

MANITOBA
LIQUOR
& LOTTERIES
PRESENTS



MANITOBA *Marathon*



Course Marshal Volunteer Guide 2024

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Thank you for volunteering as a course marshal for the 2024 Manitoba Marathon. Course marshals are the backbone for providing a safe run for all our participants. We are grateful that you have chosen to volunteer, and we hope you find it a valuable experience. This guide reviews information most valuable to a Course Marshal; for the complete Manitoba Marathon Volunteer guide, please [visit our website](#).

Everyone and every job is essential to making the weekend memorable for our participants and spectators, from our legacy volunteers to our brand-new faces. We could not create this experience without your dedication.

We are grateful for the work you do: your commitment not only helps 10,000 participants toe the line on race day but also helps the United Way Winnipeg support Manitobans living with developmental disabilities.

Welcome

SPECTATORS & THE GENERAL PUBLIC

The Manitoba Marathon welcomes the support of thousands of spectators along the course. Spectators wishing to cross the route should be encouraged to wait for a gap before crossing. Spectators should cheer for runners from the outside curb of the street and not stand on any part of the street, especially where it is narrow.

Please familiarize yourself with your area of the course. Spectators and participants will likely ask questions such as: When will the first and last runners pass this point? Refer to pages X and Y for a pace guide. What is the nearest mile marker? Refer to the course map on pages X and Y for the nearest mile marker. Where is the closest aid station/toilet? There are 21 aid stations located along the course approximately one to two miles apart. Each aid station has water, Nuun, toilets, and a support person from St. Johns Ambulance. Refer to the course map for the nearest aid station location. Before the race begins, please familiarize yourself with the location of the nearest aid stations and how to direct people there.



COURSE ARRIVAL TIMES ⁰³

The elite athlete field (wheelchair and open divisions) will be the first athletes you'll see on race day. As these athletes approach your area and while they run past your location, your objective is to keep the course route clear of spectators and other hazards.

The wheelchair field will be the first athletes you'll see. Because they are a small group of participants, they rely heavily on course marshals to direct them and to keep the course free from spectators. Elite wheelchair racers are low in profile to the ground and may reach upwards of 20 miles per hour during the race. The elite runners will travel at sub 5:00 paces per mile (around 12 mph), which leaves little time for reaction or action once they are in your area. As a course marshal, we ask that you do what you can to prevent spectators and volunteers from crossing the route when the faster athletes are in your area. As the main pack of runners come through, please continue to keep spectators from encroaching on the race course. The larger groups of runners must have use of the full width of the roadway throughout the race.

If you are asked for locations of the on-course aid stations, refer to the course map. A police officer will be stationed at all lighted intersections throughout the course route. When you arrive, introduce yourself to the officers near you and let them know you are volunteering as a course marshal. If you need help with an unreasonable person, contact the officers. If you witness a person needing medical attention, please call 204-272-1650.

Below are the estimated arrival times of participants at crucial points on the course. Times include that of the first athlete, the peak pack of participants, and the last participants.



asics Runkeeper

HALF MARATHON



04

MILE	INTERSECTION	WHEEL	ELITE	PEAK	CLOSE
START		6:50 AM	7:00 AM		
1	PEMBINA OVERPASS	6:53 AM	7:05 AM	7:10 AM	1:00 PM
2	BISHOP GRANDIN NEAR ST. MICHAEL'S RD	6:56 AM	7:10 AM	7:20 AM	9:06 AM
3	RIVER ROAD NEAR PARKVILLE DR	7:01 AM	7:15 AM	7:30 AM	7:54 AM
4	DUNKIRK NEAR KENWOOD PL	7:04 AM	7:20 AM	7:40 AM	8:08 AM
5	DUNKIRK AT KINGSTON ROW	7:07 AM	7:25 AM	7:50 AM	8:20 AM
6	KINGSTON CRESCENT LOOP	7:10 AM	7:30 AM	8:00 AM	8:34 AM
7	PEMBINA AT BYNG PL	7:13 AM	7:35 AM	8:10 AM	8:48 AM
8	NORTH DR AT WILDWOOD PARK G	7:16 AM	7:40 AM	8:20 AM	11:50 AM
9	SOUTH DR AT WILDWOOD ST	7:19 AM	7:45 AM	8:30 AM	12:04 PM
10	CRESCENT DR IN CRESCENT DR PARK	7:22 AM	7:50 AM	8:40 AM	12:18 PM
11	PEMBINA HWY NEAR MANAHAN AVE	7:25 AM	7:55 AM	8:50 AM	12:32 PM
12	UNIVERSITY CR AT THATCHER DR	7:28 AM	8:00 AM	9:00 AM	12:46 PM
13		7:30 AM	8:05 AM	9:10 AM	1:00 PM

FULL MARATHON



MILE	INTERSECTION	WHEEL	ELITE	PEAK	CLOSE
START		6:50 AM	7:00 AM		
1	PEMBINA OVERPASS	6:53 AM	7:05 AM	7:10 AM	1:00 PM
2	BISHOP GRANDIN NEAR ST. MICHAEL'S RD	6:56 AM	7:10 AM	7:20 AM	9:06 AM
3	RIVER ROAD NEAR PARKVILLE DR	7:01 AM	7:15 AM	7:30 AM	7:54 AM
4	DUNKIRK NEAR KENWOOD PL	7:04 AM	7:20 AM	7:40 AM	8:08 AM
5	DUNKIRK AT KINGSTON ROW	7:07 AM	7:25 AM	7:50 AM	8:20 AM
6	ST MARY'S RD AT MAGER DR	7:10 AM	7:30 AM	8:00 AM	8:34 AM
7	LYNDALE AT GAUVIN ST	7:13 AM	7:35 AM	8:10 AM	8:48 AM
8	LYNDALE AT HIGHFIELD ST	7:16 AM	7:40 AM	8:20 AM	9:02 AM
9	ASSINIBOINE AT GARRY ST	7:19 AM	7:45 AM	8:30 AM	9:16 AM
10	YOUNG ST AT LANGSIDE ST	7:22 AM	7:50 AM	8:40 AM	9:30 AM
11	WOLSELEY AT FURBY ST	7:25 AM	7:55 AM	8:50 AM	9:44 AM
12	WOLSELEY AT SPRAGUE ST	7:28 AM	8:00 AM	9:00 AM	9:58 AM
13	PORTAGE AT RICHMOND ST	7:30 AM	8:05 AM	9:10 AM	10:12 AM
14	PORTAGE AT DOUGLAS PARK RD	7:33 AM	8:10 AM	9:20 AM	10:26 AM
15	ASSINIBOINE PARK AT LOCOMOTIVE DR	7:36 AM	8:15 AM	9:30 AM	10:40 AM
16	WELLINGTON CRES NEAR KENASTON BLVD	7:39 AM	8:20 AM	9:40 AM	10:54 AM
17	WELLINGTON CRES AT WATERLOO ST	7:42 AM	8:25 AM	9:50 AM	11:08 AM
18	GUELPH ST AT YALE AVE	7:45 AM	8:30 AM	10:00 AM	11:22 AM
19	HARROW ST AT PEMBINA	7:48 AM	8:35 AM	10:10 AM	11:36 AM
20	POINT RD AT SOMMERVILLE AVE	7:51 AM	8:40 AM	10:20 AM	11:50 AM
21	OAKENWALD AVE AT WILDWOOD F	7:54 AM	8:45 AM	10:30 AM	12:04 PM
22	SOUTH DR AT WILDWOOD ST	7:57 AM	8:50 AM	10:40 AM	12:18 PM
23	CRESCENT DR AT STRETFORD RD	8:01 AM	8:55 AM	10:50 AM	12:32 PM
24	CRESCENT DR AT RIVIERA CR	8:04 AM	9:00 AM	11:00 AM	12:46 PM
25	PEMBINA OVERPASS	8:07 AM	9:05 AM	11:10 AM	1:00 PM
26	UNIVERSITY CR AT DYSART RD	8:10 AM	9:10 AM	11:20 AM	1:13 PM

AID STATIONS

21 aid stations are located along the course approximately one to two miles apart. Each aid station consists of the following amenities:

- Amateur Radio Operator with a direct line to the Command Centre
- Toilet facilities
- Nuun Endurance and water

Most stations will include a St. Johns Ambulance team: should the station closest to you not have medical support, a bike medic can be called to the site. In the case of hot weather, many stations will also include showers

MEDICAL SUPPORT

Medical support is available at the vast majority of stations on the course. Each medical area is staffed by St Johns Ambulance is equipped with emergency and first aid supplies, and has access to ambulance services. In Princess Auto Stadium, the Main Medical area entrance is at Gate 1: participants can access it via the red tent to the left of the recovery centre on the main concourse. If you need medical assistance on race day, you are encouraged to seek help from a medical volunteer.

EVENT APP & RUNNER TRACKING



The free Manitoba Marathon RTRT App is available on the App Store and Google Play and it will help you prepare for race day. The app features unlimited live race day runner tracking, real-time weather, and an interactive course map. Check the Volunteer Information tab to ensure you are up to date. The Manitoba Marathon website and our Facebook page will also have current information.

AID STATION LOCATIONS

MILE	LOCATION
2.3	RIVER RD AT ST MICHAEL'S RD
5.4 (HALF)	KINGSTON CR AT KINGSTON ROW
5.5	KINGSTON CR AT ROSEWARNE AVE
7	LYNDALE AT GAUVIN
8.4	LYNDALE AT CROMWELL
10	GRANITE CURLING CLUB
12.8	RAGLAN RD AT PORTAGE AVE
14.5	PORTAGE AT OVERDALE
15.8	WELLINGTON AT ACADEMY
17.6	WELLINGTON AT GUELPH
18.9	HARROW SCHOOL
19.8	PEMBINA AT CALROSSIE
21.1	WILDWOOD PARK COMMUNITY CENTRE
22.5	SOUTH DR AT DOWKER
23.7	THERMEA SPA
24.6	RIVERWOOD SQUARE (PEMBINA)
25.2	UNIVERSITY CRES AT PETRO CANADA

COURSE TIME LIMIT

The Manitoba Marathon has a course time limit of six hours. After this time, the course will re-open to vehicular traffic. Runners must maintain a 14-minute per mile pace (approximately) or faster and complete the full marathon distance (start line to finish line) within the event time requirement. Those who finish outside the time limit will not be recorded as official finishers and may not receive full on-course support from aid stations and traffic safety personnel.



TIMING CHECKPOINTS,⁰⁷ CLOCKS & MILE MARKERS

Timing checkpoints are positioned at the start line, Relay Exchange points, and the finish line. Participant timing devices will register split times at each of these checkpoints. Digital clocks are positioned at the start and finish line to provide the elapsed race time. Mile and kilometre markers are set at each mile and 5K to assist participants and spectators. Digital clocks at the finish line will display the elapsed race time, which begins at 7:00 AM

CONTINGENCY & EMERGENCY PLANS

Many contingency plans are in place to handle an unplanned event or emergency. Race organizers work closely with the City of Winnipeg, Winnipeg Police Services, Winnipeg Fire & Paramedic Services and the Office of Emergency Management to ensure the safety of everyone involved in the Manitoba Marathon. If an incident should occur, please look to your zone coordinator for instructions.

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Event Alert System

The colour-coded Event Alert System (EAS) will communicate the status of race conditions leading up to and on race day. EAS levels range from Low (Green) to Moderate (Yellow) to High (Red) to Extreme (Black) based primarily on weather, as well as other conditions.

- Email and website communication during race week will inform you of the current EAS level and provide race weekend preparation tips
- Updates will be made at the Fit Expo on colour-coded signs in high-traffic areas
- On race day, pay attention to the current EAS level via public address announcements, radio updates and colour-coded signs/flags at the start and finish areas and at each of the aid stations along the course
- If necessary, additional emergency information will be communicated via email and/or text message

You can familiarize yourself with the Event Alert System before race day, keep an eye on the directions from race officials, announcers and group leaders, and take precautions to prepare properly for varying conditions on race day.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELLED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED/ FOLLOW EVENT OFFICIAL INSTRUCTION
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE CHANGES/FOLLOW EVENT OFFICIAL INSTRUCTION/CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT/ BE ALERT

UNATTENDED BAGS OR PACKAGES

If you see an unattended bag or package, follow the three Cs:

- CLAIM: Ask if anyone in the area claims the item. If no one claims it, then go to the next step
- COP: Tell the nearest Police Officer about the bag. If there isn't a Police Officer nearby, then go to the next step
- CALL: If there isn't a cop nearby, call the Comms Centre (204-272-1650). Do not touch the package or attempt to move the package. Quietly move people away from the package without causing a huge disruption or panic.

SUSTAINABILITY

Incorporating environmentally and socially responsible practices is an integral part of the operational planning, preparation, and execution of the Manitoba Marathon.

Please help in our continued efforts to be a more sustainable event on race weekend by ensuring that you leave your intersection as clean and lovely as it was when you arrived. Please take any garbage you generate with you when you go. If you notice any other participant waste, we ask that you pick it up.



FREQUENTLY ASKED QUESTIONS

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WHAT SHOULD I WEAR?

When you pick up your Course Marshal kit, you will receive a volunteer T-shirt, a visibility vest, and a stop sign. The Manitoba Marathon goes on rain or shine, so in addition to these essentials, please be prepared: dressing in layers and wearing comfortable shoes is a must. The morning can start cool and heat up fairly quickly.

WHAT SHOULD I BRING?

Please bring your supplies from the kit pickup. In addition, these are a few recommendations to make your morning more enjoyable:

- Hat and sunscreen
- Noisemakers, signs, and any other items that you can think of that will keep runners motivated and smiling
- Lawn or camping chair: some sections of the course have longer shifts, so being able to sit during lulls in runner traffic is helpful
- A snack and juice will be provided at kit pickup; however, it is a good idea to bring a few extra snacks and a water bottle to keep you going throughout the morning

WHAT DO I DO AT THE START OF MY SHIFT?

Know your assigned time and location and plan to arrive 15-20 minutes before the first runners. Remember any race day road closures and schedule adequate time to arrive at your location. Go directly to your specified location: There will not be a supervisor or staff member there to meet you upon arrival; however, a course coordinator will check in with you during your shift. For the full course map, including road closures, [CLICK HERE](#).



WHAT HAPPENS DURING THE RACE

- Some of our participants are not familiar with the race course; for this reason, it is essential to provide direction. Course Marshals are also our primary cheerleaders and motivators and are a significant factor in helping our runners enjoy their day and reach their goals. Have fun!
- Safety vests are to be worn outside of clothing (including jackets) at all times as your safety is our priority
- Stop signs will assist you in ensuring that vehicles only proceed through the intersection when there is a break in runner traffic and it is safe to do so
- Course Marshals must state firm, loud simple instructions to direct the runners (“Stay to the Left” or “Turn Here”) while indicating with an arm movement. It is important to be direct, vocal and visible
- Course Marshals are also 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
- Only official cyclists and official vehicles are permitted to be on the course: both should display Manitoba Marathon ID at all times to be easily identified
- If you at any time encounter physical resistance from public please contact the Communications Centre at 204-272-1650 immediately and await instructions. The Communications Centre will determine if the Police should be contacted and will assist you with the situation

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 Communications Centre works directly with Winnipeg 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.

WHAT DO I DO AT THE END OF MY SHIFT?

The Marathon closes at a pace of 14 minutes per mile (8:45km) (see neighborhood schedule provided at kit pickup 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 Course Closing vehicle arrives to officially close the course. The vehicle driver will pick up your stop sign and visibility vest when they arrive. Course Marshals may be asked to help move cones or barricades at the end of their shift if they are physically able.

HOW DO I PROVIDE FEEDBACK POST-EVENT?

After the Marathon, you will receive an email with a link to a volunteer survey. Any feedback you can provide us 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!



If you have any questions about your volunteer duties in advance of race day, please contact the Volunteer Coordinator at volunteer@manitobamarathon.mb.ca

