

MANITOBA
LIQUOR
& LOTTERIES
PRESENTS



MANITOBA *Marathon*



Course Marshal Volunteer Guide 2025



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Thank you for volunteering as a Course Marshal for the 2025 Manitoba Marathon. Course Marshals are essential to ensuring a safe and successful event for all participants. We greatly appreciate your commitment and hope you find the experience rewarding. This guide highlights key information for Course Marshals; for the full Manitoba Marathon Volunteer Guide, please [visit our website](#).

Every volunteer and every role is essential in making the weekend unforgettable for our participants and spectators, from our dedicated legacy volunteers to our enthusiastic newcomers. We couldn't create this experience without your hard work and commitment.

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



Each course marshal will be sent an individual information page that indicates your zone, location, map of location and notes on runner direction and emergency directions.

If after reviewing your location, you require further directions, please contact Sarah Carroll at sarah@manitobamarathon.mb.ca

COURSE ARRIVAL TIMES

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

The wheelchair field is a small group of participants who rely heavily on course marshals to direct them and to keep the course free from spectators. Elite wheelchair racers are low in profile 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. 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. 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.



AID STATIONS & MEDICAL

Twenty-one 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.

Medical support is available at the vast majority of aid stations on the course. Each medical area staffed by St Johns Ambulance is equipped with emergency and first aid supplies, and has access to ambulance services. If you need medical assistance on race day, you are encouraged to seek help from a medical volunteer.

KM	LOCATION
2.3	Pembina overpass
5.4	Abinojii Mikanah near St. Michael
5.5	River Road near Parkville Dr
7	Dunkirk near Kenwood Pl
8.4	Dunkirk at Kingston Row
10	St Mary's Road at Mager Dr
12.8	Lyndale at Gauvin
14.5	Lyndale at Highfield St
15.8	Assiniboine at Hargrave
17.6	Langside at Cornish
18.9	Maryland at Cornish
19.8	Wellington at Ash
21.1	Wellington at Century Underpass
22.5	Wellington at Park Blvd N
23.7	Lamont at Wellington
24.6	Wellington at Century Underpass
25.2	Wellington at Oak

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 social media will also have current information.

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.



CONTINGENCY & EMERGENCY PLANS

Many contingency plans are in place to handle an unplanned event or emergency. Manitoba Marathon works 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. If an incident should occur, please look to your zone coordinator for instructions.

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 Comm 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.

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 zone captains, 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

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. Additionally these items can make your morning more enjoyable:

- Hat and sunscreen
- Noisemakers, signs, and any other items to motivate participants
- Lawn or camping chair: some sections of the course have longer shifts, so being able to sit during lulls in runner traffic is helpful
- 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 as well

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.

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.

WHAT HAPPENS DURING THE RACE

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- 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) – 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 Comm Centre at 204-272-1650 immediately and await instructions. The Comm Centre will assist you with the situation and dispatch assistance accordingly

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); your shift is complete with the passing of the Course Closing vehicle. It is important that volunteers remain in their position until the course is officially closed for the safety of participants. When they arrive, the driver will pick up your stop sign and visibility vest.



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

