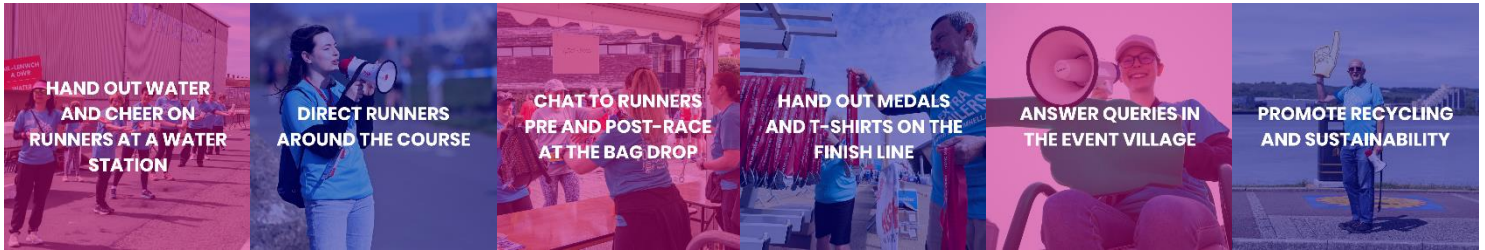




YOU DON'T NEED TO RUN TO BE PART OF SOME OF THE BIGGEST MASS-PARTICIPATION EVENTS IN WALES!

Our volunteers, better known as the Extra Milers, are essential in making sure that Run 4 Wales race days are a huge success. You don't need any special skills to become an Extra Miler, just be reliable, flexible and have lots of enthusiasm!

WHAT VOLUNTEERING ROLES ARE AVAILABLE?



HOW DO WE SIGN UP TO VOLUNTEER AS A GROUP?

GROUP VOLUNTEERING
with Run 4 Wales

email us and tell us about your group	we'll send you a sign-up form	and some recruitment artwork	you recruit your volunteers	we'll email you an event briefing	turn up on event day and get involved!
		volunteers@run4wales.org			

WHAT IS VOLUNTEERING LIKE?

Don't ask us, ask the Extra Milers!

"I have volunteered for the Cardiff Half and Cardiff Bay Run. I worked on the start and finish line which I found very fun. It can get quite emotional seeing runners cross the finish line and you're the first people they see." Extra Miler Kris Holland

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

WHAT DO WE GET FOR VOLUNTEERING?

- an exclusive Extra Miler t-shirt and bag
- lunch and snacks
- 2 Tempo Time Credits per event to buy activities, services and products from a range of recognised partners locally and nationally
- support from an experienced Run 4 Wales supervisor
- free parking (although we prefer it if you walk or cycle to our events!)
- an exclusive 10% discount on event and Run 4 Wales merchandise
- a front-row seat to the action and membership of the Extra Milers community

WHAT DO I WEAR/BRING FOR VOLUNTEERING?

- wear comfortable and appropriate clothing for the weather
- layers are best
- we advise wearing comfortable closed-toe shoes
- bring a hat and suncream if the weather is sunny. Bring a raincoat if it's not!
- leave all valuables at home
- we provide lunch and aim to meet all allergy requirements but please bring snacks just in case

FREQUENTLY ASKED QUESTIONS

Our group is under 18, can we volunteer with Run 4 Wales?

Yes! We welcome young person groups as long as there is a ratio of 1 leader to 10 under-18s. 12 is the minimum age for volunteering as part of a group.

How long is a volunteering shift?

Usually volunteers support us for around 4 hours at our events.

Can we choose our role?

Yes of course! Some of our roles are not suitable for volunteers under 18 but we will discuss the best role for your group to make sure everyone has a great day.

How will we know what to do on the day?

All our volunteering teams are looked after by an experienced Run 4 Wales supervisor on event day, who will sign you in, give a briefing and support you during the race. Our Volunteer Coordinator will be your main contact pre-event and will send out a full event briefing the week before the event.

Can we give feedback about our experience?

Of course. We actively seek feedback by sending out a feedback survey to all volunteers. It is important to us to know what your volunteering experience was like and how we can improve it.

