



VOLUNTEERING AT THE CLUB

The Club organises numerous races during any given year, including internal club races. Each race takes considerable time to organise. None of them can happen without the help of club members to ensure the races are a success and run smoothly, so runners come back in the following years.

Money is raised from all of the external races that the Club organises – North Dorset Village Marathon (NDVM), The Stur Half and The Stickler. A significant portion of this goes to local charities and organisations, with the balance going to the benefit of the Club and its members, eg subsidised Annual awards party, low annual membership fees. Details of this are presented at the AGM every year.

There are many ways you can help out for one of our Club races:

<u>When</u>	<u>Role</u>	<u>Task</u>	<u>Expected duration</u>	<u>No of people</u>
Pre-race	Race committee	The larger external club races all have a committee, led by the Race Director, to ensure the various tasks it takes to put together a race are shared out amongst the different areas which may include: Race admin, Finance, Marshals, Signage and On the day set up.	Evening meetings 2/3 times in the few months leading up to a race, plus usually a washup meeting after.	4 - 5
Pre-race	Race posters and notifications	To create awareness along the race route to residents and drivers, posters/notifications may need to be put up.	1 – 2 hours	Upto 10
Pre-race	Race setup	This usually takes place the day before the race (10/11am after Park Run, if on a Saturday), and/or early on race day (from 7.00am) and will involve: • Making up signage • Filling water containers • Sorting Goody bags and prizes • Setting up registration • Setting up the start and finish areas (can be morning before race only) • Putting out signage (can be morning before race only). Depending on availability/timing, volunteers can be involved in more than one of the above tasks.	2 – 3 hours	3-4 2-3 2-3 2-3 2-3 4-6



Race day – before the race	Signage	To complete putting out the signs which were made up the day before and not put out then. This will be signs and arrows along the route, for runners and cars, as well as signs for runners to get to parking and registration. This can be done by members who are also running the race.	1 – 2 hours	4-6
Race day – before the race	Start and finish area setup	To put up tents/gazebos and signage/flags in the marked locations. This can be done by members who are also running the race.	1 hour	3-5
Race day – before the race	Parking	There can be more than one parking location, sometimes with a minibus shuttle taking runners from parking to registration. Helpers are there to ensure runner's park as guided, to make use of limited space. This can be done by members who are also running the race.	2 hours	6-8
Race day – before the race	Registration	Three or four desks are set up by surname in alphabetical order and helpers provide runners with their race numbers. This can be done by members who are also running the race.	2 hours	6-8
Race day - during the race	Marshals	Marshals are placed along the race route to guide runners, so they don't go wrong and are aware of any hazards. Usually required to collect marshal point details, high viz and first aid kits prior to the race from registration and return once finished.	1-4 hours	Upto 50
Race day - during	Water and aid stations	Stations are placed along the route to provide water and snacks/own fuel bottles (marathon) for runners.	1-4 hours	Upto 20



the race		Volunteers here often make it fun by having a station theme to dress up, often to their and runner's amusement.		
Race day - during the race	Sweeping	We usually have 2 or 3 members to run the race as back markers to assist runners as necessary and ensure they make the race cut offs. They will be required to carry a first aid kit and mobile phone, in case of an emergency.	3 – 6 hours	2 -3
Race day – post race	Clearing up	This involves: • Clearing up registration • Taking down tents/flags • Clearing the finish area of race equipment • Clearing the race route, eg. Signage, water tables, posters and any other race debris.	1-2 hours	As many as possible – many hands make light work!

Requests for volunteers are usually done 1-2 months prior to the race, so look out for info on the News page on the website, Club emails, Facebook or Whats App. Announcements will also be made at club training and summer runs, in the weeks leading upto the races.

In addition to the above roles for our external races, we have internal races (Broad Oak Hilly, Stur 5, Suzy Viv Hill Climb, John Deacon Handicap, Duathlon and Summer Stickler) that take place throughout the year, often in lieu of Thursday evening training and require:

	Marshals	Placed along the race route to guide runners, so they don't go wrong and are aware of any hazards.	1 -2 hours	Upto 8/10
	Timekeepers	At the start and finish line, recording runner's times, as they cross the finish line.	1-2 hours	2-3

If you have not volunteered before, we get that it may be intimidating at first. However, there is a real sense of comradery and is a great way to get to know runners in the Club and understand what it takes to put on a race. To get involved or to have a chat, please either contact the Club Secretary or the relevant Race Director, as can be found here [Who's Who | Dorset Doodlers](#) You don't have to wait to be asked, so happy for volunteers to come forward before, if you want to get involved.