



## Town and Gown 10k Volunteer with us

[www.townandgown10k.com](http://www.townandgown10k.com)

### What is the Town and Gown 10k?

Each year, thousands of runners take on a Town and Gown 10k event in Oxford, Cambridge or Leicester. The series is a huge fundraising event for Muscular Dystrophy UK, raising over £2 million so far to fight against muscle-wasting conditions.

### Why do you need me?

The Town and Gown 10k simply wouldn't be possible without a team of remarkable and enthusiastic volunteers. Volunteer at one of our events and you'll be playing an important role in making the race an amazing experience for our runners.

### What will I be doing?

Volunteer roles range from helping to man the baggage tent, giving out water along the route, to being at the finish area to reward runners with their medals. Whatever your role, you'll be helping Muscular Dystrophy UK fight muscle-wasting conditions.



### How much time will I have to commit?

Most of our volunteer roles will be needed on site between 07.30 and 13.00 depending on the role. You'll receive exact

timings in your briefing closer to event day.

### What support will I be given?

You will receive a briefing from the Town and Gown 10k team in the lead up to the event which will provide you with everything you need to know including:

- ▶ Information about your role
- ▶ Contact details of your Volunteer Manager
- ▶ Instructions of where and when you need to arrive
- ▶ Volunteer FAQs

### What are the benefits?

All volunteers will receive a full briefing, a t-shirt, food pack on the day and certificate for your portfolio. Plus the sense of satisfaction that you are enabling us to put on the best event possible to raise money for the fight against muscle-wasting conditions.

Volunteering at a mass participation event provides you with new experiences and skills to take into your personal and professional life. You'll also experience the fun atmosphere of a Town and Gown 10k event and have the chance to meet new people.

### How do I sign up?

If you would like to join our team of volunteers simply fill in our application form.

If you are part of a team or group eager to help, we would love for you all to come along – the more the merrier!

Call us on 0207 803 4828 or email [townandgown10k@muscular dystrophyuk.org](mailto:townandgown10k@muscular dystrophyuk.org) to find out more.



### Roles in the Event Village

#### Registration Coordinator

You'll be responsible for setting up the information marquees, helping runners to collect their race packs and assisting runners and spectators with queries. We're looking for someone with great communication and organisational skills and a proactive attitude.



#### Baggage Coordinator

Your role will be to greet runners, take their bag and ensure they have attached their baggage tag with their runner number written on. Bags are placed in numerical order, and then you'll be helping runners to pick up their bag after they finish the run. This is a high energy role that requires good communications skills and teamwork.



#### Goody Bag Distributor

You'll need to help set up and organise our finish area so that you're ready to hand out goody bags to all runners once they have crossed the finish line. You may be responsible for keeping an eye on stock levels and refilling the station with goody bags. Or, you'll be the smiling face congratulating runners on their achievement as you hand them out, so you'll need to have bags of enthusiasm.





## Roles along the course



### Route Marshal

This role is crucial for ensuring that the event runs smoothly and that participants feel motivated. You'll be fully briefed on what's involved covering one of the marshal points on the course. This role is ideal for team players who have great communication skills and are also able to use their initiative when dealing with anything that may occur on the course.



### Water Station Marshal

Help to hydrate our fantastic runners at our two water stations on the route. You'll be setting up the station before the run starts, and then cheer all the runners on as they come past, handing out cups of water as they go. You'll need to be ready to work quickly to refill the cups to keep everyone moving.



### Start and Finish Line Marshals

At the start of the race, you'll help ensure participants are ready to run. You'll marshal them towards the start line from the Event Village and make sure everyone is behind the chip-timing mat. Once the race has started you'll head to the finish line where you'll either be checking off winners as they pass through, or presenting runners with their goody bags. This role requires someone with a keen eye for detail.