



This Month:

- **Mississauga Marathon Prices Increase in Less Than 2 Weeks!**
- **Running Tune of the Month**
- **SKECHERS Returns as Official Footwear of the Mississauga Marathon**
- **Sal Guzzo, LL.B Relay Challenge**
- **Volunteer Opportunities for Participants**
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Mississauga Marathon Prices Increase on January 28th at 11:59 PM!

Be sure to take advantage of the great rates we are offering all participants! These prices will only be available for a couple more weeks. Register today online or by mail before Wednesday, January 28th at 11:59 PM to save 30% off our Runner's Expo rates. Our events include: **Full Marathon, Sal Guzzo, LL.B Relay Challenge, Recharge with Milk Half Marathon, Valeant Pharmaceuticals 10K, 10K Student Relay, "The Hazel" 5K and the SUBWAY® Restaurants 2K Fun Run/Walk.** Register here: www.mississaugamarathon.com/registration.shtml.



Running Tune of the Month



Every month we will be accepting nominations 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.

The nominations for January have been flying in from our participants with many great songs to choose from. The running tune of the month for January is.....

Where The Streets Have No Name
By: U2
This nomination was sent in by AJ Myers

SKECHERS Performance Division makes its mark with the Mississauga Marathon Official Footwear for 2015!

The Mississauga Marathon is proud to continue its partnership with SKECHERS Performance Division at the 2015 Mississauga Marathon as the Official Footwear Supplier.

"We are thrilled to return as Official Footwear Supplier of the Mississauga Marathon in 2015 and bringing the SKECHERS Performance brand experience to all race participants and attendees for the second consecutive year" says SKECHERS Performance Division Representative. "With our Canadian headquarters located in Mississauga, we are especially pleased with the opportunity to interact with the local running community".



SKECHERS Performance will be heavily involved during Race Weekend starting with the Runner's Expo at the Port Credit Memorial Arena on Friday, May 1st and Saturday, May 2nd. SKECHERS Performance's popular GOrun product line will be showcased and available for purchase. Visit with SKECHERS Performance Brand Ambassadors to find your style and personalized running shoe. You can also check out SKECHERS Performance footwear in the finish area at Lakefront Promenade Park on the evening of Saturday, May 2nd and the morning of Sunday, May 3rd. To train year-round in SKECHERS visit: www.ca.skechers.com.

Sal Guzzo, LL.B. Relay Challenge - A Great Team Race!

The Sal Guzzo, LL.B Relay Challenge epitomizes what the Mississauga Marathon is all about. Five team members training rigorously to come together and conquer the Full Marathon course on race day. This event is about community, hard work and being in sync with those around you. The Mississauga Marathon expects a tremendous turnout this year and this challenge is one where special attention is being placed to encourage teams from all over to run as one and build chemistry. Corporate teams, student teams, friends and families are just a few of the wide variety of groups who will be participating in the Sal Guzzo, LL.B Relay Challenge in 2015.

In addition to their finishers' medals and official Mississauga Marathon technical T-shirts, each team will be rewarded with 10 FREE tickets to attend the final game of the season for the Mississauga Steelheads. This is an exclusive offer for all Sal Guzzo, LL.B Relay Challenge participants to enjoy the action with the rest of this event's participants. This event is filling up fast so make sure to register early and save \$100 off of our final prices by signing up your team before Wednesday, January 28th at 11:59 PM.

Volunteer Opportunities

Already registered for the race but looking to get even more involved on Race Weekend? Sign up to volunteer on Friday morning at the Runner's Expo and get a behind the scenes look at the Mississauga Marathon! All participants, spectators and the Mississauga community are able to sign up to volunteer online for any volunteer position by visiting: www.mississaugamarathon.com/volunteering/individual-volunteers/.

Race Director's Recipe

According to a recent study published by [JAMA Internal Medicine](#), A diet rich in whole grains is associated with a significantly higher chance of living a longer, healthier life and lowering the chance of cardiovascular disease. This being said, the Race Director's Recipe of the month for January is a great option for a healthy appetizer.

Whole-Grain herbed garlic bread Ingredients

1/2 head garlic (horizontally split)
2 teaspoons olive oil
2 tablespoons chopped fresh parsley
2 teaspoons chopped fresh thyme
One 4-ounce whole-grain demi baguette or hoagie roll, halved lengthwise
1 1/2 tablespoons finely grated Parmesan
Kosher salt



Directions

Preheat the oven to 375°F. Place the garlic on aluminum foil, drizzle with 1/2 teaspoon of the oil and fold up the foil to enclose the garlic securely. Place the garlic directly on the oven rack and bake until golden brown and soft, about 1 hour. Unwrap and set aside until cool enough to handle, about 5 minutes.

Combine the parsley, thyme and remaining 1 1/2 teaspoons olive oil in a small bowl. Remove the roasted garlic cloves from the white papery husks and place them in the bowl. Mash with a fork until smooth. Spread the mixture evenly over the bread halves and sprinkle with the Parmesan and salt to taste. Place on a baking sheet and broil (about 6 inches from the heat source) until the top is browned, about 2 minutes.

January Motivation

"There will be days when I don't know if I can run a Marathon. There will be a lifetime knowing that I have".

-Anonymous

Other Fun Events

Join us on Monday, February 16th from 10:00 AM to 4:00 PM for some family fun at the Mississauga Kids Family Day Extravaganza powered by Enersource. Located at the Mississauga Convention Centre and jam-packed with loads of entertainment, this event is expecting to sell out fast. Purchase tickets online and save at www.familydaymississauga.com. The Mississauga Marathon will be at the Extravaganza educating families about healthy active living and giving away great prizes!

The Mississauga Marathon will also be "trout and about" at the Hershey Centre on Family Day as the OHL's Mississauga Steelheads take on the Erie Otters and Canada's rising star, Connor McDavid. Don't miss this hardworking hockey action and make sure to visit us at the concourse before puck drop!

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.