



CRITERIA – MRA EXCELLENCE IN VOLUNTEERING AWARD

This purpose of this award is to recognize the hard work and dedication of an event volunteer over a period of years, either with one event or a number of different events.

It is presented annually to an MRA event volunteer that has shown extraordinary dedication and support for the running community, and best exemplifies all the qualities of a superior volunteer, as defined by the Manitoba Runners' Association:

- Volunteering with a running event in one or many capacities:
 - Pacing
 - Water stations: as a coordinator or a member
 - Kit pick-up
 - Course marshaling
 - Volunteer coordinator
 - Food coordinator
 - Other....

- Attributes:
 - Reliability
 - Proactive/Creativity
 - Passionate/Committed
 - Team oriented
 - Good communicator
 - Patient
 - Energetic
 - Positive attitude
 - Organized
 - Willing to help wherever needed