

# Fit Expo

# Volunteer Guide

# 2026



Thank you for volunteering at the 2026 Birchwood Fit Expo for the Manitoba Marathon. Fit Expo volunteers are often the first people participants see as race weekend begins. We appreciate your support and hope you have a great experience.

This guide includes key information for Fit Expo volunteers. For the full volunteer guide, please [visit our website](#).

Every volunteer and role helps make the weekend memorable for participants and spectators. We couldn't do it without your dedication. Your support helps nearly 15,000 participants get to the start line and also supports United Way Winnipeg in helping Manitobans living with developmental disabilities.

# Welcome

# Birchwood Fit Expo General Information

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## LOCATION

Max Bell Centre, 109 Sidney Smith, University of Manitoba

## SHIFT TIMES

Friday, June 19

10:45 AM – 3:00 PM

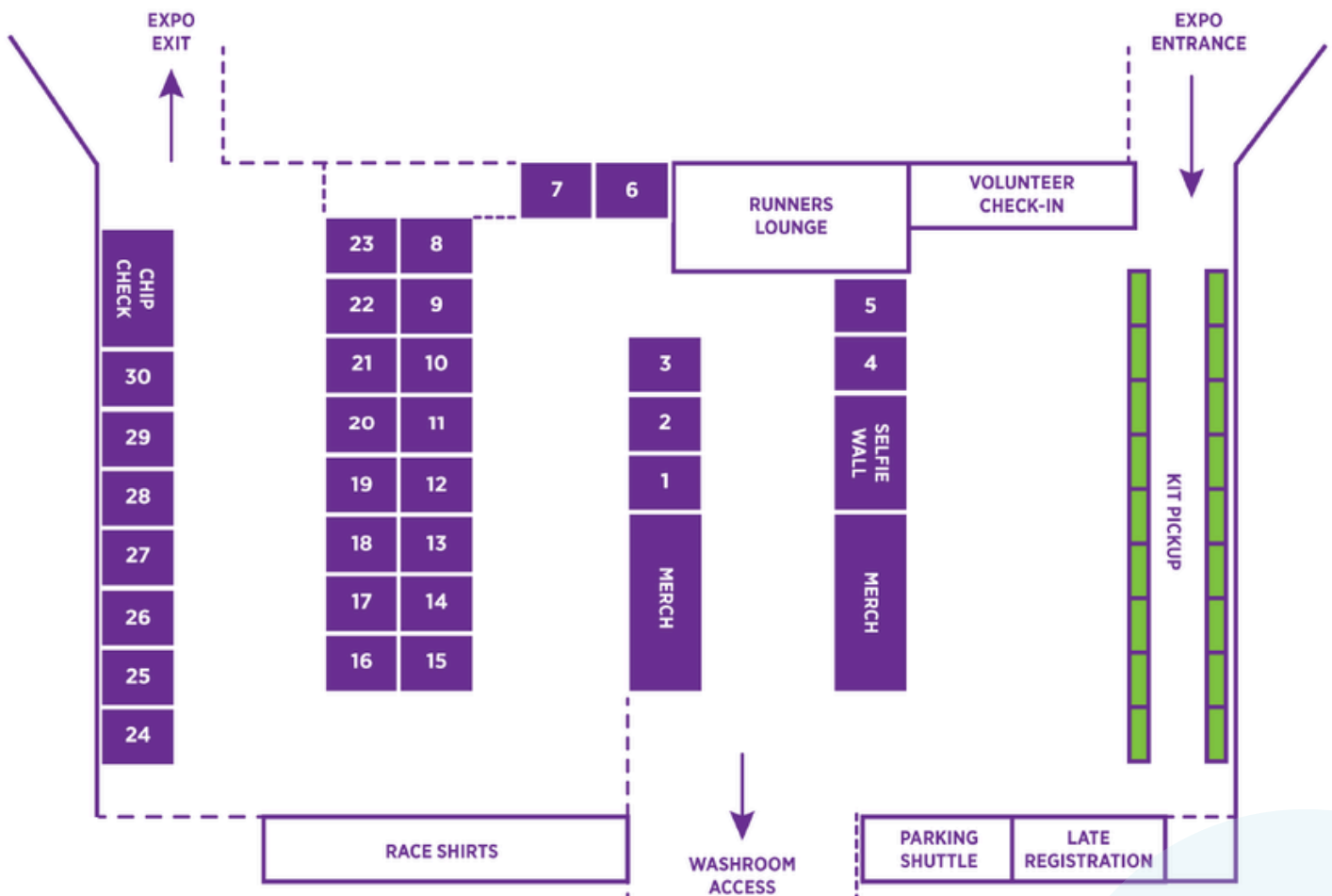
3:00 – 7:00 PM

Saturday, June 20

8:45 AM – 1:00 PM

1:00 – 5:00 PM

## EXPO LAYOUT



# JOB DESCRIPTIONS

## MERCHANDISE ASSISTANT

Volunteers will support the Manitoba Marathon merchandise booth by keeping the area organized, restocking items, and helping staff prepare sales. No cash or payment processing is required.

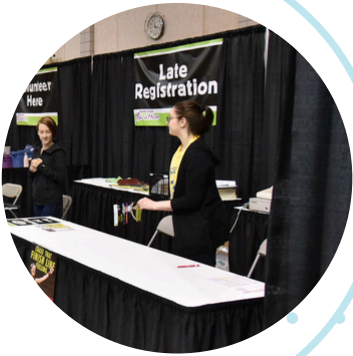
## BIB PACKET PICKUP

Bib Packet Pickup volunteers are often the first point of contact for participants. Be friendly, patient, and helpful—many participants are from out of town, so you’re also representing the city and province.

After checking in at the Volunteer booth, report to the Pickup Coordinator. You’ll be assigned to a section: Relay, 10K, Half Marathon, or Full Marathon.

- Participants will arrive at your station with their bib/relay team number
- Bibs are in numerical order: locate the bib and verify that the participant information is correct

If a participant has an issue with their bib or wants to switch events, direct them to the Late Registration desk across from kit pickup.



Depending on your station, you will hand out the following items:

Johnston Group RELAY	<ul style="list-style-type: none"> <li>• Envelope with team bib, relay belt and 5 team member bibs</li> <li>• Five gear check bags</li> <li>• Safety pins for bibs</li> </ul>
All other events	<ul style="list-style-type: none"> <li>• Bib and safety pins</li> <li>• Gear check bag</li> </ul>



Print copies of the Participant Handbook are available upon request. Please encourage participants to download it from the website or app

# RACE CORRALS

Colour-coded corrals help manage runner flow at the start. Full, Half, 10K, and 5K participants are assigned corrals based on their estimated finish time. Relay participants do not have assigned corrals.

## If a runner needs to change corrals:

If moving to a slower corral (they expect a longer finish time than originally entered)	No change is needed—participants can choose a slower corral on race day.
If moving to a faster corral (they expect a shorter finish time than originally entered)	They must go to the Info Desk to get a new corral sticker for their bib. Without the updated sticker, they will not be allowed into a faster corral on race morning. Black Corral is for pre-approved elite athletes only.

# BREAKS & WASHROOMS



Please bring your own water bottle to refill in the volunteer hospitality room – no cups will be available.

Manitoba Marathon staff and Team Leads will let you know when to take breaks based on traffic. The volunteer hospitality area is beside bib pickup and has seating for staggered breaks, plus snacks, beverages, and light refreshments around meal times.

If you have dietary needs or need more substantial food, please plan to bring your own. Washrooms are behind the curtain on the south side of the gym.

MANITOBA  
Marathon MY NAME IS  
[Blank space]  
MY PRONOUNS I ALSO SPEAK  
[Blank space] [Blank space]

## INCLUSIVITY AT THE EXPO

You will notice that we have added name tags for volunteers that include your name, pronouns and any additional languages you speak. We hope that in having our volunteers wear these tags, it not only encourages our runners to show up for race day as their authentic selves, but also helps them receive information and support if english is not their first language. Thank you for all you do to help our participants feel race ready!

# FREQUENTLY ASKED QUESTIONS

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Many participants may be excited or nervous and have questions. Your help in answering them will improve their race day experience.

**Where are the restrooms?**

Restrooms are located on the east side, hallway to the Frank Kennedy Centre (in between shirt pickup and parking/shuttle pickup).

**Can I exchange my shirt for a different size?**

Shirt sizes were selected during registration and ordered in advance, so only available inventory is on site. No additional shirts are ordered after the race, and participants cannot request a different size later.

If extra shirts are available at the Fit Expo, a “take a shirt, leave a shirt” exchange bin will be set up across from kit pickup.

**I ordered a parking pass for race day – where do I pick it up?**

Parking Passes will be available beside the kit pickup under the PARKING PASS sign.

**I need to change my registration to a different event. How do I do that?**

Direct participants to the Late Registration booth next to Volunteer Check-in. Race Roster staff can help change events if space is available.

**How can I transfer my bib to another runner?**

Direct participants to the Late Registration booth next to Volunteer Check-in. Race Roster staff will complete the transfer. Please note: shirt sizes cannot be changed due to limited stock.

**Where is Chip Check?**

The Chip Check station is located just before the exit of the Fit Expo.

If you have questions about your volunteer role or the race before race weekend, please contact Sarah:  
[sarah@manitobamarathon.mb.ca](mailto:sarah@manitobamarathon.mb.ca)

