

## 2025 Run 4 Your Cause Volunteer Orientation



**Race Director:** Christa Rusk 204-891-6459

**Volunteer Co-Ordinator:** Heather Pawluk 204-794-5127

**Medical Contacts:** Andrea Mensforth 204-802-4933 and Gerry Desjardins 204-890-3238

**Race Info:** June 1/2025 at Marpeck Commons Building, Canadian Mennonite University (2299 Grant Ave)

**Distances:** 3.3 km or 5 km

### **How the race works:**

5km Twosome: Runners all start off at the start line and either turn left or right on the course. Runners will pass each other (get to meet up with their partner) along the course and then they all finish where they started. Everyone gets an official 5 km individual run time. We also calculate prize times by adding each team individual ages and run times. These combined numbers give us their Awesome Twosome finishing time!

3.3km walk/run: Runners will all start out together and race the course in one direction and finish at the start/finish line.



When is the Arrival time for Volunteering?

- Please arrive at 7:45 a.m. on race day
- Race starts at 9:00 am

What time will volunteers be needed until?

- Depending on your volunteer position, you would be there until about 1030

Will there be snacks for the volunteers?

- Yes! There will be snacks provided to the volunteers

Where can I park?

- CMU Main parking lot, 500 Shaftsbury Blvd

Is there a pre-race meeting?

- Yes, we will be having a pre-race meeting with all the volunteers at 8:00 a.m. by the start line of the race (see map below)
- Race maps will be given out on race day as well as before the event to all volunteers

When do I have to be in my volunteer position?

- All volunteers should be in place by 8:30 a.m.
- The course coordinator will come by right before race time and make sure everyone is in their correct spots and answer any last-minute questions you may have.
- You have the option to drive to your volunteer position if you wish

What should I bring on race day?

- Please dress for the weather as we race rain or shine. I would suggest bringing a folding chair with you if you'd like to sit before the race begins. We will provide snacks to all the volunteers pre-race but if you want to bring a water bottle or other snacks, please do.

What do need to do to be Course Marshall?

- We will give you instructions on where you will be positioned prior to race day. You will get a high vis vest and signs if needed depending on your location
- The bike sweeper will let you know when the last runner has gone by and that is your cue to head back to the race start line.
- Please make yourself aware of the course so if runners ask where to go you can direct them
- Please bring your cell phone with you to contact medical or the coordinators of the race as needed

- Traffic has the ultimate right of way. Please be polite with drivers and give them clear direction when asking them to wait for runners to pass. (This will just be in crossing the Shaftesbury entrance into the parking lot).

What happens if a racer is in distress and asks for help?

- Call the medical number provided and someone will come
- If someone is having a medical emergency and you need an ambulance, call 911

What do I need to do if I'm at a water station?

- All cups, water and garbage bags will be supplied for you. Runners will be coming from both directions on the 5K course.
- Please hand out cups of water to the runners as they go by.
- The race has two water stations, one on the 5km course (see map) and one at the start/finish line.

How do medals get handed out?

- If you are stationed at the finish line all runners will come through a finisher shoot. Please direct them to the Commons building to collect their medals

What do I do if I'm course Sweep?

- Ensure everyone is safely off the course
- Release the volunteers as you go by
- Please bring your cell phone in case you need to call for help

What is my role if I'm handing out food?

- You will be stationed in the commons building handing out food to all the runners/volunteers

Medal Pick up

- Participants will come to the pickup table in the commons building and you will have a list of names and what medal they chose in advance.

## Race Course



For more information contact  
[Run4YourCause@gmail.com](mailto:Run4YourCause@gmail.com)

