



The Manitoba Marathon began on Father's Day in 1979. The race provides the community and the province with a fantastic runners' experience while raising funds for United Way Winnipeg. Since its inception, participants have raised millions and seeded over 500 projects all over Manitoba for people with intellectual disabilities.

Race day will see an average of 10,000 participants, 1,100 volunteers and nearly 40,000 spectators! Manitoba Marathon could never make this fantastic day happen without our incredible array of volunteers. If you are looking to participate as a volunteer and don't know where to start, we hope this overview gives you a sense of where you could bring your skills to our team.

#### **Course**

Course volunteers are the backbone of race day: they keep our runners safe and encourage them to achieve their goals. The greatest need in this group is Course Marshals. These volunteers ensure that traffic is controlled along the route and that runners are safe and supported. Other volunteers in this team include the Cycle Team, relay exchange zone volunteers, and water station volunteers. Our signage crew, responsible for setting and taking down all the on-course directional signage, is vital to this team and always looking for fresh faces to help get the job done.

#### **Medical**

Our medical team is second to none in providing the best care and treatment for our runners in need. This team is led by our Medical Committee and supported by Manitoba Amateur Radio Emergency Service members. Doctors, nurses, athletic therapists, physiotherapists, massage therapists, chiropractors, Canadian Ski Patrol, firefighters, paramedics, military medics, Red Cross, St John Ambulance, and WINSAR, are the feet on the ground who complete the care.

#### **Race Weekend**

These volunteers help prepare our runners for race day in two major areas: at the Fit Expo and setting up the race site at IG Field. Fit Expo volunteers get race kits in participants' hands, provide answers to questions, sell Manitoba Marathon merchandise to those celebrating their achievements and more. The fantastic volunteers that set up the race site work very hard to get everything ready for the big day, the perfect fit for volunteers with a lot of energy and enthusiasm.

#### **Race Site**

On race day, volunteers working at the start and finish lines are the first volunteers that runners see when they arrive and the last they see when they leave. Clothing check, traffic management, product distribution, and volunteer hospitality are key positions on this team. Our Green Team is critical at the race site and always looking for additional support. These fantastic volunteers help the Manitoba Marathon divert a minimum of 85% of our waste on race day.