



Join our team of volunteers !



How does it work ?

You can help organizing Wake up and run events by taking various volunteering positions in our dream team !



The Event

The run always takes place on a Friday morning. On **Thursday, the day before**, installation of the infrastructure takes place. Participants get their bibs on that day and the breakfast boxes are also prepared.

On D-day, Friday morning, participants are guided by volunteers that are responsible for marking the course and ensuring safety. Breakfast boxes and drinks are set on tables and then served to participants, after the run.



Which positions are available ?

Thursday afternoon, day before the run

Position 1 // Installation

Schedule : 10:30-16:00 (lunch paid by Wake up and run)

Installation of tents tables, benches.



Position 2 // Preparation and bibs distribution

Schedule : 13:30-19:00

Preparation of the participants' bags, containing bibs, t-shirts, etc. Welcoming participants and distributing the bags.





Which **positions** are available ?

Thursday afternoon, day before the run

Position 3 // Breakfast boxes preparation

Schedule : 15:00-19:00

Putting breakfast products in the breakfast boxes.



A little help at the end of the day for tidying up is always greatly appreciated





Which positions are available ?

Friday morning, D-day

Position 4 // Breakfast distribution + tidying up

Schedule : 04:30-07:30

Arrange breakfast boxes and drinks on tables, preparation of the coffee booth, offering breakfast and drinks to participants. When participants are done with breakfast, all volunteers will have breakfast together and then the tidying up will start.



Position 5 // Marking and safety on the course + tidying up

Schedule : 04:30-07:30

Volunteers are on the course and show runners the way. After the run, all volunteers will have breakfast together and then the tidying up will start.





What are my **benefits** as a volunteer ?

You will receive the following benefits :



A Wake up and run sports **T-shirt** by Craft

-20%

A **20% discount coupon** valid on Wake up and run online shop



Defrayal **CHF 20.-**

Moreover, when you work on Friday morning, you receive **THE Wake up and run breakfast box !**



And now, where do I register ?

[HERE](#)



If you have any question, do not hesitate to contact us : communication@wake-up-and-run.ch