

## WHAT IS THE CYCLE MARSHAL ROLE?

You will be undertaking a vital role in supporting runners as they navigate the twists and turns of the course. Cycle Marshals are pre-allocated two or three locations to support during the event but you may be reassigned if an incident requires it.

As a R4W Cycle Marshal you'll need your own bike, helmet and bike lock. We ask you to stay vigilant of what's happening around you and to report any incidents to your supervisor or directly to the Event Control team.

Please note Cycle Marshals do not cycle on the race route with the runners. You'll use off-course routes to move ahead of the flow of runners to each location.



## WHAT DO I NEED TO KNOW BEFORE VOLUNTEERING AS A CYCLE MARSHAL?

You will be part of a group of cycle marshals who are assigned two or more locations to support at specific times during the event, to support the course marshal teams. At each location, you'll report to the course sector supervisor who will give you further guidance. The Cycle Marshal team may also have a radio to follow race updates and for the Event Control team to contact you to request you to go to a new location if required.

The race route is divided into sectors, with course marshal teams (led by a R4W supervisor) at each location. Cycle Marshals will assist these teams to provide additional support at busy spots, usually on a junction or by a series of speed bumps. Once the main flow of runners has passed, you'll cycle an off-course route (to get ahead of the runners) to assist at the next sector.

While the race is in progress, you'll be making runners aware of any hazards, motivating and cheering them on and aiding anyone in need of assistance. Spectators and the general public will look to you for advice about race start times, the route or crossing points.

Emergency Blue Lights Vehicles can always cross the course. However please contact Event Control to advise them, before allowing access.

You may be asked to use a radio during the event. Please ensure you know how to operate it and what channel to tune into. We use **What 3 Words** as a quick and easy location finder on event day – download the App [here](#). You can use it to let Event Control know your exact location.

**Minimum Volunteering Age** We welcome volunteers aged 18 and over as course marshals. Volunteers aged 14+ can volunteer at the bag drop and at a water station. If aged 14 – 17, volunteers need to be accompanied by a nominated adult and parental consent obtained prior to event day. Please contact our Volunteer Coordinator for more details.



## EVENT INFORMATION SHEET

This sheet contains everything you need to know for event day, including where to park, what time to arrive and who your supervisor is. It is emailed out a week before the event.

## ARRIVAL AT THE EVENT

On arrival, please meet your supervisor and sign in. Collect an Extra Milers t-shirt and a lunch pack. Your supervisor will then gather everyone together and carry out a welcome briefing.

## WHAT DO I WEAR WHEN VOLUNTEERING?

Please come appropriately dressed for the weather. Most volunteering roles are outside with no shelter! We would recommend wearing layers and comfortable **closed-toe shoes**. We will provide you with an Extra Milers t-shirt to wear and a branded drawstring bag for your belongings.

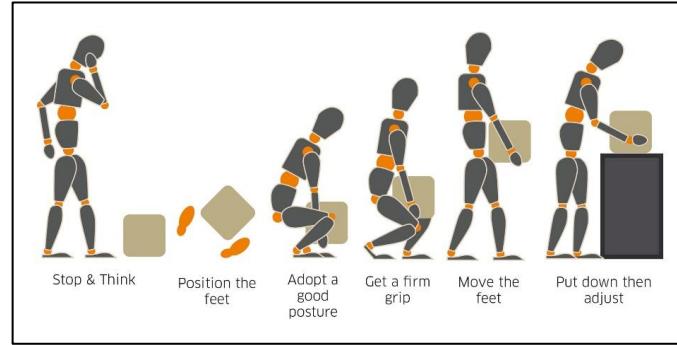
## WHAT DO I NEED TO BRING?

Please bring only essential personal belongings, as we do not offer anywhere secure to leave your bags. We will provide you with a packed lunch and do our best to meet dietary requirements but just in case please bring snacks!

## HEALTH AND SAFETY

Volunteers play an important part in keeping everyone safe at R4W events. The Event Safety Guide is sent out before each event. Please familiarise yourself with this.

Please also be aware of correct manual handling techniques when lifting (for example bags at Bag Drop, boxes of finisher items or cases of water). Do not lift anything you are not comfortable with!



## EVENT CONTROL

At each event we have an event control team who monitor the event and manage any incidents. Please inform your supervisor of any concerns and they will radio Event Control. If your supervisor is not within sight, we ask you to call Event Control directly using the number provided in your Event Information Sheet.

