



May 2015 Newsletter

THIS MONTH:

- Congratulations to all participants
- 2015 Fundraising continues for another month
- 2015 Results and Certificates
- Personalized Medals
- Mississauga Marathon Photos
- Running Tune of the Month
- Race Director's Recipe
- Recommended Races
- Thank You Mississauga Marathon Volunteers

CONGRATULATIONS TO ALL PARTICIPANTS!



Congratulations to all who participated in the 2015 Mississauga Marathon events including: **AMJ Campbell Full Marathon, Sal Guzzo, LL.B. Relay Challenge, Recharge with Milk Half Marathon, Valeant Pharmaceuticals 10KM Presented by VANDYK Group of Companies, 10KM Student Relay, Novo Nordisk® "Hazel" 5KM Presented by Starbucks and SUBWAY® Restaurants 2K Fun Run/Walk!** We would also like to thank you for all of your support and dedication that helped us achieve our goal to "Take Back Running" and we really hope that you will join us again next year. The 2016 Mississauga Marathon will take place from Friday, April 29th to Sunday, May 1st, 2016. Be sure to mark your calendars and keep an eye out for early registration rates in the next few weeks! We also thank you for the feedback received regarding our 2015 event.

Here are just some of the comments:

"I had a great time at the race, the course was beautiful and I would definitely participate again."

"Great Job Mississauga. I live in Owen Sound and the Runners Den gives it the Thumbs up."

"Great job, Husband running 19 Mississauga Marathons. Both our experiences were excellent. A very well run race"

"Great course, loved having free parking and really awesome spectators cheering along most of the route!"

"I think you do a fantastic job of this race. I have competed in the Goodlife Marathon locally as well and it was not nearly as well run, I recommend to anyone who is looking to sign up for their first experience as the race packs are always full of amazing goodies, the course is beautiful and it is always well organized. This was also my first time using the shuttle and I didn't have to wait at all. Well done!"

"This was such an amazing day! It was highly organized with zero wait time for anything. Can't wait for next year!"

FUNDRAISING CONTINUES FOR 2015 MISSISSAUGA MARATHON

Sadly the races are over but fundraising for our charity partners continues! We have given all of our fundraisers an extra month to continue to collect donations from those who have expressed interest. All donations must be submitted no later than Wednesday, June 3rd at 5:00 PM to count towards the Scotiabank Charity Challenge. To date, we have a record number of funds raised and are pushing towards our goal of \$200,000 by the end of the 2015 Scotiabank Charity Challenge. For more information on how to donate and to view the list of our 27 participating charities, please visit our [Charity Partners](#) page.

2015 MISSISSAUGA MARATHON RESULTS & CERTIFICATES

Our 2015 Mississauga Marathon results can be found on our website listed on the [Results](#) page. Don't forget to claim your FREE finisher's certificate! To print yours today, please search for your result under the corresponding event(s) you participated in and click on your name.

MISSISSAUGA MARATHON ITAB

Congratulations! Now your hard work is done, relax and celebrate your achievement by personalizing your fantastic Mississauga Marathon finisher's medal with an iTaB. The iTaB is a plate engraved with your name, finish time and a personal message which fits neatly in to the back of the medal; [click here](#) to confirm your details and your iTaB will be engraved and mailed to you for just \$10.00. SUBWAY® Restaurants 2K Participants will not have a time on the iTaB as this race was not timed but could still receive their name and message on the medal.



MISSISSAUGA MARATHON PHOTOS

Another idea to make everything you earned at the 2015 Mississauga Marathon a permanent keepsake, is to scroll through our event photos to find one of you to be framed! Be sure to include your medal, race bib and finishers' certificate. You can find all of our event photos on our [Photos](#) page. Simply enter your bib number and click 'Submit.'

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 or send us an email at: info@mississaugamarathon.com.

The nomination for this month was sent in by the Mississauga Marathon Sponsorship team.

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

ABC

By: The Jackson 5

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

RACE DIRECTOR'S RECIPE

Smoked Salmon Pizza- Who ever said pizza couldn't be healthy?

Fresh lemon and dill liven up reduced-fat cream cheese to create a zesty, lower-calorie spread for this delicious pizza. Tender smoked salmon requires no extra prep and is full of heart-healthy omega-3 fatty acids. Use this tasty combo to top mini whole-grain bagels for a tasty brunch dish!

Ingredients

- 13" prepared pizza shell
- 3/4 cup 1/3-less-fat cream cheese
- 1 tablespoon chopped fresh dill
- 1 tablespoon fresh lemon juice
- 3 ounces sliced smoked salmon
- 1 tablespoon capers
- 1/4 cup sliced red onion
- Garnish: fresh dill



Preparation

Follow directions to pre-bake your prepared pizza shell. Once removed from the oven, Combine cream cheese with chopped fresh dill and lemon juice. Spread mixture on crust. Top with smoked salmon, capers, and sliced red onion. Garnish with fresh dill, if desired. Cut into 5 slices; serve.

THANK YOU 2015 MISSISSAUGA MARATHON VOLUNTEERS



An event of our size would not be possible without the support of our over 1,500 volunteers who assisted us throughout Race Weekend! This includes all volunteers at the following areas: Swag bag stuffing, Runner's Expo, shuttle bus locations, race start and finish areas, aid stations, cheer stations, volunteer photographers and our countless number of course marshals along the route. We have already received such positive feedback regarding your performance, so thank you very much for your efforts!

RECOMMENDED RACES

[Scotiabank Toronto Waterfront Marathon:](#)

- Discover your winning feeling at the Scotiabank Toronto Waterfront Marathon on October 18th! Prices increase May 26th at Midnight! Register today to secure your spot at the start line.

2015 NUTRIENCE OAKVILLE HALF MARATHON, 10K, 10K STUDENT RELAY & 2K



Looking for another well-organized race and beautiful route on the Lake Ontario waterfront? Sign up today for the ninth annual Nutrience Oakville Half Marathon! Race day for this event is Sunday, September 27th and offers: **Nutrience Half Marathon, 10K, 10K Student Relay** and **2K Fun Run/Walk**. Don't delay though as prices increase in just over one month, on Wednesday, July 1st! Online registration is available on our [Nutrience Oakville Half Marathon](#) website. For those participants who have took part in the Nutrience Oakville Half Marathon in previous years, please tell us how we did and [rank our race!](#)

The Mississauga Marathon is proudly sponsored by:



The Nutrience Oakville Half Marathon is proudly sponsored by:



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