



# Corporate Volunteering with Run 4 Wales

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You don't have to run to get involved

## WHO ARE RUN 4 WALES?

Run 4 Wales (R4W) is a not-for-profit social enterprise and charitable trust set-up to promote and deliver major sporting events. Our events provide platforms to champion mental health, women's running, community regeneration, diversity and volunteering.

Our surpluses are invested into grassroots sport and community projects through our charitable foundation.

We are best known for delivering the Cardiff Half Marathon which attracts over 27,000 runners each year.



"Each time at an event, I meet friendly R4W staff, familiar and new volunteers. I learn and hear their stories and experiences. It provides a nice feeling of community and connection."

Jin Tan, long-time Extra Miler volunteer

**10** years experience of working with volunteers

**100%** of volunteers would do so again (\*Cardiff Bay Run 2022)

**900** volunteers in our Extra Milers community and still growing

## 2022 EVENTS

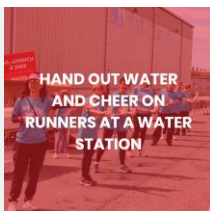


## EMPLOYER SUPPORTED VOLUNTEERING

Run 4 Wales offers corporate volunteering experiences that meet the needs of corporate social responsibility to create a fun and practical experience for your team, while delivering a real contribution to your local community. We recruit from 150 to 1,500 volunteers for our events.

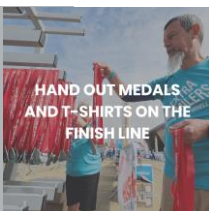
Corporate volunteering offers a great chance to get out of the office if your team is office-based or bring them together in a fresh environment if they are home-based. Volunteering at a Run 4 Wales event helps your team have fun, learn new skills and promotes mental and physical well-being by having a day outdoors. Being part of a mass race, seeing thousands of runners achieve their dreams, is an uplifting and inspiring experience.

## VOLUNTEER ROLES



**HAND OUT WATER AND CHEER ON RUNNERS AT A WATER STATION**

Water Stations are located around the course, at 5km intervals. We need up to 70 volunteers at a water station, making it a perfect choice for corporate volunteering. You'll help set up the station, then hand out water and cheer on the runners as they pass.



**HAND OUT MEDALS AND T-SHIRTS ON THE FINISH LINE**

The Finish Team are in the thick of the action, handing out medals, water and t-shirts, keeping the finishers moving to avoid congestion and directing them to the exits. With volunteers allocated to different finisher items, this is a good choice for small to medium corporate teams.



**DIRECT RUNNERS AROUND THE COURSE**

Course Marshals play a vital role in directing and motivating the runners. We'll issue you with loud hailer and foam fingers, to make yourself heard. The course is divided into sectors, with sector teams being the eyes and ears in that area reporting any incident to Event Control.



**CHAT TO RUNNERS PRE AND POST-RACE AT THE BAG DROP**

Runners can leave a bag at the Bag Drop Tent during the race. Volunteers work in pairs to look after a bag. This is a great opportunity to chat with runners before the race, and again afterwards to find out how they did, while ensuring their bag is safely stored with their runners number attached.

## WHY VOLUNTEER?

Share an experience you can take back to the office

Show your commitment to local causes

Create stronger relationships within your team

Be part of something bigger and engage with your local community

Have a front-row seat to the biggest running events in Wales

## HOW TO GET INVOLVED

SEND US AN EMAIL TELLING US MORE ABOUT YOUR TEAM

WE'LL TELL YOU ABOUT UPCOMING VOLUNTEER OPPORTUNITIES

COME ALONG TO THE EVENT AND GET INVOLVED!

## VOLUNTEER REWARDS

