



### This Month:

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- **Mississauga Marathon Student Events Filling up Fast!**
- **2015 Mississauga Marathon Bonus Offers**
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### **Novo Nordisk Announced as Title Sponsor for 2015 Novo Nordisk® “Hazel” 5KM Run/Walk**

The Mississauga Marathon is proud to welcome Novo Nordisk as the Title Sponsor for the 2015 Novo Nordisk® “Hazel” 5KM Run/Walk, which starts at 6:00 P.M. on Saturday, May 2, 2015.

Novo Nordisk is a global leader in the field of innovation and development of diabetes care. Operating in more than 70 countries, Novo Nordisk is committed to affecting positive change in every community. Fitting into this commitment to community, Novo Nordisk has chosen to sponsor the event named after Hazel McCallion, the former Mayor who has made it her life’s work to build a better Mississauga.



Run along the shores of Lake Ontario, the Novo Nordisk® “Hazel” 5KM Run/Walk will start at the Lakeshore Road and Front Street North, near the mouth of the Credit River, and finish in Lakefront Promenade Park.

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### **Sign up Today for Mississauga Marathon Student Events!**



#### **Enersource MaraFun Program:**

- Complete 40 kilometres of physical activity in 6 weeks, leading up to race weekend.
- Complete your final 2 kilometres on Sunday May 3<sup>rd</sup>, as part of the Full Mississauga Marathon.
- Participants will receive a swag bag, racer’s bib, t-shirt, finisher’s medal and a certificate of completion.
- Schools also have the chance to have their name engraved on the MaraFun Cup, by having the most participants from their school sign up and complete the Enersource MaraFun Program.





## 10KM Student Relay: The Ultimate Team Event!

- Two to four students race together to complete the 10KM Student Relay.
- Teams can be made up of classmates, hockey teams, athletic clubs or friends, and can be male, female or co-ed.
- Prizes will be awarded!
- Participants will receive a swag bag, racer's bib, t-shirt and finisher's medal!
- The 10KM Student Relay begins at 6:30 P.M. on Saturday, May 2<sup>nd</sup>.



These events are filling up fast, so make sure to [register today](#) to secure your spot. Register by 11:59 P.M., Wednesday, March 25 and save! If you would like more information, or would like to schedule an in-school presentation, please email us at: [info@mississaugamarathon.com](mailto:info@mississaugamarathon.com), or call: 905-949-2931.

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## **2015 Mississauga Marathon Bonus Offers!**

Anyone who is registered for any Mississauga Marathon event is eligible to take advantage of our fantastic bonus offers. To claim your special discount, present proof of registration, such as your confirmation e-mail, to the businesses listed below.



With Valentine's Day around the corner, head to [Euro Flowers](#), and receive 15% off all purchases!

If you are looking for a place to eat in Port Credit, receive 15% off at [The Breakwater](#), Mississauga's only Four Diamond Restaurant, located in The Waterside Inn.



Keep a close eye on our [Bonus Offers](#) page for additional offers, available to all registered participants!

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## **SKECHERS Social Media Sweepstakes**

Starting on Family Day (Monday, February 16<sup>th</sup>, 2015), you will have the chance to win a Mississauga Marathon Prize Pack, including a pair of SKECHERS Performance footwear, KT Tape and tech shirts. To enter, "like" or "follow" the Mississauga Marathon and SKECHERS, and use the SKECHERS trending hashtag on:

- Facebook ([Mississauga Marathon](#) and [SKECHERS Performance Canada](#)), or
- Twitter ([@saugamarathon](#) and [@performance\\_can](#)).

Full terms of the SKECHERS Social Media Sweepstakes will be posted to the Mississauga Marathon [Facebook](#), [Twitter](#) and [Instagram](#) pages, so like and follow us today.

SKECHERS Performance Division is the Official Footwear Supplier of the 2015 Mississauga Marathon.



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## **5 Things to Try in 2015**

Here are five things that you can try in 2015 to continue living your healthy lifestyle.

1. Eat healthy fats like avocado, nuts, seeds, coconut oil & olive oil.
2. Bring your lunch to work (it's easy if you plan to make whole-wheat spaghetti with chickpeas, broccoli and garlic leftovers!).
3. Write down your weekly training goals, and put them somewhere visible, like on your computer or refrigerator.
4. Avoid over-training. Your body needs time to heal.
5. Stretch after every run.

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## **February Motivation**

*"Like the marathon, life can sometimes be difficult, challenging and present obstacles, however if you believe in your dreams and never ever give up, things will turn out for the best."*

-Meb Keflezighi, US Olympic Marathoner and SKECHERS Performance Brand Ambassador

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## **Running Tune of the Month**



As we continue to accept nominations every month for the best running songs to be featured in our monthly newsletter, post your nomination for best running song on social media using #TakeBackRunning or send us an email at: [info@mississaugamarathon.com](mailto:info@mississaugamarathon.com).

The nominations for February have been flying in from our participants with many great songs to choose from.

The running tune of the month for February is.....

**Lose Yourself**  
**By: Eminem**

This nomination was sent in by Amanda Barber, via [our Facebook page](#).

Like us on [Facebook](#), follow us on [Twitter](#) and [Instagram](#), and look out for your chance to nominate the Running Tune of the Month for March. If your running tune is picked, you will win a Mississauga Marathon Prize Pack!

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## **Race Director's Recipe**

### **Whole-Wheat Spaghetti with Broccoli, Chickpeas and Garlic**

#### *Ingredients*

6 cloves of garlic, chopped  
½ teaspoon dried hot red pepper flakes  
¼ cup extra-virgin olive oil  
20 ounces fresh broccoli, chopped  
¾ teaspoon salt  
1 can (15 ounces) chickpeas, rinsed and drained  
½ pound of whole-wheat spaghetti  
Finely grated parmesan cheese and lemon wedges (optional)

## Preparation

Cook garlic and red pepper flakes in a heavy skillet over moderate heat, until garlic is golden (about 1 minute). Add broccoli and salt, stirring occasionally, until broccoli is crisp-tender (about 3-5 minutes). Stir in chickpeas and cook until heated through-out.

Meanwhile, cook pasta in a pot of boiling salted water until al dente. Reserve ½ cup of pasta cooking water, and then drain pasta into a colander. Add pasta and reserved cooking water to broccoli and chickpeas in skillet and cook over moderate heat, tossing and combining well. Serve drizzled with additional olive oil. Top with finely grated parmesan and lemon wedges.



## Gift Ideas for your Running Valentine

This Valentine's Day, make sure you think of the Valentine that has run away with your heart with some running-inspired gift ideas. Besides, chocolates will not help your significant other set their personal best in the Recharge with Milk Half Marathon!



- [Original BUFF](#): Make sure they can stay warm on their winter runs with the multi-use running buff!
- [Yurbuds Inspire Duro](#): Let the music be their running guide by getting the Yurbuds Inspire Duro headphones to listen to the Running Tune of the Month.
- [Polar H7 Heart Rate Sensor](#): They already have run away with your heart, so get them a gift to show how much you care about their heart.
- [SKECHERS GOrun Ride4 shoes](#): Let the runner in your life run in comfort with the SKECHERS GOrun Ride4, optimized for them to go the distance.

The Mississauga Marathon is proudly sponsored by:



The Nutrience Oakville Half Marathon is proudly sponsored by:



The Mississauga Marathon and Nutrience Oakville Half Marathon were created and managed by Landmark Sport Group Inc.