



## MARCH NEWSLETTER

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### **Mississauga Marathon Prices Increase at 11:59 P.M., Wednesday, March 25!**

If you are thinking of registering for any of our 7 events for the 2015 Mississauga Marathon, you can save up to 20% if you register by March 25. With "A Run For Everyone", the Mississauga Marathon offers: Full Marathon, Recharge With Milk Half Marathon Run/Walk, Sal Guzzo, LL.B. Relay Challenge, Valeant Pharmaceuticals 10KM presented by VANDYK Group of Companies, 10KM Student Relay, Novo Nordisk® "Hazel" 5KM Run/Walk and the SUBWAY® Restaurants 2KM Fun Run/Walk.

[Register Today](#)

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### **New Website for Nutrience Oakville Half Marathon Coming Soon!**

Keep your eyes out for the new and improved Nutrience Oakville Half Marathon Website coming soon!

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### **Winners of the SKECHERS Social Media Sweepstakes Announced!**

As announced in the February Newsletter, the Mississauga Marathon gave you the chance to win a Mississauga Marathon Prize Pack.

Make sure you follow and like the Mississauga Marathon and SKECHERS Performance Canada to get information about our next Social Media Sweepstakes:

- Facebook ([Mississauga Marathon](#) and [SKECHERS Performance Canada](#))
- Twitter ([@saugamarathon](#) and [@performance\\_can](#))
- Instagram ([@mississaugamarathon](#) and [@SKECHERSPerformanceCanada](#))

Make sure you use the hashtags #TakeBackRunning and #HaveAFastDay.

The winners of the Mississauga Marathon Prize Packs were:

- Athena Raymond
  - Twitter: [@torunning\\_grl](#) and Instagram: [@TORUNNING\\_GRL](#)
- Willa Tam
  - Twitter: [@fr\\_vanilla](#) and Instagram: [@frvanilla12](#)
- Rhonda Rodrigues
  - Twitter: [@DbI\\_R](#) and Instagram: [@Rhonda\\_R](#)
- Paul Radcliffe
  - Twitter: [@paulradcliffe](#).

SKECHERS Performance Division is the Official Footwear Supplier of the 2015 Mississauga Marathon.



### **Featured Race**

Looking for some new races to try, or training runs for the Mississauga Marathon?

- [Nutrience Oakville Half Marathon](#), Oakville, ON, Sunday, September 27, 2015.  
Nutrience Half Marathon, 10KM, 10KM Student Relay, 2KM

### **5 Ways to Spring into Spring**

1. **Unplug and play!** You've been stuck inside all winter, get outside and enjoy the sun!
2. **Get organized!** Clear off the clutter on your desk or your kitchen table.
3. **Be charitable!** That jacket you didn't wear all winter? The Kidney Foundation of Canada would love to have it!
4. **Make daily exercise a habit!** Go for a walk on your lunch break, instead of sitting at your desk!
5. **Try something new!** Spring is about re-birth, so do something new!

### **Enersource MaraFun Program Begins March 23!**

Monday, March 23<sup>rd</sup>, 2015 marks the beginning of the Enersource MaraFun Program! Participants in the Enersource MaraFun Program have 6 weeks to complete 40 kilometres of physical activity in advance of the SUBWAY® Restaurants 2KM Fun Run/Walk on Sunday, May 3<sup>rd</sup>, 2015.

The Enersource MaraFun Program is designed to introduce daily physical activity at a young age. Children can complete their daily physical activity by walking to school, running around the block, or skipping to their friend's house!



If you would like more information or would like to get your school or children involved in the Enersource MaraFun Program, please contact us at: [info@mississaugamarathon.com](mailto:info@mississaugamarathon.com).

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### **March Motivation**

*"That's the thing about running: your greatest runs are rarely measured by racing success. They are moments in time when running allows you to see how wonderful your life is."*

- Kara Goucher, US Olympic Marathoner and SKECHERS Performance Brand Ambassador

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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 best running song on social media using #TakeBackRunning or send us an email at: [info@mississaugamarathon.com](mailto:info@mississaugamarathon.com).

The nominations for March have been flying in from our participants with many great songs to choose from.

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

**Roar**  
**By: Katy Perry**

This nomination was sent in by Jodie (@justmejodie), via [our Twitter page](#).

Like us on [Facebook](#), follow us on [Twitter](#) and [Instagram](#), and look out every #MusicMonday for your chance to nominate the Running Tune of the Month for April. If your running tune is picked, you will win a Mississauga Marathon Prize Pack! Winners will be contacted by our Prize Crew!

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### **Race Director's Recipe** **The Healthy Omelet**

#### *Ingredients*

- 1 tsp olive oil
- 1 large egg
- 2 egg whites
- ½ cup of brown rice (chilled or pre-cooked in a rice steamer)



- ¼ cup chopped tomatoes or cherry tomatoes, cut in half
- ½ cup of fresh spinach
- ¼ cup of sweet yellow bell pepper

**Preparations**

Lightly coat the bottom of small skillet with the olive oil. Stir the egg and egg whites together and set them aside. On medium heat, lightly cook the vegetables so they remain crispy. Add the egg mixture and the rice at the same time. Cook the mixture until the eggs are firm and moist, but not hard. You're using just the right amount of heat to cook the eggs and heat the rice.

This recipe can be adjusted based on individual serving sizes, and personal taste preferences. You can increase the amount of good fats simply by using a bit more olive oil, or topping with fresh avocado.

**Recommended Races**

- [Harry's Spring Run-Off](#), Toronto, ON
  - “Help us celebrate 10 Remarkable Years at Harry's Spring Run-Off 8K & 5K on Saturday April 4th! Join us in High Park as we run or walk to Conquer Prostate Cancer in Our Lifetime.”
- [Toronto Yonge Street 10K](#), Toronto, ON
  - April 19th, 2015

The Mississauga Marathon is proudly sponsored by:



The Nutrience Oakville Half Marathon is proudly sponsored by:



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