweep Vehicle. Any runners who fall behind the slowest pace allowed and have to drop out of the race, can ride in the Sweep Vehicle to the end of the race. Any runners who enter the Sweep Vehicle need to be logged on the appropriate paperwork and their number reported to Event Control.

## **What to wear when you're volunteering at a Run 4 Wales event**

We provide an Extra Milers t-shirt for all volunteers, which is yours to keep. So that you are identifiable as a Run 4 Wales volunteer, we ask that your volunteer t-shirt be visible at all times, so please wear your volunteer T-shirt over any other clothing.

Tail walkers will be given an official race number bib to wear, as well as a Tail Walker high vis vest, so you are visible as the official end of the race.

Please come appropriately dressed for the weather. We recommend wearing layers and ask you to wear plain trousers/jeans (avoid any branded sports clothing) and comfortable shoes. You may be outside for several hours so consider packing a raincoat and/or sunscreen and sunhat.

## **What to bring with you when you're volunteering at a Run 4 Wales event**

We provide an exclusive Extra Miler drawstring bag that we ask you to wear/ keep your personal belongings in whilst volunteering. We advise you to bring only essential personal items – we cannot store any volunteer personal belongings during the day.

We provide a lunch pack on the day (usually a sandwich, crisps and piece of fruit) and we will do our best to meet dietary requirements. However it can be a long day, so we recommend bringing some snacks. Please also bring a refillable water bottle.

### **I'm under 18. Can I volunteer with Run 4 Wales?**

We ask that all trail walkers are over 18 on event day. We welcome individual young volunteers aged 14 – 17 years old to volunteer in our other roles. However we ask that anyone aged 14 – 17 provides a completed guardian consent form and is accompanied by someone aged 18 and over. We work with young person groups, from cadets and guides to colleges and social clubs, so please do get in touch if you would like to volunteer as a group.

### **Sustainability**

Run 4 Wales have a Green Action Plan and as part of our efforts in delivering sustainable events we have committed to an average 90% recycling rate, a 40% cut in damaging material use and a transition to low energy sources as we head towards a carbon positive event company by 2040. Please help us meet our targets by doing your bit to recycle as you walk the route.

### **General Run 4 Wales Volunteering Information**

- We provide a pre-event briefing for each volunteer role in the week prior to the event. This contains all the information you need for the day, including where to park, where to meet your supervisor and sign in as well as race specific information including relevant phone numbers.
- Once you have signed up to our volunteering platform (Rosterfy) you can access our volunteer support documents which give you more information about how to fulfil your role on event day.
- Whether it's a 10K race, a half marathon or the whole 26.2 miles, our runners are undertaking a significant challenge. Please congratulate them and encourage them as much as you can – they have said this really spurs them on!
- We want our volunteers to feel confident about their role and how to perform it. Our supervisors will do a briefing once all volunteers have arrived but if you have any questions or concerns throughout the day please ask.
- Please be aware that photography and video filming will take place during event day. Any images and footage will be used in Run 4 Wales communications to promote future events. I
- Remember that this is meant to be an enjoyable day for all involved and that means you as well as the runners! We hope you enjoy your volunteering experience, have fun and find it satisfying to be part of this great sporting and charity event. We always send out a volunteer survey after the event to find out what you enjoyed and what we can do better next time.

### **Are you ready to become an Extra Miler?**

To join the Run 4 Wales Extra Milers volunteering community, simply create a volunteer profile on our Rosterfy system. This just takes a minute, then you will have access to all our events and be able to see what volunteering roles are available for each event. Just sign up to your chosen event and role, save the date in your calendar and wait for the event briefing to come out.

Don't forget to follow the Extra Milers Facebook page too. We post event and volunteering information here, as well as photos, fun competitions and challenges.

