

## MANITOBA Marathon



### MANITOBA MARATHON COURSE MARSHAL VOLUNTEER GUIDE

First and foremost, we would like to **thank you** for volunteering your time as a course marshal for the 2018 Manitoba Marathon. Course marshals are the backbone of providing a safe run for participants on race day. We are grateful you have chosen to volunteer and we hope you find it to be a valuable experience. This guide is provided to help you be comfortable, have fun and enjoy your experience.

This guide provides information specific to the position of Course Marshal. For the full Manitoba Marathon Volunteer guide, please [visit our website](#).

**If you have any questions about your volunteer duties in advance of race day, please contact Programs Coordinator Kirsten Parker at [programs@manitobamarathon.mb.ca](mailto:programs@manitobamarathon.mb.ca)**

#### WHAT YOU SHOULD WEAR

The Manitoba Marathon goes on rain or shine so please dress appropriately. The morning can start out cool and heat up fairly quickly so please be prepared. When you pick up your Course Marshal kit the week before the race you will receive a volunteer T-shirt, a visibility vest and a stop sign that identifies you as a race volunteer. Dressing in layers and wearing comfortable shoes are important when preparing for race day. We want you to be comfortable and ready for a great morning.

#### WHAT YOU SHOULD BRING

Please bring the supplies that you were given at your kit pickup. We would also recommend bringing any other items you may need in a backpack that you can keep with you. A hat and sunscreen are highly recommended. We also encourage our Course Marshals to act as cheerleaders for our runners along the route, so feel free to bring noisemakers, signs or whatever else you like to keep our runners motivated. Another great item to bring if your Course Marshal location is one of the longer shifts at the back end of the course is a lawn or camping chair so that when there is a lull in runner traffic you can take a break. A snack and juice will be provided; however, it is a good idea to bring a few extra snacks and/or drinks to keep you going throughout the morning.

#### WHAT TO DO AT THE START OF YOUR SHIFT

Know your assigned time and location and plan to arrive 15-20 minutes in advance of the scheduled first runners. Wear your Volunteer T-shirt and go directly to your specified location



on the race course. Keep in mind any race day road closures and plan adequate time to arrive at your location.

## DURING THE RACE

- Some of our participants are not familiar with the race course; for this reason, it is important to have volunteers direct the runners. Marshals are also our primary cheerleaders and motivators and are a big factor in helping our runners enjoy their day and reach their goals. Have fun!
- Safety vests are to be worn by course marshals at all times. They must be worn on the outside of clothing including jackets for your safety. Many marshals at intersections will be issued a STOP hand sign as well. These signs will assist you in ensuring that vehicles only proceed through the intersection when it is safe to do so.
- Where applicable Marshals must state firm, loud simple instructions to direct the runners (ōStay to the Leftö or öTurn Hereö) while indicating with an arm movement. It is important to be direct, vocal and visible to the runners.
- Marshals are responsible for indicating to the general public when it is safe for them to cross the road so as not to impede the progress or safety of the participants. Our goal is a safe race day for both our participants and the communities that they run through.
- Only official cyclists or vehicles displaying Manitoba Marathon ID are permitted to be on the course.
- If you happen to notice that a runner is in distress or confused, please contact our Communications Centre at 204-272-1650: Do NOT dial 911 as our Comm Centre works directly with city EMS to ensure that our runners are medically supported. Stay calm, remain with the participant. If you are certified in First Aid or CPR, proceed according to your level of training.
- If you at any time encounter physical resistance from public please contact the Comm Centre at 204-272-1650 immediately and await instructions. The Comm Centre will determine if the authorities should be contacted and assist you with the situation.

## WHAT TO DO AT THE END OF YOUR SHIFT

The Marathon closes at a pace of 14 minutes per mile (see neighbourhood schedule for timings) and your shift is complete with the passing of the Course Closing vehicle. It is important that volunteers remain in their position until the sweep vehicle arrives to close the course. The vehicle driver will pick up your stop sign and visibility vest from you when they arrive. Marshals may be requested to help move cones or barricades at the end of their shift if they are physically able.

## AFTER THE EVENT

Early in the week after the Marathon you will receive an email from us with a link to a volunteer survey. Any feedback you can provide us post event about your experience or course operations in general are greatly appreciated as they help us improve for next year.

Thank you again for all of your hard work in making the Manitoba Marathon a success!