

## **2025-2026 Voices of M3S Ambassador Program**

### **ABOUT THE “VOICES OF M3S” AMBASSADOR PROGRAM:**

M3S Sports is committed to celebrating the healthy, active lifestyle through a series of running and walking events in Columbus and surrounding communities including the OhioHealth Capital City Half & Quarter Marathon, OhioHealth Grandview Yard Half & Quarter Marathon, Flying Feather Four Miler, First on the First 5K & more!

We are looking for an enthusiastic group of Ambassadors to join us & promote these events. Be yourself! Be positive! Be involved! And share & celebrate the active, healthy lifestyle!

We will also have a select few OhioHealth Capital City Half Marathon-only ambassadors (in addition to the Voice of M3S & Cap City Ambassadors) for those who do not live in the Columbus area. Perks & Requirements are listed below.

### **VOICES OF M3S PERKS:**

- (1) Complimentary race entry to the 2026 OhioHealth Capital City Half & Quarter Marathon (distance of choice)
  - Run or volunteer
- (1) complimentary race entry to all M3S races
  - \*Excluding the Jingle Bell Run, as this is a charity race
- (1) complimentary 2026 OhioHealth Capital City Half Marathon race entry to be given away on social media or at a community event / Run Club
- 10% Ambassador discount to be shared with friends, family, social media followers, etc
- Profile feature on M3S & Cap City websites – picture, short bio, social media links
- Access to a private ambassador Facebook group for info and discussions with race staff
- Invitation to exclusive ambassador meet-ups throughout the Columbus area
- Additional perks if Ambassador Requirements are met or exceeded

### **VOICES OF M3S REQUIREMENTS:**

#### **In-Person Requirements:**

- Participate in the 2026 OhioHealth Capital City Half Marathon (distance of choice) and at least (3) additional races in the 2025-2026 year
- Attend or represent M3S in at least (2) M3S coordinated meet-up/training runs or community events
- Volunteer for at least (1) 2025-2026 M3S event (day of or packet pick-up)
- Promote M3S in a positive light at events throughout the community & on social media
- Represent M3S Sports in a professional manner at all events

#### **Social Media/Online Requirements:**

- Tag @M3SSports, @CapCityHalf, #CapCityHalf in running or health and wellness-related content
- Share at least (2) social media posts or stories related to M3S events every month – topics may focus on personal training, running tips, preparation for race day, inspirational quotes, on-site race day, etc.
- Share your unique discount registration code with your friends, family, social media, running groups and even strangers. The more the merrier!
- Provide 1-2 quick-hitting training tips for the Cap City newsletter and/or social media
  - Topics to be provided
- Share & comment on M3S & Cap City social content
  - Reshare/repost content shared by M3S & Cap City
  - Help relay information regarding important dates, price increases, medal reveals, course descriptions, swag, etc.
- Share a post-race recap on social media within 48 hours of the race
- Complete one of the following:
  - Participate in an “Ambassador Takeover”
    - Lead a @CapCityHalf Instagram “takeover” for a day in the life of training experience
    - Promote unique your discount code
  - Provide other benefits including, but not limited to:
    - Representing M3S at community event or volunteering at M3S events beyond what is required
    - Participating in media, social media, or other opportunities
    - Other opportunities as approved by the M3S team

## VOICES OF CAP CITY

### PERKS:

- (1) Complimentary race entry to the 2026 OhioHealth Capital City Half & Quarter Marathon (distance of choice)
  - Run or volunteer
- (1) complimentary 2026 OhioHealth Capital City Half Marathon race entry to be given away on social media or at a community event / Run Club
- 10% Ambassador discount to be shared with friends, family, social media followers, etc
- Profile feature on Cap City website – picture, short bio, social media links
- Access to a private ambassador Facebook group for info and discussions with race staff
- Invitation to exclusive ambassador meet-ups throughout the Columbus area

### In-Person Requirements:

- Participate in the 2026 OhioHealth Capital City Half Marathon (distance of choice)
- Promote Cap City in a positive light at events throughout the community & on social media

- Represent Cap City in a professional manner at all events

#### **Social Media/Online Requirements:**

- Tag @CapCityHalf & #CapCityHalf in running or health and wellness-related content
- Share at least (1) social media post or stories related to Cap City event every month – topics may focus on personal training, running tips, preparation for race day, inspirational quotes, on-site race day, etc.
- Share your unique discount registration code with your friends, family, social media, running groups and even strangers. The more the merrier!
- Provide 1-2 quick-hitting training tips for the Cap City newsletter and/or social media
  - Topics to be provided
- Share & comment on Cap City social content
  - Reshare/repost content shared by Cap City
  - Help relay information regarding important dates, price increases, medal reveals, course descriptions, swag, etc.
- Share a post-race recap on social media within 48 hours of the race
- Complete one of the following:
  - Participate in an “Ambassador Takeover”
    - Each ambassador will be assigned a day to do extra Cap City Half promotions
    - Lead a @CapCityHalf Instagram “takeover” for a day in the life of training experience
    - Promote unique your discount code
  - Provide other benefits including, but not limited to:
    - Representing Cap City at community event or volunteering at M3S event
    - Participating in media, social media, or other opportunities
    - Other opportunities as approved by the M3S team

#### **THE DETAILS:**

- Ambassador Season starts on July 15, 2025, and ends on July 1, 2026
- Must be at least 21 years old
- Ambassadors must reapply every year
- Ambassadors do not receive financial compensation of any kind. This is strictly and purely a volunteer role, not employee, freelance or contractor. M3S Sports reserves the right to suspend or terminate ambassador partnership if they go against M3S Sports code of conduct.