



# 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 volunteer



**10** years experience of working with volunteers

**98** % of volunteers in 2023 would do so again

**1200** volunteers in our Extra Milers community and still growing

**6** volunteer-supported events in 2024 to choose from

**4** different volunteer roles to choose from

## 2024 EVENTS



## EMPLOYER SUPPORTED VOLUNTEERING

Run 4 Wales offers corporate volunteering experiences to meet your corporate social responsibility needs. We offer 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** around the course offer a great chance to be at the heart of the action.

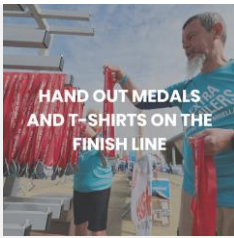
You'll help set up the water station, opening thousands of bottles of water to hand out to runners and cheer them on as they pass by.



**DIRECT RUNNERS AROUND THE COURSE**

**Course Marshals** play a vital role in directing and motivating runners as they tackle the route..

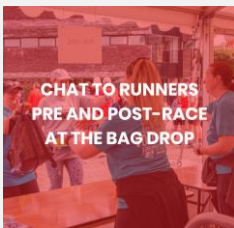
The course marshal teams are the eyes and ears of the race, keeping everyone safe and reporting any incidents to Event Control.



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

The **Finish Team** greet runners as they finish their race, handing out medals, water, t-shirts and fruit.

Before the race volunteers will help the Bag Drop team at their busiest time or support the start pens, guiding runners into the correct areas.



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

Runners can choose to leave a bag at the **Bag Drop Tent** during the race.

This is a great opportunity to have a chat with runners both before and after the race, while ensuring their bag is safely stored.

## WHY VOLUNTEER?

**Share an experience to 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

**Be part of the action and 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