

Nourish the body  Fuel the spirit™

Nutrience®

Oakville Half

• 21.1K • 10K • 5K • 2K

2015 Race Weekend Guide

ONLINE REGISTRATION CLOSING TONIGHT!

Online registration for the 2015 Nutrience Oakville Half Marathon will be closing tonight at 11:59 PM. Events include: **Nutrience Half Marathon, 10K, 10K Student Relay, 5K and 2K Fun Run/Walk.** Individual registration will be available in person at our Runner's Expo but prices will increase, so register today and save! To access our event registration, please visit: www.oakvillehalfmarathon.com/register/. Be sure to let your running partners know!

2015 NUTRIENCE OAKVILLE HALF MARATHON RACE WEEKEND DETAILS

Runner's Expo

This is a mandatory stop for all participants to pick up their race kit containing their timing chip, race bib, t-shirt, Mississauga Steelheads ticket vouchers and swag bag full of great products. Our Runner's Expo will take place on Saturday, September 26th in Coronation Park from 10:00 AM to 6:00 PM. You will not need to bring your bib number to the Expo this year. All you need is your last name and you will be all set!

Below are just a few vendors that will be onsite for our Runner's Expo:

- Nutrience
- Running Room
- Mississauga Marathon
- Innovative Fitness
- MedCare
- Oasis
- Panera Bread
- Goodlife Fitness
- Niagara Falls Women's Half
- North Ridge Family Chiropractic
- Chiropractic First
- Mississauga Steelheads Hockey Club

Race Day

FREE Parking

Please park at the Bronte GO Station (2104 Wyecroft Road). Participants are advised to park properly, improperly parked vehicles may be ticketed or towed at the vehicle owner's expense. There is no Race Day parking at Coronation Park.

FREE Shuttle Buses

Shuttle buses will operate from the Bronte GO Station to the start line beginning at 5:00 AM. The last bus will leave Bronte GO at 6:30 AM SHARP for Coronation Park and 6:00 AM SHARP for the 5K Start! Buses will pick up and drop off participants and spectators at Third Line and Marine Drive, just south of Lakeshore Road for Nutrience Half Marathon, 10K, 2K. 5K Participants will be shuttled to the 5K start line (Third Line and Rebecca) beginning at 5:00 AM until 6:00 AM.

10K Student Relay Shuttle Buses

Please follow the schedule above. Once 10K Student Relay participants arrive at Bronte GO station there will be three shuttle vans labelled runner B, C and D. Please board the appropriate shuttle van. Relay runner A will get on a shuttle bus heading to the start line as they will start with the rest of the 10K participants. The shuttle vans will bring each relay runner to their relay point and return the previous runner to the finish line for them to re-unite with their team.

Event start lines and locations

Below is a chart of all of our events, their start times and their locations. Please ensure you are in the correct location at the correct time and give yourself plenty of time before your race.

Race	Start Time	Location
5K Run/Walk	7:00 AM	Just east of Third Line and Rebecca St.
10K & 10K Student Relay	7:30 AM	On Lakeshore Road, just outside Coronation Park
Nutrience Half Marathon	7:45 AM	On Lakeshore Road, just outside Coronation Park
2K Fun Run/ Walk	7:50 AM	Within Coronation Park, beside finish line

Race Day Reminders

- Ensure your timing chip is attached to your shoe, volunteers will remove your chip after crossing the finish line.
- Remember to pin your bib to the front of your shirt.
- FREE baggage check will be available in Coronation Park and 5K start line.
- Port-o-potties will be available in Coronation Park, 5K start line and every 3KM along the route.
- Aid stations with Gatorade and water will be available every 3KM along the route.
- 5K awards ceremony will begin at 8:00 AM, our 10K awards ceremony will begin at 8:45 AM, followed by our Nutrience Half Marathon awards at 9:45 AM.
- All prizing must be picked up on race day, they will not be available after the event.
- While in Oakville on Race Weekend, don't forget to take advantage of our great Bonus Offers listed here: www.oakvillehalfmarathon.com/bonus-offers/.

WHAT'S ON SITE?

Nutrience - The premium Canadian-owned pet food company, is proud to be the 2015 title sponsor of the Oakville Half Marathon. The Nutrience Team would like to invite participants and their families to bring their four-legged companions to the Runner's Expo, happening in Coronation Park! There will be sample handouts of premium Grain-Free and Natural pet foods, as well as an opportunity to enter a giveaway for free Nutrience for six months. Join them as they cheer on the participants, visit the Runner's Expo or to simply have fun outside with your furry friends! *Please note that pets will not be allowed on the race route.



Oasis - Don't forget to visit the Oasis booth and quench your thirst. Free Oasis juice for all! Stop by after your race and reward yourself with a FREE refreshing drink! Oasis will be onsite both Saturday and Sunday!





Running Room - The Running Room booth will be selling last minute nutritional needs and accessories as well as a selection of private label clothing. Be sure to visit them if you need any information on running and walking clinics, including their marathon clinics for those looking to take the next step after the

Nutrience Oakville Half Marathon. The Mississauga Marathon in May is a GREAT first Marathon. Spin the prize wheel for discounts on merchandise at the booth or at any Running Room store!

Panera Bread – Come by and check out Panera Bread as they will be sampling a variety of bagels including their Cinnamon Crunch & Asiago Cheese bagels.



VOLUNTEERS NEEDED FOR 2015 NUTRIENCE OAKVILLE HALF MARATHON

We are still in need of Course Marshals along the route as well as Bus Volunteers to assist the 10K Student Relay participants at their exchange points. If you would like to sign up or know someone that would, please visit us at volunteer training on Friday, September 25th from 7:00 PM to 8:00 PM at YMCA of Oakville and sign up on site!

CUSTOMIZE YOUR MEDAL!

We pride ourselves on the quality of our finishers' medals. Your event medal is designed to be personalized with your name, finish time and one line of personal message / dedication included in the low price of just \$10.00! If interested, please email us: info@oakvillehalfmarathon.com to order your personalized plate today!

The 2015 Nutrience Oakville Half Marathon is proudly sponsored by the following:



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