



August 2015 Newsletter

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NEW- #NutrienceFit Challenge

Starting on Monday, August 17th, 2015, you will have the chance to win a Nutrience Oakville Half Marathon prize pack. The #NutrienceFit Challenge is challenging you to show us how you exercise and get active with your pets! Tell us via photos and videos how you are active with your pets and don't forget to include #NutrienceFit in your post! Make sure you "Like" [us](#) and [Nutrience](#) on Facebook, "Follow" [us](#) and [Nutrience](#) on Twitter and use the Nutrience trending hashtag #NutrienceFit to find out who the grand prize winner is.

Nutrience Fit Prize Pack includes a FREE 3 months' supply of Nutrience pet food, yoga mat, water tumbler, tennis ball (for playtime with pup), toque, tote bag, Nutrience Oakville Half Marathon event t-shirts, an entry into the 2016 event, and a free pair of SKECHERS Performance Footwear!

Full terms of the Nutrience Fit Prize Pack will be posted to the [Nutrience Oakville Half Marathon official website](#) as well as [Facebook](#), [Twitter](#), and [Instagram](#) pages, so like and follow us today!

Don't forget! Price Increase September 2nd

End your summer break with savings by registering for the Nutrience Oakville Half Marathon before 11:59 PM on Wednesday, September 2nd! Going into our 9th year, our event is perfect for all participants offering distances of 2K, 5K, 10K, 10K Student Relay and of course the Nutrience Half Marathon. With the route taking place along 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.

Top 5: Reasons to Run #NOHM

With September quickly approaching, why not participate in the Nutrience Oakville Half Marathon and experience the beautiful sights and awesome perks of our event?

1. **2 FREE Mississauga Steelheads Tickets** – What better way to spend time with family and friends than at a Mississauga Steelheads OHL home game-www.mississaugasteelheads.com! Register and receive 2 FREE tickets and enjoy the energetic crowds at the Hershey Centre with fellow participants and fans on October 4th vs. the Flint Firebirds!



2. **Flat & scenic course** – Everyone loves a flat course. It feels great to run on and is known for personal bests! Not to mention the delightful downtown strip and beautiful lakeside run! With the sun shining on Lake Ontario, it attracts not only residents but those from the GTA and beyond. Run along the lake and we guarantee you will fall in love with the route!
3. **FREE parking, shuttles and bag check** – Worried you need to find AND pay for parking? Look no further! Nutrience Oakville Half Marathon offers FREE parking, shuttle service and bag check all race weekend long!
4. **Delicious Post-Race Snacks** – After a long and intense run or walk, why not reward yourself with awesome post-race snacks! Rehydrate and replenish all the hard working muscles with our friends from Panera Bread, Whole Foods Market, and more!
5. **Post-race Celebration**- You just completed a race, you deserve a party! Along with the tasty post-race snacks mentioned above, you'll also enjoy live entertainment, mascots, and more with the fellow runners and walkers!

Run for a Cause Community Challenge presented by Whole Foods Market

New to the 2015 Nutrience Oakville Half Marathon (NOHM) is the Run for a Cause Community Challenge presented by Whole Foods Market. Over the past eight years the NOHM has been in support of numerous charities and provided participants, both runners and walkers alike, with the opportunity to raise funds for a charity of their choice. To continue to grow the charity component of the event, the NOHM and Whole Foods Market of Oakville have partnered together to provide further incentives for all charities involved.

On Tuesday, August 11th, 2015, Whole Foods Market – Oakville hosted its quarterly Community Support Day. Typically, five percent of sales on this day would be donated to one specific charity. To extend this, the Run for a Cause Community Challenge presented by Whole Foods Market will award the five percent of the daily sales in three prizing categories to the top charities at our 2015 event!

The top three charities will be selected based on the following criteria: the charity with the most fundraising participants; largest amount of donations; and the charity that raises the largest amount of pledge dollars per fundraising participant.

Hurry! There is less than two months to go until race day. Start fundraising today:
www.oakvillehalfmarathon.com/Fundraising.

Runner of the Month

New to our event is the “Runner of the Month” program, where we will be profiling runners from around the globe. Want to share an exciting story and be recognized by thousands of local runners? Send us a message on Facebook, Twitter, Instagram or email:

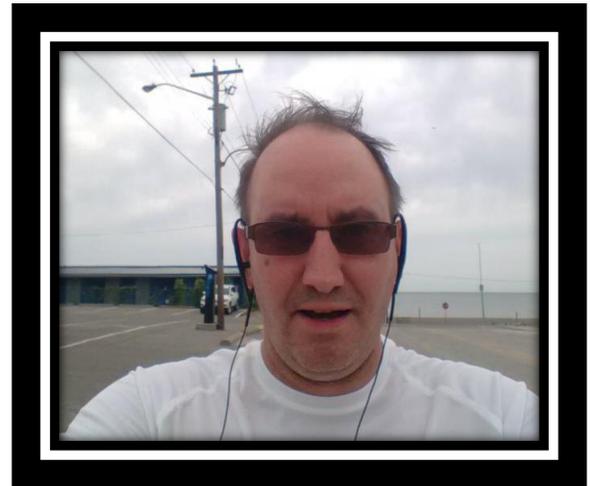
info@oakvillehalfmarathon.com for a chance to be featured on our

Blair's #RaceFace #NOHM

official Facebook page and next month's newsletter! The winner will receive a Nutrience Oakville Half Marathon Prize Pack!

Don't have a story you want to share? No problem! There are tons of interesting running topics you could write about such as:

- Your favourite training routes.
- What motivates you?
- Your preferred running tunes.
- Specific training techniques.



The first official Runner of the Month is Blair Ruston! New to running, Blair started training in 2015 to justify beer drinking.

He is training for our 10K, which will also be his first ever 10K! Keep it up, Blair! You can track Blair's progress as he prepares for the 10K by following @Rustyb70 on Twitter.

Race in Motion: 10K

Are you tired of the same old 10K multiple loop courses? Looking for a route that is scenic and unique? There is still time to register for this year's 10K! All registered participants will receive an event t-shirt, swag bag, finishers' medal, race bib and 2 FREE tickets to a Mississauga Steelheads hockey game. Prizes will be awarded to top finishers, age category winners, and top charities. We welcome people of all ages to participate and raise money for their own athletic program or any charity of their choice. Sign up before September 2nd to avoid a price increase!



Training Run - Lion's Valley Athletics



Are you looking for a great way to train for the Nutrience Oakville Half Marathon and meet fellow runners? Our team is excited to announce a partnership with Lion's Valley Run Club. A distance running club based out of Oakville, Lion's Valley Run Club aims to provide coaching and support for runners of all ages in their pursuit of personal excellence.

Lion's Valley will organize two practice runs along our route for 5K, 10K, and Half Marathon distances prior to race day. The two practice runs will take place on Sunday, August 30th, 2015 and Sunday, September 13th, 2015 at 9:00 AM beginning in Coronation Park. If you are interested in participating in the training runs, please email: info@lionsvalleyathletics.com or check out our Facebook page for links to the practice runs event page!

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.

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

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

Let it Burn

By: Stic Man

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

Race Director's Recipe

Zucchini Stuffed with Pork

This dish partners well with warm French bread and fresh salad, and will certainly have your guests *running* for seconds!

Ingredients

- 3 zucchini
- 1 lb. pork sausage
- 1 cup of dry bread crumbs
- 1 clove of minced garlic
- 1 jar (32 oz.) spaghetti sauce
- ½ cup grated Parmesan cheese
- ½ cup shredded Mozzarella cheese



Preparation

1. Preheat oven to 350°F (175°C).
 2. Trim stems from zucchini and slice lengthwise. Scoop out seeds and put in bowl. Mix seeds with sausage, garlic, bread crumbs and parmesan cheese. Stuff zucchini with sausage mixture and place in 9x13 inch baking pan. Pour sauce over zucchini and cover pan with foil.
 3. Bake in preheated oven for 45 minutes or until sausage is cooked. Remove foil and cover with mozzarella cheese. Cook until cheese is melted.
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Recommended Races

Mississauga Steelheads 2K Fun Run/Walk

- Join Sauga and the Mississauga Steelheads players on Saturday, September 19th, 2015 for the first ever Mississauga Steelheads 2K Fun Run/Walk! Beginning at Ben Machree Park in Mississauga, participants will run and walk along the waterfront trail finishing at scenic Port Credit Memorial Park, near the Lighthouse. The Steelheads 2K will be a great community event promoting health and fitness while enjoying the beautiful waterfront trails in Port Credit. Stick around after the run for post-race snacks, mascot race, games, and more! Did we mention each participant will receive 2 FREE tickets to a Mississauga Steelheads hockey game upon registration, valued at more than the price of participation? Register online before they sell out: www.steelheads2k.com/register.

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. Online registration is now open! Register today at: www.mississaugamarathon.com.

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.**