



## 2015 Race Weekend Guide

### Important Dates

- April 29th: Online Registration closes
- May 1-2: Runner's Expo
- May 2-3: RACE DAYS

### Runner's Expo

- Friday, May 1st, 2015, 11:00 AM - 8:00 PM
- Saturday, May 2nd, 2015, 10:00 AM - 5:00 PM
- Port Credit Memorial Arena, 40 Stavebank Road North, Mississauga, ON ([CLICK FOR MAP](#))

### Race Day Information - Saturday, May 2nd, 2015:

- [Novo Nordisk® "Hazel" 5KM presented by Starbucks:](#)
  - Start Time: 6:00 PM
  - Location: Lakeshore Road West and Front Street North
- [Valeant Pharmaceuticals 10KM presented by VANDYK Group of Companies & 10KM Student Relay:](#)
  - Start Time: 6:30 PM
  - Location: Lakeshore Road West and Johnson's Lane

### Race Day Information - Sunday, May 3rd, 2015:

- [AMJ Campbell Full Marathon, Sal Guzzo, LL.B. Relay Challenge & Recharge With Milk Half Marathon:](#)
  - Start Time: 7:30 AM
  - Location: City Centre Drive and Robert Speck Parkway
- [SUBWAY® Restaurants 2KM Fun Run/Walk:](#)
  - Start Time: 12:30 PM
  - Location: Hiawatha Park

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## Race Weekend Kicks Off With The Runner's Expo

The Runner's Expo is the kick-off to the 2015 Mississauga Marathon Weekend, located in the Port Credit Memorial Arena. It is absolutely free to visit, and will feature dozens of businesses and charities, with exciting attractions for all.

This year, vendors that will be in attendance include:

- SKECHERS Performance will be heavily involved during Race Weekend starting with the Runner's Expo. SKECHERS Performance's popular GOrun product line will be showcased and available for purchase. Visit with SKECHERS Performance Brand Ambassadors to find your style and personalized running shoe.
- PowerBar, with samples of their latest products.
- Running Room will be in attendance, featuring the newest products that they have to offer for runners of any age.
- Panera Bread will be sampling their Cinnamon Crunch & Asiago Cheese bagels.
- Support local businesses, such as MyOlive and SkyZone.
- Learn more about some of our charity partners: the Canadian Cancer Society and Leukemia and Lymphoma Society of Canada.
- Take your picture with Pachi, the mascot of the 2015 Pan Am/Para Pan Am Games, on Saturday at the City of Mississauga booth.

Do you have an extra pair of shoes lying around that you haven't worn in months? We can put them to good use! Bring your shoes to the Runner's Expo, where the Kidney Foundation of Canada will be collecting them, and giving the shoes to those in need.

The Runner's Expo is also the last opportunity to register for the 2015 Mississauga Marathon events, provided there is still space available.

**All participants must attend the 2015 Runner's Expo in order to pick up their swag bags, race kits and t-shirts.**

If you are participating in the Novo Nordisk "Hazel" 5KM presented by Starbucks, Valeant Pharmaceuticals 10KM presented by VANDYK Group of Companies, or 10KM Student Relay, you must visit the Expo and pick up your supplies and kit by 3:00 PM, on Saturday, May 2nd.

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## **AMJ Campbell Welcomed as Title Sponsor for 2015 AMJ Campbell Full Marathon!**

The Mississauga Marathon is excited to announce AMJ Campbell as the Title Sponsor for the AMJ Campbell Full Marathon.

Since 1934, [AMJ Campbell](#) has dedicated themselves to providing relocation services built on trust and integrity, for everyone from small apartments to large offices.



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### **Race Weekend Hotels**

If you are looking for somewhere to stay for the Mississauga Marathon, our Host Hotel, the Novotel Toronto Mississauga, is sold out for Race Weekend, but our Hotel Partners are conveniently located for Race Weekend:

- **The Toronto Airport West Hotel:** located 6 minutes from the AMJ Campbell Full Marathon, Sal Guzzo, LL.B. Relay Challenge & Recharge With Milk Half Marathon Start Lines, and just 8 minutes from the Toronto Pearson Airport, with free shuttles to and from the Toronto Airport West Hotel for all visitors.
- **The Waterside Inn:** a boutique hotel located in Port Credit, near the Runner's Expo and start line for the Novo Nordisk® "Hazel" 5KM presented by Starbucks.

To book your room today, please visit our [Hotel Partners website page](#).

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### **Free Race Day Parking**

The chart below lists the parking lots that are available for each race. Click the location for a map of each parking lot. The

following parking lot locations are located near the start line for the listed events:

<p>AMJ Campbell Full Marathon, Sal Guzzo, LL.B. Relay Challenge, Recharge With Milk Half Marathon</p>	<p><a href="#">1 City Centre Drive</a>  <a href="#">33 City Centre Drive</a>  <a href="#">55 City Centre Drive</a>  <a href="#">77 City Centre Drive</a>  <a href="#">201 City Centre Drive</a>  <a href="#">309 Rathburn Road West</a>            (Cineplex Cinemas Mississauga – West Lot ONLY)  <a href="#">2 Robert Speck Parkway</a>  <a href="#">3 Robert Speck Parkway</a>  <a href="#">4 Robert Speck Parkway</a></p>
<p><b>THERE IS NO PARKING AT SQUARE ONE</b></p>	
<p><b>There will be FREE Shuttle Buses, running from the finish line area back to the start line area</b></p>	

**There is no parking available near the start line of the SUBWAY® Restaurants 2KM Fun Run/Walk, Novo Nordisk® “Hazel” 5 KM presented by Starbucks, Valeant Pharmaceuticals 10KM presented by VANDYK Group of Companies or 10KM Student Relay.** We will have FREE shuttle buses going from the following listed parking areas to the start line, and from the finish line back to the listed parking area for each event.

<p>Novo Nordisk® “Hazel” 5 KM presented by Starbucks</p>	<p><a href="#">Carmen Corbasson Community Centre</a></p>
<p>Valeant Pharmaceuticals 10KM presented by VANDYK Group of Companies</p>	<p><a href="#">Clarkson GO Station</a></p>
<p>10KM Student Relay</p>	<p><a href="#">Clarkson GO Station</a></p>
<p>AMJ Campbell Full Marathon, Sal Guzzo, LL.B. Relay Challenge, Recharge With Milk Half Marathon</p>	<p><a href="#">Carmen Corbasson Community Centre</a></p>
<p>SUBWAY® Restaurants 2KM Fun Run/Walk</p>	<p><a href="#">Carmen Corbasson Community Centre</a></p>

**All participants and spectators are encouraged to park at the above locations for their event, and use our FREE Shuttle Bus service.**

## Shuttle Buses

We are happy to provide FREE Shuttle Buses from our designated parking lots to each start line, and from the finish area back to the parking areas.

For our 10KM Student Relay and for the Sal Guzzo, LL.B. Relay Challenge, we will also have shuttle buses taking each team member to their exchange point. The 10KM Student Relay shuttle buses will be leaving from Clarkson GO Station ([CLICK FOR MAP](#)). The Sal Guzzo, LL.B. Relay Challenge shuttle buses will be leaving from Carmen Corbasson Community Centre ([CLICK FOR MAP](#)). Shuttle buses will take completed participants from where they finish their relay leg to the Finish Area.

A full list of shuttle buses, including times and locations, can be found by clicking the event you are interested in:

- [AMJ Campbell Full Marathon](#)
- [Sal Guzzo, LL.B. Relay Challenge](#)
- [Recharge With Milk Half Marathon](#)
- [Valeant Pharmaceuticals 10KM presented by VANDYK Group of Companies](#)
- [10KM Student Relay](#)
- [Novo Nordisk® "Hazel" 5KM presented by Starbucks](#)
- [SUBWAY® Restaurants 2KM Fun Run/Walk](#)

Shuttle buses will also be available to take spectators to the finish line from the parking areas listed above, and back to the parking areas.

## Spectator Hot Spots For the Mississauga Marathon

Do you have a friend or family member participating in the 2015 Mississauga Marathon? We have all of the spectator "hot spots" for you. Downtown Port Credit is beautiful any day of the year, and is even more remarkable when over 10,000 people from all over the world are running and walking through. Below are some great spots to watch your loved ones, family members and friends conquer the Mississauga Marathon!

- **Jack Darling Park** - Stunning area.
  - **The Port Credit Lighthouse** - A landmark in the City of Mississauga.
  - **St. Lawrence Park** - Beautiful stretch of waterfront.
  - **Hiawatha Park** - (Hiawatha Pkwy & Cumberland Dr).— Watch the start of the SUBWAY® Restaurants 2KM Fun Run/Walk and the last leg of the AMJ Campbell Full Marathon route on Sunday, May 3rd, 2015.
  - **Finish Area at Lakefront Promenade Park** - See all of the participants cross the Finish Line.
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## Finish Line Entertainment

The Mississauga Marathon finish area is enjoyed by all, spectators and participants. Come experience the fun and excitement at

Lakefront Promenade Park on Saturday, May 2nd and Sunday, May 3rd, 2015 and enjoy the following:

### Live Entertainment

- Boomerang Band will be performing the evening of Saturday, May 2nd.
- DINGO will be performing on the morning of Sunday, May 3rd.

The following will also be at our Finish Line open to participants and spectators:

- **Yalla Paramount Food Truck** – Selling shawarma, falafels and their famous Yalla Special: fries served with chicken shawarma and gar'hini sauce.
  - **Former City of Mississauga Mayor Hazel McCallion** will be at the start line and finish line of the Novo Nordisk® "Hazel" 5KM presented by Starbucks on Saturday.
  - **SKECHERS Performance Division** - You can also check out SKECHERS Performance footwear in the finish area at Lakefront Promenade Park on the evening of Saturday, May 2nd and the morning of Sunday, May 3rd.
  - **World Vision** - featuring Handles Franklin of the Harlem Globetrotters!
  - **Valeant Pharmaceuticals** - Saturday, May 2nd, 2015.
  - **Enersource** - Sunday, May 3rd, 2015.
  - **PowerBar** - Sunday, May 3rd, 2015. Runners will be able to sample PowerBar's latest products.
  - **Recharge with Milk** - Recovery is one of the most important parts of an athlete's regimen. Runners can come visit the Recharge with Milk Recovery Zone at the finish line to receive a cold sample of chocolate milk, enjoy the relaxing Recovery Zone, and test your knowledge at the trivia wheel where you can win Recharge with Milk swag and take a picture at our photo wall!
  - **Finish line food** will be available for participants after their race!
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## Additional Tips and Reminders

- Ensure your timing chip is tied to your shoe securely with the zip tie provided to you in your race kit. Remember, **No chip, no time!**
- Your race bib must be worn on the front of your shirt, attached with safety pins, also in your race kit, to be identified on route and at the finish line as a participant, and for photos!
- Registration is not available at the start line of any of our events, but you can register at our Runner's Expo, May 1st and May 2nd.
- Arrive early on race day to avoid possible line ups at the shuttle bus locations, baggage check and port-o-potties.
- Aid stations will be located roughly every 4 kilometres for the AMJ Campbell Full Marathon, Sal Guzzo, LL.B. Relay Challenge and Recharge With Milk Half Marathon.
- Aid Stations will also be available for the Valeant Pharmaceuticals 10KM presented by VANDYK Group of Companies, and the Novo Nordisk® "Hazel" 5KM presented by Starbucks.



- We will have change room tents at the finish area on Sunday, May 3rd for you to use if you would like to change into a fresh pair of clothes after your morning race.
- Don't forget to take advantage of our [Bonus Offers](#), which are special discounts valid for all of our 2015 participants.
- Participants and spectators are encouraged to actively participate in the "See Something Say Something" campaign. Spectators are asked to be aware of their surroundings and to report suspicious conduct or items to the closest law enforcement officer or by calling 9-1-1.
- Do not store, leave or hide any personal items, backpacks or packages along or near the race course including the start and finish line areas. Use the designated baggage check, using only clear bags, to store your personal belongings, or leave your personal items with a friend or family member.
- Don't over-train in the days before your event, and make sure you are properly hydrated. For better performance many studies show a serving of 500 ml of chocolate milk within 30 minutes of every workout delivers the fluid, carbs, and protein your body needs to rehydrate, refuel, and recharge your body especially if you are working out again the next day. Chocolate milk. The Original Recovery Drink.

## **Best of Luck to all of our participants!** **See you at the start line.**



**The Mississauga Marathon is proudly sponsored by:**



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