

# The Inside Track

December 2015

Featuring

Mississauga Marathon, Nutrience Oakville Half Marathon and Steelheads 2K

**MISSISSAUGA**

**MARATHON.COM**



## THIS MONTH

- 10 Reasons to #RunThisCity
- Sal Guzzo, LL.B. Relay Challenge
- Nutrience Partnership Continues
- 5 Ways to Stay Active this Holiday Season
- Mississauga Marathon Gift Certificates
- John Stanton Running Tips
- Race Director's Recipe, Running Tune of the Month and Plenty More...

## 10 Reasons to #RunThisCity

- 1** Course stretches through vibrant city centre, historic neighbourhoods, along beautiful Lake Ontario Waterfront Trail, finishing in Lakefront Promenade Park
- 2** Boston Qualifier, with a net downhill course
- 3** 7 different events means "A Run For Everyone"
- 4** FREE Parking, shuttle buses and baggage check over the duration of Race Weekend
- 5** Last year, over \$185,000 was raised through the Scotiabank Charity Challenge
- 6** Live bands playing at the finish area in Lakefront Promenade Park and along race course
- 7** All Mississauga Marathon registered participants will enjoy unique Bonus Offers
- 8** Convenient access to event via 3 of Ontario's major highways and Pearson International Airport
- 9** Host hotel, Novotel Toronto, just minutes from start line
- 10** The best Swag Bags in town, filled with FREE product samples

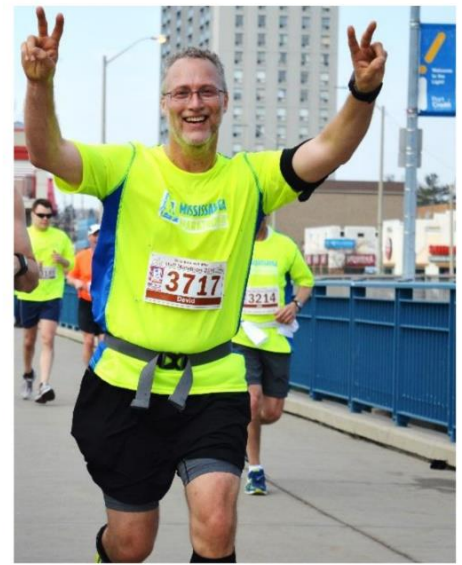


## LOOKING FOR VOLUNTEER HOURS?

Sign up to be a volunteer at [mississaugamarathon.com](http://mississaugamarathon.com)

### Roles include:

- Swag Bag Stuffing
- Runner's Expo
- Parking Marshal
- Course Marshal
- Bus Volunteer
- Start Line



# TEAM BUILDING OPPORTUNITY

## SAL GUZZO, LL.B. RELAY CHALLENGE

We would like to invite you to participate in this year's Sal Guzzo, LL.B. Relay Challenge! This event is a great way to promote health and teamwork within the workplace, at home, around your neighbourhood and throughout your college or university campus. It allows everyone to challenge themselves and interact with their fellow teammates alongside the beautiful shores of Lake Ontario.

Whether your motivation is employee participation, improved work culture, competition, teamwork, physical fitness or charitable giving, we encourage you to form your own team, create internal fundraising initiatives and enjoy a great weekend of activity and fitness

Teams of 2-5 members will complete the Sal Guzzo, LL.B. Relay Challenge on the Full

Marathon course (26.2 miles/ 42.2 KM) divided into five legs. Each member of the team is responsible for one leg (for teams with less than 5 members, one runner will need to complete multiple legs). Legs A-D are 8 KM, and Leg E is 10.2KM, for a total of 42.2 KM.

A: City Centre Drive and Robert Speck Parkway to UTM Campus

B: UTM Campus to Indian Road & Caldwell Avenue

C: Indian Road & Caldwell Avenue to Lakeshore Road West and Hazelhurst Road

D: Lakeshore Road West & Hazelhurst Road to Lakeshore Road West & Bexhill Road

E: Lakeshore Road West & Bexhill Road to Lakefront Promenade Park (Finish Line)

The exchange points will be set up along the course according to the distances above. They are the same for every team

regardless of the number of team members. Teams are encouraged to select a team 'baton' to represent their cause or organization. It is recommended that this 'baton' is something small and light weigh that will not impede running ability. For example, a team of runners representing a graduating class may choose a rolled-up imitation diploma to pass from one runner to the next.

Each team member will receive a technical race shirt, Swag Bag, and a finishers' medal.

To schedule a presentation for your workplace, school or organization, please email us at [info@mississaugamarathon.com](mailto:info@mississaugamarathon.com)

For more information on this event, and to register your team, please visit our website at [www.mississaugamarathon.com/marathonrelay](http://www.mississaugamarathon.com/marathonrelay)



# 5 Ways to Stay Active When Stuck Inside This Winter

**1** **STAND UP!** Even when you are folding laundry, wrapping presents or eating your lunch, stand up and stretch your leg muscles!

**2** **EAT RIGHT!** Though it might be tempting to have that 5<sup>th</sup> hors d'oeuvres, make sure that you are eating the right foods in order to hit the ground running come springtime

**3** **PLAY BOARD GAMES!** Don't forget to work out your brain, too! Memory and strategy board games can help focus your mind, and improve your brain function!

**4** **REMEMBER TO STAY HYDRATED!** Make sure you drink lots of water – and other refreshments. Even though you aren't doing your normal workouts doesn't mean your body needs less water.

**5** **TAKE THE STAIRS!** If you find yourself in a crowded shopping mall, or visiting friends in an apartment building, take the stairs, instead of an escalator or elevator!



**Just in time for the holidays, the Mississauga Marathon is proud to launch a brand new Gift Certificate Program! With seven events, you can get the gift for any level of runner! Just click on the picture below to get started!**



Nourish the body Fuel the spirit™

# Nutrience Oakville Half

## Nutrience Partnership Continues with Oakville Half Marathon

We are proud to announce the return of Nutrience as our Title Sponsor for the Nutrience Oakville Half Marathon. Nutrience is a Canadian, family-owned brand that is dedicated to making premium, wholesome food that nourishes pets to live a healthy lifestyle. Their message is simple: Next time you lace up, consider taking your furry companion along with you! For more information on Nutrience, visit their website at [www.nutrience.com](http://www.nutrience.com).

**REGISTRATION IS NOW OPEN FOR  
2016!**  
**SUNDAY, SEPTEMBER 25<sup>TH</sup>, 2016**  
**HALF, 10K, 5K, 2K AND RELAY**  
[WWW.OAKVILLEHALFMARATHON.COM](http://WWW.OAKVILLEHALFMARATHON.COM)

**COMMUNITY CHALLENGE**  
**THE 2015 NUTRIENCE OAKVILLE  
HALF MARATHON IS PROUD TO  
ANNOUNCE A GRAND TOTAL OF  
\$78,320 HAS BEEN RAISED FOR  
THE 11 CHARITIES INVOLVED WITH  
THE RUN FOR A CAUSE COMMUNITY  
CHALLENGE PRESENTED BY  
WHOLE FOODS MARKET –  
OAKVILLE. THANK YOU FOR ALL  
OF YOU SUPPORT!**



*The Nutrience Oakville Half Marathon is proud to be sponsored by the following companies*



## UPCOMING PRICE BREAKS

### Mississauga Marathon

Next price increase:

- 11:59 PM, Wednesday, February 3, 2016

Visit [www.mississaugamarathon.com](http://www.mississaugamarathon.com) to register

### NUTRIENCE OAKVILLE HALF MARATHON

EARLY BIRD PRICING ENDS:

- 11:59 PM, WEDNESDAY, JUNE 22, 2016

VISIT [WWW.OAKVILLEHALFMARATHON.COM](http://WWW.OAKVILLEHALFMARATHON.COM) TO REGISTER

# John Stanton Running Tips

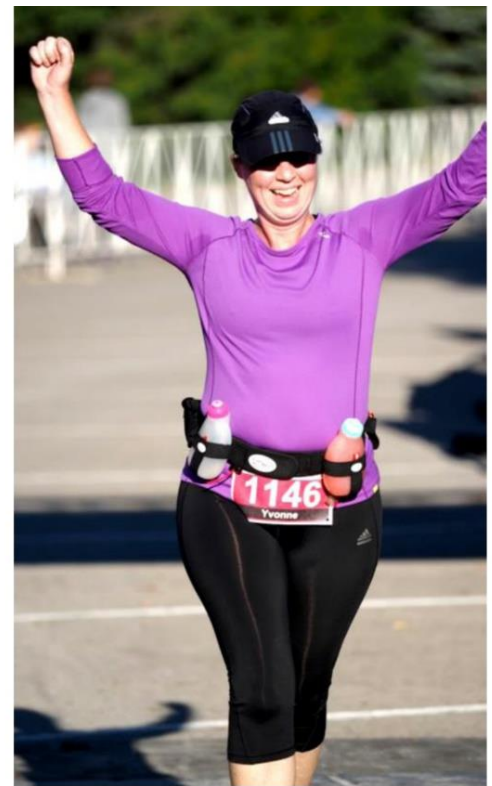
Every Newsletter, John Stanton, Founder and CEO of Running Room offers exclusive tips on how to train for long distance running. This month, his tip covers Building the Base.

## Building the Base

My Marathon and Half Marathon programs become progressively more difficult each week. Successful adaptation comes as a result of intelligent progressive overload. This progressive overload combined with rest days improves your muscular skeletal and cardiovascular systems as you become a marathoner. The hard days challenge you, the easy days provide you rest and allows for regeneration. Hard days are the hill runs, tempo runs, and speed and long run days. The balance of the schedule is either an off day or recovery run day. Recovery runs are completed with a relaxed recovery pace. The long run is run about a 1 – 1 ½ minute per mile

slower than your planned marathon goal pace. Scheduling in rest days is every bit as important as the tougher stuff.

Specificity, the principle that permits the adaptations your body makes is based on the nature of the exercise you do. My program specifically trains you for running endurance, strength and speed. Periodization is a build-up in total mileage and in the long run distance, followed by a cutback week. Following this easy week, we build up the long run and the total distance. These periods of build-up in mileage followed by a recovery week, rejuvenate you and prepare you for the next build up.



For more running tips from John Stanton, be sure to check out our January Newsletter!

## RACE DIRECTOR'S RECIPE: SPINACH & RICOTTA PASTA

**Here's a quick and easy dish that takes very little time to cook! For people on gluten-free diets, simply replace regular pasta with your favorite gluten-free pasta. Serves 6**

**12 Ounces macaroni or penne**

**2 TSP olive oil**

**½ Cup finely chopped onion**

**2 garlic cloves, minced**

**10 Ounces baby spinach**

**1 Ounce basil, chopped**

**1 Cup low-fat ricotta cheese**

**¼ Cup nonfat milk**

**Fresh ground black pepper to taste**

**Bring a large pot of water to a boil and cook pasta according to package directions.**

**Meanwhile, in a large skillet, sauté onions and garlic until soft and fragrant. Add spinach and basil to skillet and stir until wilted. Then add ricotta cheese and milk to skillet and stir well**

**Drain pasta, reserving a ¼ cup or so of cooking water. Combine cooked pasta and ricotta mixture.**

**Add the ¼ cup of cooking water to mixture if necessary**

**Serve immediately with some freshly ground black pepper.**






# FOR THE LATEST CONTESTS, BONUS OFFERS & MORE

## NUTRIENCE OAKVILLE HALF MARATHON

 @OakvilleHalfMarathon  
 @OakvilleHalf  
 @OakvilleHalfMarathon  
OakvilleHalfMarathon.com

## MISSISSAUGA MARATHON

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 @SaugaMarathon  
 @MississaugaMarathon  
MississaugaMarathon.com

## TUNE OF THE MONTH



December's running tune of the month:

## "California Girls" by The Beach Boys

Nominated by Paul Radcliffe

What are your favorite songs that you listen to while you train, or get ready to race? Send us yours via Facebook, Twitter, or Instagram, and you could have a chance to be featured in our next newsletter!

*The Mississauga Marathon is proudly sponsored by:*



*The Mississauga Marathon and Nutrience Oakville Half Marathon are created and managed by Landmark Sport Group, Inc.*

