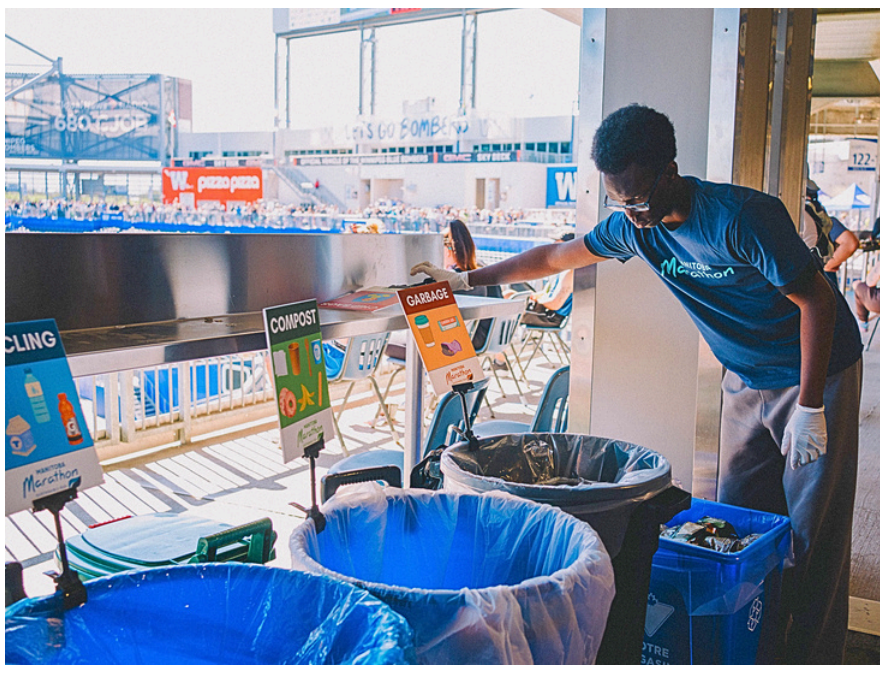
WASTE POD LENDING PROGRAM

The Manitoba Marathon Waste Pod Lending Program provides free waste sorting pods to Manitoba road races, supporting recycling, composting, and sustainable event practices — making responsible waste management accessible to events of any size.

Each Waste Pod consists of:

- one green or black bin for landfill waste
- one blue bin for recycling
- one green lidded bin for compost
- signs and clips to attach clear description posters to each bin



This simple, volunteer-driven program, paired with mindful purchasing choices, helps your event put race-day waste where it belongs, leaving the communities we run in clean, healthy, and thriving.

MANITOBA Marathon
SUSTAINABLY RUN

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IT'S AS EASY AS 1-2-3!

Borrowing Waste Pods for your race is simple — here's how it works.

1. **APPLY AND BORROW**

Manitoba road races can apply to borrow Waste Pods at no cost — just submit the completed form to running@manitobamarathon.mb.ca at least two weeks before your event. Applications are first come, first served, with priority given to not-for-profit events; concurrent bookings are accepted when stock allows. Once approved, pick up your pods from the Manitoba Marathon office (55 Henlow Bay, Unit 3) during regular office hours.

2. **USE AT YOUR EVENT**

Set up pods in high-traffic areas with a volunteer at each one to help attendees sort into landfill, recycling, and compost — this alone greatly boosts diversion and cuts contamination. We recommend at least 3 pods for events under 250 participants; larger events are scaled based on size and footprint, and we're happy to help you plan. Note: **Manitoba Marathon doesn't supply waste bags**, but we can recommend suppliers.

3. **SORT, CLEAN & RETURN**

After your event, sort remaining waste into the proper streams, clean the pods, and return them to Manitoba Marathon.

Together, we can make events cleaner, greener, and more sustainable for everyone.

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Event Request Form

Event Information

Event Name .....

Event Contact .....

Event Date .....

Location .....

Phone Number .....

Email Address .....

Event Details

How many pods are you requesting? One pod = 1 each garbage, recycling, compost ☐

Requested Pickup Date at 55 Henlow Bay, Unit 3: .....

Requested return date (multiple days allowed based on availability): .....

Will volunteers be monitoring the pods? YES ☐ NO ☐

Have partners received info on the waste sorting? YES ☐ NO ☐

Are you implementing any additional sustainability initiatives that you would like to share?

.....

Terms & Conditions

Equipment Responsibility

- Waste pods are provided free of charge for approved events.
- The applicant agrees to return all pods in the condition received, excluding normal wear and tear.
- Damaged, stolen, or lost pods may incur a $50 replacement fee per bin. Lost signage replacement fee is $20, lost clips replaced at $5 each
- Pods may not be altered, painted, stickered, or used for hazardous materials.
- The event organizer is responsible for ensuring bins are secured and appropriately monitored during the event.

Cleaning Expectations

- Pods must be emptied and reasonably clean prior to pickup/return.
- Excess contamination or prohibited materials may result in the refusal of future rentals.

Liability

- Manitoba Marathon is not responsible for injuries, damages, or losses related to the use of the equipment

Date: ..... Contact Signature: .....

SEND COMPLETED APPLICATION TO:
running@manitobamarathon.mb.ca

www.manitobamarathon.mb.ca/run-sustainably

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Event Use Guide

Prior to Race Day

- Secure a compost processing partner before race day — Waste Connections of Canada (operator of Prairie Green Landfill) can help. Call their Winnipeg office at 204-633-9730 for fees and logistics.
- Walk the site to plan pod placement: every high-traffic area, especially near runner recovery, needs an easily accessible pod. Remove or cover any existing waste receptacles nearby so waste stays properly sorted.
- We recommend adding a "liquids bin" (e.g., a Home Depot bucket) at each pod so runners can empty cups and bottles first — liquid contaminates bags and makes them unrecyclable.
- Set up a staging area for full bags. Use site bins for recycling/landfill if available; compost must be stored on-site and hauled off separately.
- Recruit enough volunteers: one per pod to help runners sort, plus 2–4 roaming volunteers to empty bags and rotate pod volunteers for breaks. Brief everyone on sorting guidelines beforehand.
- Optional: track your diversion — a bathroom scale and a simple paper chart are enough to log bag weights by category.

Race Day

- Set up pods per plan — one landfill, one recycling, one compost bin at each location — with signs clipped to the back. Add extra bags inside each bin for quick changeouts, and keep disposable gloves on hand for volunteers.
- Pod volunteers direct runners to the right bin and fix any missorted waste on the spot, saving sorting later.
- Backup volunteers rotate through the site, emptying full bags to the staging area and giving pod volunteers breaks.
- Tracking diversion? Weigh each bag as it moves to staging and log it on your chart.
- At teardown, walk the site to pick up and sort any last waste — leave it as clean as you found it.

Post Race

- Send waste to the right streams: landfill and recycling can go offsite or into site bins if available; take compost to your compost partner (see Prior to Race Day).
- Tracking diversion? Add up your weights to see how much you kept out of the landfill — share the number with your runners and thank them for making it happen.
- Clean and return all bins, signage, and clips to 55 Henlow Bay, Unit 3 during regular business hours.

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Volunteer Sorting Guide

- Paper food service products (no wax lined cups)
- All food waste except meat products
- wooden popsicle sticks and wooden disposable cutlery
- NOTE: unless your compost is being **commercially processed**, no “compostable food service” items can be accepted

- Any items you would place in your “blue bin” at home can be recycled here
- All cans, glass bottles and plastic bottles, as well as milk cartons
- NEW IN 2026: City of Winnipeg recycling now accepts commercial paper coffee cups! Note that the lids still remain NOT recyclable
- ensure all containers are empty before placing in bins to avoid contamination

- Any items not listed above, such as gel wrappers, chip bags and other snack wrappers
- if commercial composting isn’t utilized, any plastic “compostable” service items must go in the landfill

Want to take one more step towards sustainability? Consider purchasing recycling boxes for your chip bags! Terracycle, a Canadian company, helps by processing hard to recycle items for a fee. Check out their chip and wrapper boxes HERE