



# MANITOBA Marathon

## VOLUNTEER OPPORTUNITIES

The Manitoba Marathon began on Fathers Day in 1979. After almost 40 years of success, the race provides the community and the province with an amazing runners experience while raising funds for the Manitoba Marathon Foundation. Since its inception, participants have raised millions and seeded over 500 projects all over Manitoba for people living with intellectual disabilities. As the province's largest mass participation sports event, the goal is to promote an active healthy lifestyle with fitness, family and fundraising. Race day will see an average of 11,000 participants, 1,500 volunteers and nearly 40,000 spectators!

Without our incredible array of volunteers, Manitoba Marathon could never make this amazing day happen. Below is an overview of our volunteer teams: we hope this gives you a sense of where you could bring your skills to our team

### Course

Without the volunteers that give their time along the course, we would be unable to make our big day happen. These volunteers keep our runners safe and encourage them along the way to achieve their goal. The largest need in this group is for Course Marshals: these volunteers ensure that traffic is controlled along the route and runners are safe and supported. Other volunteers in this team include our Cycle Team, relay exchange zone volunteers, course photographers and hospitality station volunteers. Our signage crew, who are responsible for setting and taking down all of the on course directional signage, are vital to this team and are always looking for fresh faces to help get the job done.

### Medical

Our medical team is second to none in Canada for providing the best care and treatment for our runners in need. Led by our Medical Coordination Committee and supported by Manitoba Amateur Radio Emergency Service members, this intricate web of support is comprised of doctors, nurses, athletic therapists, physiotherapists, massage therapists, chiropractors, Canadian Ski Patrol, firefighters, paramedics, military medics, Red Cross, St John Ambulance, WINSAR, Lifesaving Society, BRSARA and CASARA. If you fit into these categories and want to help us provide care to runners, we would be grateful to have you.

### Race Weekend

These volunteers help get our runners ready for race day in two major areas: at the Fit Expo and setting up the race site at Investors Group Field. Fit Expo volunteers get race kits in the hands of participants, provide answers to questions, sell Manitoba Marathon merchandise to those celebrating their achievements and more. The amazing volunteers that set up the race site work very hard to get everything ready for the big day. It is a perfect fit for volunteers with a lot of energy and enthusiasm. This team is always looking for help to things done.

### Race Site

On race day, volunteers working at the start and finish lines are the first volunteers runners see when they arrive and the last they see when they leave. Jobs at the race site include some of the following: clothing tent, iTeam, merchandise sales, traffic management, product distribution, and volunteer hospitality. One of our key teams at the race site that is always looking for more willing hands is our Green Team. These amazing volunteers help the Manitoba Marathon divert 85% of our waste on race day so there is much to be done in realizing this tremendously worthwhile goal.

We hope this guide helps you find a place to take part in our event and help us support Manitobans living with intellectual disabilities. For more information on any of these jobs and how you can join us on Fathers Day, contact Programs Coordinator Kirsten Parker at [programs@manitobamarathon.mb.ca](mailto:programs@manitobamarathon.mb.ca)