August 2016

The Inside Track

Featuring

Nutrience Oakville Half Marathon, Mississauga Steelheads 2K, Mississauga Marathon, & RBC Canadian Open 5K

This Month!

- Spend a day outside and then in the rink with the Nutrience Oakville Half Marathon & Mississauga Steelheads

- Save the date for the 2017 Mississauga Marathon!

- Lace up for hockey season with the Mississauga Steelheads 2K

- Take a look at some exciting upcoming events

- Race Director's Recipe, Training Tips, Running Tune of the Month & much much more!

Nourish the body Fuel the spirit™

Nutrience Oakville Half

• 21.1K • 10K • 5K • 2K

Sunday, September 25, 2016

@oakvillehalf
#10YearsRunning

For more information, or to register, visit: oakvillehalfmarathon.com

→ **Pick up your free Swag Bag on Saturday, September 24 with 2 FREE tickets to the September 25th Mississauga Steelheads Game.**

→ **Bring the whole family out on the morning of Sunday, September 25 to the Nutrience Oakville Half Marathon in Coronation Park.**

→ **Finish your race, head home to rest, and then bring the family out to the Hershey Centre for some FREE OHL Hockey.**

RACE & GAME DAY

SUDBURY WOLVES
VS.
MISSISSAUGA STEELHEADS

HERSHEY CENTRE
MISSISSAUGA·CANADA

SUNDAY, SEPTEMBER 25, 2016
@ 2:00PM

OHL

@saugamarathon
#SaugaMarathon

Saturday, May 6 & Sunday, May 7, 2017

Save the date for the 2017 Mississauga Marathon.

For more information, or to register, visit: mississaugamarathon.com!

Landmark Sport Group 2016-17 Race Dates

Nourish the body Fuel the spirit℠

Nutrience Oakville Half

• 21.1K • 10K • 5K • 2K

Sunday, September 25, 2016

MISSISSAUGA STEELHEADS 2K

Sunday, October 16, 2016

MISSISSAUGA MARATHON.COM

Saturday, May 6 & Sunday, May 7, 2017

RBC CANADIAN OPEN 5K GOLF RUN

2017 TBD

2016
MISSISSAUGA STEELHEADS 2K

Join Us!

Sunday, October 16, 2016

Participants Will Receive

- Event t-shirt
- Finisher's certificate
- Post race snacks
- Race bib
- Two FREE tickets to a Steelheads Hockey Game
- Steelheads Players' Autographs & More!

Starting in Ben Machree Park at 10:00AM & Finishing at Port Credit Memorial Park

www.steelheads2k.com (905)-949-1910 x230
info@steelheads2k.com

Other Recommended Races

Nourish the body Fuel the spirit™

Nutrience

FURRY FRIENDS 5k

BURLINGTON - SEPT. 11TH, 2016

Spencer Smith Park, Burlington

For online registration and race day details please visit

WWW.FURRYFRIENDS5K.CA

Race Director's Recipe:
Beet Blueberry Chia Smoothie

Courtesy of thisrunnersrecipes.com

Ingredients:

- 1 beet, root only
- 1/2 cup of blueberries (frozen or fresh)
- 1 tablespoon of chia seeds
- 1 large handful of spinach
- 1/3-1/2 cup of cold water

Preparation

1. Peel the beet and cut it into small chunks.
2. Add the beet, blueberries, chia seeds, spinach, and 1/4 cup of water to the blender and blend for 2-3 minutes or until smooth.
3. Add more water to achieve desired consistency.

FOR THE LATEST CONTESTS, BONUS OFFERS & MORE

MISSISSAUGA MARATHON.COM

@MississaugaMarathon
@SaugaMarathon
@MississaugaMarathon

Nutrience
Oakville Half

@OakvilleHalfMarathon
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@OakvilleHalfMarathon

Running Tune Of The Month

"Grace, Too" by The Tragically Hip

- Nominated by Rich L.

Have a great tune to listen to while you run?

Connect with us via social media and let us know to be featured here next month!

The Nutrience Oakville Half Marathon is proudly sponsored by:

Nourish the body Fuel the spirit™

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OAKVILLE KIDS OAKVILLEKIDS.CA

MISSISSAUGAS

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