

## Volunteering at parkrun

All parkrun events are free because the people running the event do it for free. Anybody can be a volunteer and this is an excellent way of taking part if running isn't your thing. Volunteers should register with parkrun in the same way as runners and sign up to the rota in advance. Don't forget that if you offer to volunteer you must do what you promised and not let people down on the day!

You can put your name forward through the volunteers page of the event website but for the "learning disability specials" please would you let the organisers know through me (by email to [running@35007.co.uk](mailto:running@35007.co.uk) or on 07963 379879) so that I can help the run director make sure that parkrun rules are followed and that all volunteers know what is expected of them. Thanks. Peter.

Each of the volunteer jobs is explained on the parkrun website [here](#) and these are some ideas to consider. All parkrun volunteers helping while the run takes place wear official high visibility jackets.

Marshall	You will be asked to stand at a place on the course to show people the route by pointing and making sure they don't run the wrong way. This is a good role for people who like to clap and cheer, wave a pointy finger, bang a drum, blow a whistle or offer people high fives
Finish tokens	This volunteer hands a finish token to each runner. It's a job for people who are reliable under pressure. Sometimes a lot of people come together and it's important that everybody gets the right number token
Token sorter	This job happens in the café after the run. The Run Director will give you a container of finish tokens which need sorting into the correct order ready for next week. At Shrewsbury and Telford there may be more than 600 of them so you might want to order a large latte!
Tail walker	The Tail walker stays behind the last runner/walker and should be the last person to cross the finish line. This role is suitable for somebody taking part in a wheelchair or with a support worker
Event day course check	This volunteer carries out a check of the whole course shortly before the parkrun takes place. It involves clearing away sticks or anything else in the way of runners and making sure there are no hazards. Suitable for people who would prefer to do a run when it is quiet
Pre-event set up	This volunteer helps the Run Director prepare for the event. This may include placing signs or cones around the course and setting up the start/finish area including the finish funnel
Post-event close-down	These volunteers help the Run Director pack away all the equipment after the run and carry it to the car or storage area
Photographer	This volunteer takes pictures or video of the event to post on the official parkrun pages on the internet. There are some <a href="#">rules</a> about this to protect people's privacy but anybody who can take photographs can undertake this role
First timer's briefing	This is a job for somebody who can speak clearly and confidently to a large group of people. The role is to welcome people to the event and explain the route and how the run operates. This is something you might enjoy doing jointly with a support worker
Sign language support	This volunteer signs the first timers briefing and the pre-event briefing for those who use this form of communication
Run report writer	This would be a great job for a college group to do on Monday morning. The role is to write the story of the run and you can include your own personal feelings and experiences. The report will be published on the official news page of the parkrun event.