



June 2015 Newsletter

THIS MONTH:

- **5K Distance Added to the Nutrience Oakville Half Marathon**
- **Nutrience Oakville Half Marathon Early Bird Prices End on July 1st!**
- ****NEW EVENT** - The Steelheads 2K Fun Run**
- **2016 Mississauga Marathon Registration Now Open**
- **Mississauga Marathon Raises over \$185,000 for Charity**
- **Message From our Title Sponsor, Nutrience**
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5K Distance Added to the Nutrience Oakville Half Marathon

The Nutrience Oakville Half Marathon will add a 5K distance to the race day list of events, taking place on Sunday, September 27th, 2015. The addition of a 5K distance truly makes this event a run for the entire family, offering distances for all ages and abilities including the Nutrience Half Marathon, 10K, 10K Student Relay, 5K and 2K Fun Run/Walk! The 2015 Nutrience Oakville Half Marathon strives to grow and enhance the experience for all participants.



The route will be the last 5K of the 10K course, guiding participants through beautiful residential areas, stunning Lake Ontario waterfront paths and finish on the water in Coronation Park which is the same finish line as all other distances. The inaugural 5K will start at 7:00 AM on Rebecca Street, just east of Third Line and all participants will receive an event t-shirt, race bib, timing chip, specific race finishers' medal, post-race snacks and a great experience. There will be a FREE shuttle bus service to start line from Bronte Go Station and FREE baggage check service at start line. To take advantage of this GREAT early bird special of only \$25.00 for the 5K, register before Wednesday, July 1st, 2015: www.oakvillehalfmarathon.com.

Early Bird Prices End on July 1st!

Celebrate Canada Day with savings by registering for the Nutrience Oakville Half Marathon before July 1st! Going into its 9th year, this event is perfect for all participants offering distances of 2K, 5K, 10K, 10K Student Relay and of course a Nutrience Half Marathon. With the start and finish on the shores of Lake Ontario, this race will be one of the most beautiful you will ever experience. While running along Lakeshore Road, you will also enjoy scenic downtown Oakville and overlook the harbours. Set a new PB on this flat, fast and stunning route by registering here: www.oakvillehalfmarathon.com/register/

NEW: The Inaugural Steelheads 2K Fun Run/Walk



The Mississauga Steelheads Hockey Club and Landmark Sport Group are pleased to launch the first Mississauga Steelheads 2K in Port Credit! Join Sauga and the Mississauga Steelheads players on Saturday, September 19th, 2015 and receive post-race snacks, a finishers' certificate, a limited edition event t-shirt and two tickets to the Mississauga Steelheads Home Opener! Beginning at Ben Machree Park, participants will run or walk along the waterfront trail finishing at the beautiful Port Credit Memorial Park. The Steelheads 2K is in support of The Compass Food Bank serving

the south Mississauga Communities.

Registration is now open and you can register at: www.steelheads2k.com! If you have any inquires, questions or concerns, please contact us by phone at 905-949-1910 ext. 230, by email at info@steelheads2k.com.

Mississauga Marathon Raises Over \$185,000 for Charity!

Through the Mississauga Marathon Scotiabank Charity Challenge, participants, families, friends and spectators raised over \$185,000 for our 27 local and national charity partners. The charities involved include: Aim for Seva, CameronHelps, Canadian Cancer Society, Canadian Red Cross, Colorectal Cancer Association of Canada, Community Living Mississauga, Crohn's and Colitis Canada-Mississauga Chapter, Dravet Canada, Epilepsy Halton Peel Hamilton, Heart and Stroke Foundation, Heart House Hospice, India Rainbow Community Services of Peel, InfluenceLD, Interim Place, Islamic Relief, Jays Care Foundation, Juvenile Diabetes Research Foundation Canada, Leukemia & Lymphoma Society of Canada, Pancreatic Cancer Canada, Pediatric Oncology Group of Ontario, Seva Food Bank, Sickle Cell Association of Ontario, The Kidney Foundation of Canada, The Mississauga Food Bank, United Way of Peel Region, Wellspring Cancer Support Foundation and World Vision Canada. Thank you very much to all fundraisers, donors and supporters; your generosity is greatly appreciated.

2016 Mississauga Marathon Registration is Now Open!

Looking to get an early start on your 2016 spring races? Think of the flawless 2015 Mississauga Marathon and register for the 2016 event now to receive our great early bird rates! In 2015, we sold out two of our races and expect even bigger numbers next year. Register now for the Greater Toronto Spring Marathon to secure your spot and take advantage of a beautiful net downhill route with free shuttles, parking and baggage check! [Click here](#) to register today!



Nutrience Challenge!

Nutrience is challenging all of you to be active with your dogs this summer. Below are 5 ways to help you do so:

1. Go for a short jog with your pup (while training for the Nutrience Oakville Half Marathon, 10K, 5K or 2K)
2. Play fetch, what dog doesn't like a good game of fetch?
3. Go for a dip. Dogs love to doggie paddle!
4. Play Tug of War with your dog, they always put up a great fight.
5. Bring your dog to the Nutrience Oakville Half Marathon Runner's Expo on Saturday, September 26th, 2015 where all pets are welcome. Be sure to stop by the Nutrience booth for some treats for your little friend.



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@oakvillehalfmarathon.com.

The nomination for this month was sent in by *David Wolff* via our [Facebook Page](#).

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

My Kind of Night **By: Luke Bryan**

Like us on [Facebook](#), follow us on [Twitter](#) and [Instagram](#), and look out every #TuneTuesday for your chance to nominate the Running Tune of the Month for July. If your running tune is picked, you will be featured in our monthly newsletter!

RACE DIRECTOR'S RECIPE

Creamy Spinach Lasagna

The mild flavor and creamy texture of this spinach lasagna will appeal to kids and adults alike. You may want to reduce or increase the pepper amounts according to your family's preferences.

Ingredients

- 1 tablespoon olive oil
- 2 1/4 cups chopped onion (about 2 medium)
- 2 garlic cloves, minced
- 1 (16-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry
- 1/3 cup all-purpose flour (about 1 1/2 ounces)
- 3 cups 2% reduced-fat milk
- 1/2 teaspoon salt



- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon ground red pepper
- 1 (26-ounce) jar marinara sauce, divided
- Cooking spray
- 12 cooked whole wheat lasagna noodles, divided
- 1 1/2 cups (6 ounces) shredded part-skim mozzarella cheese, divided
- Parsley sprigs (optional)

Preparation

- Preheat oven to 375°F.
- Heat oil in a large skillet over medium heat. Add onion; cook for 10 minutes or until onion is browned, stirring occasionally. Stir in garlic and spinach. Reduce heat, cover, and cook for 3 minutes or until spinach is tender. Set aside.
- Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, milk, salt, black pepper, and red pepper in a small saucepan, stirring with a whisk. Bring liquid to a boil over medium-high heat, stirring frequently. Reduce heat and simmer for 1 minute, stirring frequently. Add 2 cups of milk mixture to spinach mixture. Cover remaining milk mixture and set aside.
- Spread 1/2 cup marinara sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 lasagna noodles over sauce; top with half of spinach mixture. Then top with 3 lasagna noodles, 1 cup marinara sauce, and 3/4 cup cheese. Layer 3 more lasagna noodles, leftover spinach mixture, remaining 3 lasagna noodles and top with marinara sauce. Pour reserved milk mixture over the top and sprinkle with remaining 3/4 cup cheese. Bake at 375°F for 50 minutes or until lasagna is browned on top. Garnish with parsley sprigs, if desired.

RECOMMENDED RACES

[Nutrience Oakville Half Marathon](#)

- Experience the flat, fast and scenic Nutrience Oakville Half Marathon this fall on Sunday, September 27th. Join the team behind the Mississauga Marathon and visit the Runner's Expo at Coronation Park Saturday, September 26th.

[Mississauga Marathon](#)

- Saturday, April 30th & Sunday, May 1st, 2016: You can take part in the GTA's favourite Spring Marathon. This certified Boston Qualifier and net downhill course features a near 80 metre decline from start to finish. Averaging 10,000 participants annually, the Mississauga Marathon offers a beautiful, scenic route and festival atmosphere throughout Race Weekend. Participants are encouraged to bring their friends and families to race kit pick-up at the Runner's Expo which is open to the public and takes place on Friday, April 29th & Saturday, April 30th, 2016 at Port Credit Memorial Arena. Events include: Full Marathon, Sal Guzzo LL.B. Relay Challenge, Half Marathon, 10K, 10K Student Relay, 5K and 2K

[Scotiabank Toronto Waterfront Marathon](#)

- Discover your winning feeling at the Scotiabank Toronto Waterfront Marathon on Sunday, October 18th, 2015! Prices increase Tuesday, July 28th, 2015 at Midnight! Register today to secure your spot at the start line.

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.