

**WE ARE
MACMILLAN.
CANCER SUPPORT**



VOLUNTEER AT THE CITY OF NORWICH HALF MARATHON!

Water Station Assistants

Why do you need me?

You will be essential to making City of Norwich Half Marathon run smoothly on the day, ensuring participants have a great time and are hydrated and safe.

What activities will I be involved in?

We will have three teams of water station volunteers – each team will be allocated a different water station along the route. Their role is to offer water to passing runners, cheer them along and make sure they keep on the right track. After the last runner is through you may also want to join in in sweeping a part of the route for discarded plastic cups etc – this is optional but often a lot of fun!

What skills and abilities will I need to have?

- Good interpersonal/communication skills
- Enthusiasm
- Willingness to work as part of a team
- Able to stay outside, on your feet, for up to four hours
- Reliable, punctual and honest

When would you need me?

We need you to be at the Norfolk Showground on 28 November 2010 in time for a briefing at 9.30am. You will then head to your allocated water station - either by foot or in a minibus. The race starts at 11am and you will be at your water station until all runners have gone past – which could be until 2pm. We ask that people commit to volunteering for the whole of this period. After the runners are past we would appreciate it if you can stay to do a sweep of part of the route for cups, rubbish etc – could be up to three miles to cover. This part is optional.

Where would I need to go?

You would need to come to the Norfolk Showground, just off the A47 Norwich Southern Bypass at the A1074 junction Longwater Interchange. We will provide minibus transport to your water station point.

Will I need my own transport?

Not necessarily. You will need to be able to get to Norfolk Showground on the day.

What are the benefits to me?

- Satisfaction that you are making a valuable contribution to helping local people affected by cancer and are making participants experience of the City of Norwich Half Marathon a positive one
- Meeting new and inspiring people and being part of an enthusiastic and supportive team
- Developing your communications and customer service skills
- You will be invited to the 'Macmillan reception' on the day and receive a special Team Macmillan goody bag
- Having an enjoyable day!

What support will I receive?

- A member of the team will contact you before the event
- You will receive a briefing on the day itself
- You will receive support and supervision from your Drinks Station Supervisor
- Light lunch will be provided
- Volunteers can park in a dedicated area at the showground – therefore can avoid queues at the end of the race
- You will be issued with reflective vests
- You will be updated on the success of the event
- We pay volunteers' "out-of-pocket" expenses within agreed guidelines

What's the next step?

To sign up, simply fill in our volunteer application form and return to:
Macmillan Cancer Support, De Vere House, 90 St Faiths Lane, Norwich, NR1 1NE
or email to norfolk@macmillan.org.uk

If you have any questions or want to find out more, call us on 01603 724360



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