

## July 2015 Newsletter

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### Race in Motion: 10K Student Relay

Hey fellow runners! Do you know any young racers looking for a new challenge? There is still time to register for this year's 10K Student Relay! Teams of 2 to 4 will work together to complete the 10K distance. All team members will receive an event t-shirt, swag bag, finishers' medal, race bib & 2 FREE tickets to a Mississauga Steelheads hockey game. First, second and third place teams will be awarded with great prizes. We welcome all elementary and high school students, local youth sports teams, student neighbours, family members and friends to participate in the 10K Student Relay and raise money for their own athletic program or any charity of their choice. Space is limited so sign up today before we sell out!



### Bonus Offer: 2 FREE Mississauga Steelheads tickets

The Nutrience Oakville Half Marathon team is excited to announce that participants will receive 2 FREE TICKETS to a Mississauga Steelheads Hockey Game upon registration for ANY of the race day events. What are you waiting for? Register today at: [www.oakvillehalfmarathon.com/register](http://www.oakvillehalfmarathon.com/register).

### The #RaceFace #NOHM Campaign!

With the Nutrience Oakville Half Marathon quickly approaching, we are thrilled to launch the #RaceFace #NOHM social media campaign. Whether you are on Facebook, Twitter or Instagram, send us your #RaceFace when training and don't forget the #NOHM to show what you're training for!

## **2015 Nutrience Oakville Half Marathon Volunteer Opportunities!**

If you are an Ontario high school student looking to get an early start on your community service hours, look no further! Sign up now to volunteer at the 2015 Nutrience Oakville Half Marathon and begin collecting your hours.

On the weekend of Saturday, September 26<sup>th</sup> and Sunday, September 27<sup>th</sup>, 2015 we offer many volunteer opportunities including: start and finish line volunteers, on route course marshals and more! We are seeking two individuals to volunteer as the Sweep Walkers for this year's event. One Sweep Walker will be assigned to the 10K Race, the other to the Nutrience Oakville Half Marathon. The role of the Sweep Walker is to follow each race and aid any runner's seeking assistance, update the event staff via radio, and to advise the team when the last participant crosses the finish line.

If you are 18 or older and interested in volunteering, contact us about being a bus volunteer or an event photographer! We have a wide variety of options for you to choose from.

Non-students, Oakville residents and others are all welcome to join the fun of Race Weekend. Sign up here today: [www.oakvillehalfmarathon.com/volunteers/](http://www.oakvillehalfmarathon.com/volunteers/). If you have any questions or concerns feel free to email us at: [info@oakvillehalfmarathon.com](mailto:info@oakvillehalfmarathon.com) or call: (905)-949-1910 ext. 235.

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## **Stay at the Holiday Inn @ Bronte for a luxurious race weekend**

Looking for a place to stay during race weekend? The Holiday Inn & Suites @ Bronte is the official host hotel of the 2015 Nutrience Oakville Half Marathon. All guest suites include coffee makers, alarm clock, 34" flat screen TV's, complimentary WiFi and more! Guests can also enjoy a full service restaurant, 24 hour Business Centre, room service, indoor heated swimming pool, whirlpool, sauna and fitness centre as well as complimentary parking.



Did we mention the location? The hotel is conveniently located near Coronation Park, the site of several race weekend events including the Runner's Expo, starting line for the Nutrience Half Marathon, 10K, 10K Student Relay and 2K Fun Run/Walk as well as finish line celebration!

Reserve your room before Monday, September 14<sup>th</sup>, 2015 to receive the exclusive Nutrience Oakville Half Marathon price of \$99.00 per night! For more information, including booking over the phone, online and the special group code, check out:

[www.oakvillehalfmarathon.com/hotel](http://www.oakvillehalfmarathon.com/hotel).

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## **Running for a Great Cause!**

The Nutrience Oakville Half Marathon is proud to announce the following charities as the official charity partners to date: The Canadian Cancer Society, Colorectal Cancer Association of Canada, Crohn's and Colitis Canada, Girls Inc. of Halton, Oakville & Milton Humane Society, Oakville Parent Child Centre, the Schizophrenia Society of Ontario, and Supported Training & Rehabilitation in Diverse Environments

(STRIDE). You can make a donation to any of these incredible organizations through the official fundraising page of the Nutrience Oakville Half Marathon: [www.oakvillehalfmarathon.com/Fundraising](http://www.oakvillehalfmarathon.com/Fundraising).

Be sure to check this page frequently for any new charity partners!

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### **Mississauga Steelheads 2K Fun Run/Walk**

With the summer underway, we wanted to once again remind you of a new event that we are bringing to Port Credit in the fall - The Mississauga Steelheads 2K Fun Run/Walk!

We are inviting participants of all ages to join the Mississauga Steelheads on Saturday, September 19th, 2015. All participants will receive a limited edition event shirt, post-race snacks with refreshments, finishers' certificate, race bib and 2 FREE tickets to the Mississauga Steelheads Home Opener on Friday, September 25<sup>th</sup> vs the Ottawa 67's - valued at more than the race entry fee itself!

Beginning in Ben Machree Park in Mississauga, participants will run and/or walk along the waterfront trail finishing in scenic Port Credit Memorial Park.

The Steelheads 2K will be a great community event promoting health and fitness while enjoying the beautiful waterfront trails in Port Credit. The event is tailored towards schools, families, sport teams, summer camps and all youth groups and associations.

This is the perfect weekend activity! Be active and get rewarded for it! Gather 15 friends for a special group rate! Register today at: [www.steelheads2k.com/register/](http://www.steelheads2k.com/register/).



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### **Summer in Oakville: The Top 5 Must-Do List**

Looking for some fun ways to spruce up your summer? Why not add any of these to your routine...



**1. Take a walk downtown-** Whether you're enjoying a cappuccino, sampling one of Oakville's unique eateries or shopping in a boutique, Downtown Oakville's charming flair is sure to appeal to young and old. Lively by day and beautiful at night, there's no better way to enjoy the Oakville community by taking a stroll along Lakeshore in the summer.

**2. Spend an afternoon at Coronation Park-** Not only is Coronation Park the site of the 2015 Nutrience Oakville Half Marathon's Finish Area, it's also one of the most beautiful sites in the Town of Oakville. With an amazing view of Lake Ontario,

Coronation Park is a great place to read, have a picnic or play Frisbee with friends!

**3. Join a club-** Do you have a hobby? Why not connect with thousands of Oakville residents who share the same interests by joining a club. Whether it's an instrument, art, film, or sports, you're sure to find a group online that suits your needs.

**4. Get Active-** Maybe a gym membership isn't your thing. That doesn't mean there aren't several other ways to take advantage of the beautiful summer in Oakville. Try joining a free fitness class at one of the many Community Centers throughout the city, or take advantage of the wonderful tennis courts, bike routes, and lake for a true outdoors experience.

**5. Go for a run (and register for the 2015 Nutrience Oakville Half Marathon)** - Okay, okay, this might be cheating a little, but if you really want to admire all the beautiful aspects of the Town of Oakville, why not use this event as a motivator to get out and active this summer?

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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 the best running song on social media or send us an email at: [info@oakvillehalfmarathon.com](mailto:info@oakvillehalfmarathon.com).

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

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

### **The Man**

**By: Aloe Blacc**

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

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### **Race Director's Recipe**

#### **Spiced Pork Tacos with Avocado Crema and Peach Salsa!**

The dangerously addictive avocado crema makes us wonder if we can eat tacos every night.

#### **Ingredients**

- 2 x 8 oz. butterflied boneless pork chops
- 1 tsp. chipotle powder
- 1 tsp. cumin
- 1/2 tsp. oregano
- 1/2 tsp. garlic powder
- 1/4 tsp. coriander
- 1/4 tsp. allspice
- Sea salt
- Freshly ground pepper
- 2 tbsp. extra-virgin olive oil, divided
- 1 avocado, diced
- 1/4 c. low-fat Greek yogurt
- Juice of 1 1/2 limes (6 tbsp.), divided
- 3 peaches, diced (2 cups)
- 1/2 shallot, minced (2 tbsp.)
- 1 tsp. sugar
- 8 corn or flour tortillas



#### **Preparation**

- Cut butterflied pork chops into 4 pieces and place between two sheets of plastic wrap. Using a meat pounder, pound meat until 1/2-inch thick.
- In a medium bowl, whisk together chipotle powder, cumin, oregano, garlic powder, coriander and allspice then season with salt and pepper. Next, add the meat and rub with spice mixture plus 1 tablespoon olive oil until coated.
- In a small food processor or blender, blend together avocado, yogurt, juice of 1 lime and season with salt.
- In a large bowl, combine peaches, shallot, sugar, remaining lime juice, 1 tablespoon olive oil and season with salt and pepper.
- Heat grill or grill pan to high and grill pork for 3 minutes; flip and grill 2 to 3 minutes more. Let rest a few minutes, then thinly slice.
- Heat tortillas in dry pan over medium-high heat until blistered.
- Spoon avocado crema into each tortilla, then top with pork and peach salsa.

You'll be amazed that a dish this delicious can also be healthy! Enjoy!

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## **RECOMMENDED RACES**

### [Mississauga Marathon](#)

- Saturday, April 30<sup>th</sup> & Sunday, May 1<sup>st</sup>, 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 29<sup>th</sup> & Saturday, April 30<sup>th</sup>, 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. Online registration is now open! Register today at [www.mississaugamarathon.com](http://www.mississaugamarathon.com).

### [Scotiabank Toronto Waterfront Marathon](#)

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

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The Nutrience Oakville Half Marathon is proudly sponsored by:




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