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Inside The Numbers With The Mississauga Marathon



Race Weekend is a small piece of the Marathon Journey for both the participants and the organizers. Below is a list showcasing the effort put into one Marathon by the average participant and the organizers. Take a look.

Individual Effort: Marathon 42.2 km

- Total Distanced Traveled With Training: **600 km**

*That is the same distance from Mississauga to Ohio!
- Total Hours Spent Training: **100 Hours**
- Total Calories Burned: **147,000 Calories**
- Total Time Spent Training: **4.2 Days straight**
- Total Steps Taken: **504,585 Steps**
- **Goals Reached: Countless**

Mississauga Marathon Organizing Committee Effort

- Total Hours of Organizing Race Logistics: **2,700 Hours**
- Total Number of Athletes Involved: **10,000**
- Total Volunteers: **1,500**
- Amount of Water Provided for Athletes: **15,000 Litres**

*That is 30,000 bottles of water!
- Total Funds Raised for Charity: **\$148,000**
- Years organizing the event: **12**

Running Tune of the Month

Every month we will be accepting nominations for the best running songs to be featured in our monthly newsletter. Post your nomination for best running song on social media using #RunMississauga or send us an email at info@mississaugamarathon.com to submit your nomination.

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

I'm Shipping Up to Boston - Dropkick Murphys



This nomination was submitted by two-time Nutrience Oakville Half Marathon champion, Tyler Chacra. This song also started the runners off at the 2014 Nutrience Oakville Half Marathon Start Line!

Mississauga Marathon Updates

- Prices increase Wednesday, January 28th at 11:59 PM
- Volunteers needed. Sign up here:
www.mississaugamarathon.com/individuals.shtml
- Coming soon! New website. Same great race - New look!
- Mississauga Marathon partners with 3 hotels
 - Novotel- Toronto Mississauga Centre
 - Toronto Airport West Hotel
 - The Waterside Inn

www.mississaugamarathon.com/hotel_tourism.shtml

Race Director's Recipe

This month for our Race Director's Recipe, we will be featuring a breakfast favorite! The most important meal of the day. Some eat a big breakfast and some have trouble eating breakfast at all. This recipe is a win-win for everyone.

Strawberry Oatmeal Breakfast Smoothie

What you need:

- 1 cup of soy milk
- 1/2 cup of rolled oats
- 1 chopped up banana
- 14 frozen strawberries
- 1/2 teaspoon of vanilla extract
- 1 1/2 teaspoons of white sugar



Blend these ingredients together and the breakfast of champions is ready to go!

Sal Guzzo, LL.B. Relay Challenge



The Mississauga Marathon is proud to announce Sal Guzzo, LL.B Professional Corporation as the new sponsor of the Marathon Relay Challenge – Sal Guzzo, LL.B Relay Challenge.

Looking to enter a team into the Mississauga Marathon? The Sal Guzzo, LL.B. Relay Challenge is a great event within the Mississauga Marathon to participate as a team. This race is a 42.2 KM relay race with teams up to five members completing the full distance of a Marathon. Early bird prices of only \$250.00/team are still available for a limited time.

Get a team together with your friends, family or co-workers and save today! Registration is available here:

www.mississaugamarathon.com/registration.shtml.

2014 Nutrience Oakville Half Marathon Raises over \$115,000 for Charity!

A huge thank you goes out to our donors and fundraisers this year as we saw a huge increase in funds raised for the nine charity partners of the 2014 Nutrience Oakville Half Marathon. In 2014 over \$115,000 was raised for our charities! Congratulations to all charities involved in this event including:

- Colorectal Cancer Association of Canada
- Oakville Hospital Foundation
- Kerr Street Ministries
- Crohn's and Colitis Canada - Halton Chapter
- The Lighthouse Program for Grieving Children
- The Arthritis Society
- STRIDE (Supported Training & Rehabilitation in Diverse Environments)
- Oakville & Milton Humane Society
- SOAAR for Autism

Running Tips From John Stanton

Run- Walk combinations of 10: 1 Work

Stress and rest is the foundation of all training programs. Stress makes us stronger. Rest provides recovery and a rebuilding improvement phase. A 1-minute brisk walk after 10 minutes of running provides a phase of active rest. Active rest keeps the runner moving forward. This active rest helps flush lactic acid out of system. As we approach our anaerobic threshold (85% of our maximum heart rate) our body starts producing lactic acid. This leaves us heavy- legged with a queasy stomach. Walk/run combinations will help dissipate this lactic acid build up. Walk/run distributes the workload to various muscles, potentially helping to delay fatigue. Sports medicine professionals all encourage stretching. Stretching yields supple muscles with improved range of motion. A fast, brisk walk break provides a gentle and specific stretch to the leg muscles. Walk breaks prevent a slowdown in the long run, keeps the pace consistent and minimize injuries. Walk -run combinations both on the long run day and on race day.



November Motivation

"Running is the greatest metaphor for life, because you get out of it what you put into it"

-Oprah Winfrey

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