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## Cardiff University / Cardiff Half Marathon 2018

### *Role Description: Water Station Support*

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**Date:** Sunday 7<sup>th</sup> October 2018

**Timings:** 08.45 – 14.00 (approx. TBC)

You will be undertaking a vital role in ensuring runners stay well hydrated and motivated, by manning one of the 4 water stations located around the course.

The atmosphere will be electric as around 25,000 runners tackle this iconic 13.1 miles course with the world watching!

As a team your role is to work together to set up and run the drinks station;

- Set up water station as directed by your supervisor
- Wheel bins into position
- Open thousands of water bottles ready for the runners (using gloves provided)
- Help erect and secure any last minute branding
- Pass water/energy drinks/gels to runners
- Collect and dispose of any discarded water bottles and lids to prevent trip hazards
- Ensure a constant supply of open water bottles for runners
- Support and cheer on runners as they come through!
- Help tidy up the area once all the runners are through (many hands make light work)

You will be very busy, but everything needed to run the drinks station will be waiting for you, you just need to turn up with lots of energy and enthusiasm!

As a thank you, you will get;

- Volunteer T-shirt to be worn on race day (on top of anything else you may be wearing) but yours to keep!
- Volunteer drawstring bag to wear and keep your belongings in ( yours to keep)
- Volunteer Lanyard with key information
- Food and drinks
- Training and support

By volunteering you are joining a large community of volunteers called the 'Extra Milers' who are 'Making the Diff'ERENCE' to ensure runners and spectators alike have the best experience possible on race day!

**We really could not do this without you and appreciate all your time and commitment!**