



## 2018 Race Weekend Guide



Your one stop guide on everything there is to know about the 15<sup>th</sup> edition of Mississauga Marathon Race Weekend!

### **Important Dates**

- **Wednesday, May 2<sup>nd</sup>** – Online registration closes
- **Friday, May 4<sup>th</sup> – Saturday, May 5<sup>th</sup>** – Health & Wellness Expo and Race Kit Pick-Up
- **Saturday, May 5<sup>th</sup> – Sunday, May 6<sup>th</sup>** – Race Days!

### **Runner's Expo and Race Kit Pick-Up**

- **Friday, May 4<sup>th</sup>** – 11:00AM - 8:00PM
  - **Saturday, May 5<sup>th</sup>** – 10:00AM - 5:00PM\*
  - [Port Credit Memorial Arena](#), 40 Stavebank Road North, Mississauga, ON
- \* All participants participating in the Novo Nordisk ® “Hazel” 5KM, MNP 10KM or 10KM Student Relay must pick up their kit by **3:00PM on Saturday, May 5<sup>th</sup>**.

### **Saturday, May 5<sup>th</sup> Race Info**

#### **Novo Nordisk ® “Hazel” 5KM**

- Start Line: Front Street North and Lakeshore Road West
- Start Time: 6:00PM

#### **MNP 10KM & 10KM Student Relay**

- Start Line: Lakeshore Road West and Johnson's Lane
- Start Time: 6:30PM

**All races finish at [Lakefront Promenade Park](#)**

For an interactive map of Saturday's events, please click [HERE](#). Our interactive map includes start lines, aid stations along the route, parking information, shuttle buses, and pictures of our course!

### **Sunday, May 6<sup>th</sup> Race Info**

#### **Full Marathon, Full Marathon Relay Challenge & Pandora Square One Half Marathon**

- Start Line: [Celebration Square](#) (City Centre Drive and Duke of York Boulevard)
- Start Time: 7:30AM

#### **Timbits 2KM Fun Run/Walk**

- Start Line: [Hiawatha Park](#) (Hiawatha Parkway and Cumberland Drive)
- Start Time: 12:30PM

**All races finish at [Lakefront Promenade Park](#)**

For an interactive map of Sunday's events, please click [HERE](#). Our interactive map includes start lines, aid stations along the route, parking information, shuttle buses and photos of our course!



**& PANDORA<sup>®</sup>**  
SQUARE ONE

*present: Runner's Charm*

*"My bracelet ... serves as a constant and beautiful reminder of my incredible trips to Iten [Africa]. I carry its memories with me always."*

*- Lyndsay (2017 Female Winner, Half Marathon)*



**For a chance to win a Pandora charm, submit your story and tell us about your running charm!**



Email your story about your Runner's Charm to [office@landmarksport.com](mailto:office@landmarksport.com) for your chance to win!

### **Health & Wellness Expo – Official Kickoff for Race Weekend!**



The Health & Wellness Expo officially kicks off Race Weekend at Port Credit Memorial Arena. The Expo is a mandatory stop for all participants to pick up their race kits and is also FREE and open to the general public! Drop in to interact with vendors and experience new products!

Tune in to the Mississauga Marathon's **Facebook Live on Friday, May 4<sup>th</sup> at 10:30AM!** We will be previewing the Health & Wellness Expo, and speaking with Rachel Schoutsen from The Weather Network, who will be giving us a Race Weekend weather forecast! Rachel will also be announcing one of the winners of the Pandora Square One Runner's Charm contest!

The 2018 Health & Wellness Expo will include the following vendors:

- **Honey Stinger** – they will be sampling waffles and Honey Stinger protein bars.
- **Running Room** – find all of your last minute race needs at their pop up store!
- **High Point Wellness Centre** – performing body composition and mobility assessments and providing soft tissue therapy treatment (Active Release Technique) when needed.
- **Nutrience Oakville Half Marathon**
- **Mississauga Marathon sign making station**
- Other exciting vendors will include: **Nature's Source, Runanthropic, Burnbrae Farms, Tim Hortons** and much more!
- Looking to pass along an extra pair of running shoes? Bring your shoes to the Runner's Expo, and donate them to the **Kidney Foundation of Canada**, who will donate the shoes to those in need.

Space permitting, the Health & Wellness Expo is your final chance to register for any of the 2018 Mississauga Marathon events. **The Full Marathon Relay Challenge, Novo Nordisk® "Hazel" 5KM and Timbits 2KM Fun Run/Walk are already sold out.** Those participating in the Novo Nordisk® "Hazel" 5KM, MNP 10KM, or 10KM Student Relay must be registered, and have your race kit picked up **before 3:00PM** on Saturday, May 5<sup>th</sup>.

**All participants must attend the Health & Wellness Expo in order to pick up their Swag Bag, race bib and t-shirt.**

#### **Bib Number Information**

All registered participants will receive an email on Thursday, May 3<sup>rd</sup>, 2018 with the official bib number list. You may also visit our Sportstats [page](#) on Thursday, where you can also check your race time. **Please be sure to have your bib number with you at the Health & Wellness Expo!**

#### **Race Weekend Warrior Challenge**

The [Race Weekend Warrior Challenge](#) will continue for its third year, challenging participants to complete races on both Saturday, May 5<sup>th</sup> and Sunday, May 6<sup>th</sup>. Each person participating in the Race Weekend Warrior Challenge will receive a special Race Weekend Warrior medal in the finish line area

At the Health & Wellness Expo, there will be a separate section dedicated to Race Weekend Warrior Challenge participants. Each participant will receive an envelope containing:

- Bibs for each individual event. If you are registered for the Full Marathon Relay Challenge, your bib will be in the Team Envelope
- Timing chips will be affixed to the back of each bib
- Official Race Weekend Warrior certificate

**The special medal can be picked up from the Prizing Tent next to the stage in the finish area on Sunday, May 6<sup>th</sup>.**

If you have not signed up for the Race Weekend Warrior Challenge, you can do so at the Health & Wellness Expo, space permitting.

Each participant will receive an email on Thursday, May 3<sup>rd</sup>, 2018 confirming their inclusion in the Challenge.



## 2018 Mississauga Marathon Official Mobile App



### **The first ever Mississauga Marathon App is here!**

Available for download on both Apple and Android devices, everything you need to know about the 2018 Mississauga Marathon is now in one convenient app! Check course maps, shuttle bus schedules and more including a selfie feature and live tracking!

For instructions on how to download the app, click [HERE!](#)

Don't forget to share your photos with us on social media!

**#BetterFasterYours**



Download the free Mississauga Marathon app for Android.



Download the free Sportfive Live app to follow the Mississauga Marathon on your iPhone/iPad.



## Full Marathon Relay Challenge



The [Full Marathon Relay Challenge](#) will take place in conjunction with the Full Marathon on Sunday, May 6<sup>th</sup>. Teams of up to five members will compete and tackle the Full Marathon together against other teams. Team kits will include five bibs, one timing chip (for the last runner), five t-shirts and five swag bags. Team bib numbers will be emailed out on Thursday, May 3<sup>rd</sup>, 2018.

Start area locations for each leg of the race can be found [here](#), along with shuttle bus information for each team member. All team members will be reunited at the finish area.

### **10KM Student Relay**



The [10KM Student Relay](#) will take place in conjunction with the MNP 10KM on Saturday, May 5<sup>th</sup>. Teams of two, three or four members will complete 10KM together against other student teams. All team members will receive a t-shirt, one timing chip (for the last runner), swag bag, finisher's medal and a chance to win additional prizes.

Race kits must be picked up **before 3:00PM on Saturday, May 5<sup>th</sup>**. Start area locations for each leg of the race can be found [here](#), along with shuttle bus information for each team member. All team members will be reunited at the finish area.

### **Race Weekend Hotels**



Mississauga Marathon's host hotel is conveniently located just 900m from the start line for the Full Marathon, Full Marathon Relay Challenge, and Pandora Square One Half Marathon! The [Novotel Toronto Mississauga Centre](#) is located at [3670 Hurontario Street](#), Mississauga, ON L5B 1P3.

For more information, or to book your hotel, please visit our Hotel Partners [page](#).



### **FREE Race Day Parking**

Did someone say FREE?! We have designated the following parking lots for Race Weekend. For a map of each lot, please click on the location. If you are planning on parking at or near the Start Line on Sunday, May 6<sup>th</sup>, please see the special instructions and maps below.

Please note, there is limited parking available at Square One, in the south west lot, accessed only coming southbound on Duke of York Boulevard. There will be free shuttle buses running from the finish line area back to the start line area. There will also be **NO ENTRY** to the Square One Shopping Mall prior to regular opening hours.

There is no parking available near the start lines of the Timbits 2KM Fun Run/Walk, Novo Nordisk ® “Hazel” 5KM, MNP 10KM, or 10KM Student Relay. We will be offering FREE shuttle buses to these start lines from the following parking areas, and back to the parking areas from the finish line.

### **Saturday, May 5<sup>th</sup>**

Event	Parking Lot Location
Novo Nordisk ® “Hazel” 5KM	<a href="#">Carmen Corbasson Community Centre</a>
MNP 10KM & 10KM Student Relay	<a href="#">Clarkson GO Station</a>

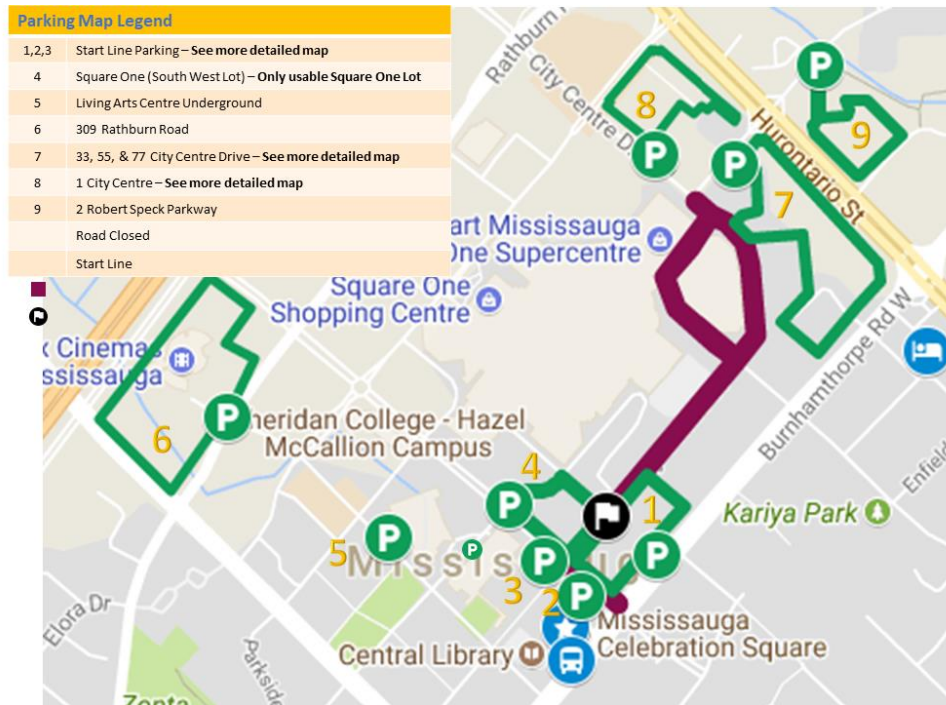
**Free shuttle buses will take you from these parking lots to the start lines**

**Sunday May 6<sup>th</sup>**

<b>Event</b>	<b>Parking Lot Location</b>	<b>Parking Details</b>
Full Marathon and Pandora Square One Half Marathon	<a href="#">201 City Centre Drive</a>	Must access via Burnhamthorpe Road, westbound lanes ONLY before 6:45AM
	<a href="#">Celebration Square</a> (underground)	Must access via Duke of York Boulevard, northbound from Burnhamthorpe Road before 6:45AM
	<a href="#">Southwest corner of Square One Parking Lot</a>	Must access via Princess Royal Dr. and Duke of York Blvd., southbound from Rathburn Rd. W. There is no other authorized parking at Square One
	<a href="#">Mississauga Civic Centre</a> (underground)	Must access via Duke of York Boulevard, southbound from Rathburn Road West before 6:45AM
	<a href="#">Living Arts Centre</a> (underground)	
	<a href="#">309 Rathburn Road West</a>	Cineplex Cinemas Mississauga – west lot ONLY
	<a href="#">33 City Centre Drive</a> <a href="#">55 City Centre Drive</a> <a href="#">77 City Centre Drive</a>	Must access eastbound via Robert Speck Parkway
	<a href="#">1 City Centre Drive</a>	No restrictions surrounding this lot
	<a href="#">2 Robert Speck Parkway</a>	No restrictions surrounding this lot
	<a href="#">Carmen Corbasson Community Centre</a> (free shuttles to start)	No restrictions surrounding this lot
Timbits 2KM Fun Run/Walk	<a href="#">Carmen Corbasson Community Centre</a>	No restrictions surrounding this lot
<b>There will be FREE shuttle buses running between each parking lot location and the finish line for spectators, and for finishers</b>		

**Full Marathon Relay Challenge participants are encouraged to park at Carmen Corbasson Community Centre, where shuttle buses will transport each team member to their designated start line, based on their leg of the race. For a list of shuttle bus times, please click [here](#).**





**To avoid parking congestion, all participants are encouraged to park at Carmen Corbasson Community Centre and use our FREE Shuttle Bus service.**

All spectators and participants are encouraged to park at the above locations for their event, and take advantage of our free shuttle buses.

### **FREE Shuttle Buses**



We are happy to provide FREE shuttle buses to all participants and spectators throughout Race Weekend! The shuttles will depart the designated parking areas to each start line, and from the finish area back to each parking area.

Shuttle bus service will also be available for the Full Marathon Relay Challenge and 10KM Student Relay participants, taking each team member to their exchange point. The 10KM Student Relay buses will depart from the Clarkson GO Station. The Full Marathon Relay Challenge buses will depart from Carmen Corbasson Community Centre. Shuttle buses will take completed participants from where they finish their relay leg to the finish area to meet up with their team.

A full list of shuttle bus times and locations can be found by clicking your specific event:

- [Full Marathon](#)
- [Full Marathon Relay Challenge](#)
- [Pandora Square One Half Marathon](#)
- [MNP 10KM](#)
- [10KM Student Relay](#)
- [Novo Nordisk® "Hazel" 5KM](#)
- [Timbits 2KM Fun Run/Walk](#)
- 

### **On-Course Water Stations**

On-course hydration will be available at the following locations:

#### **Pandora Square One Half Marathon**

- 4KM, 8KM, 12KM, 14KM, 17KM, 19KM

## Full Marathon

- 4KM, 8KM, 12KM, 14KM, 16KM, 19KM (water only), 20KM, 22KM, 24KM, 26KM, 28KM, 32KM, 36KM, 38KM, 40KM

Honey Stinger will be offering Mango Orange, Strawberry Kiwi, Chocolate, Acai Pomegranate and Fruit Smoothie energy gels at the following locations:

- Pandora Square One Half Marathon – 17KM
- Full Marathon – 24KM/26KM and 38KM



Honey Stinger will also be onsite at the Health & Wellness Expo and finish area for re-fueling!

## Running Room Pace Bunnies

Pace Bunny times for the Full Marathon and Pandora Square One Half Marathon are as follows:

### Pandora Square One Half Marathon

- 1:30
- 1:35
- 1:40
- 1:45
- 1:50
- 1:55
- 2:00 (continuous)
- 2:05

- 2:10 (continuous)
- 2:15 (continuous)

### Full Marathon

- 3:20
- 3:25
- 4:00
- 4:15



The Running Room expo booth will have all your last minute nutrition and accessories needs, as well as a selection of running clothing and electronics for those looking to update their look for those all-important finishing line photos. Information on our clinics and Mississauga Pace Bunny Team will be available. Join us for the Running Room – Mississauga Marathon Friendship Run from the Health & Wellness Expo on Saturday morning at 9:30am.

## Running Room Friendship Run

Running Room will be providing a FREE friendship run to help ease pre-race nervousness and refreshments on **Saturday, May 5<sup>th</sup> at 9:30AM**. Meet in the lobby of the Port Credit Memorial Arena. The run will be led by our 2017 Full Marathon winner, Lucas McAneney.



### **Family Reunion Area**

Looking to reconnect with your family post-race? We will have our Family Reunion Area set up conveniently just outside the “Runner’s Only” section in the finish area!

### **Spectator Info**

Spectators looking to cheer on their friends and family can do so at the start area, along the course, and at the finish area. Outlined below are some great spots for cheering on your loved ones!

- [Jack Darling Park](#) – beautifully scenic area
- The [Port Credit Lighthouse](#) – considered a landmark for the City of Mississauga
- [St. Lawrence Park](#) – beautiful stretch of the waterfront
- [Hiawatha Park](#) – watch the last leg of the Full Marathon route, and the beginning of the Timbits 2KM Fun Run/Walk on Sunday, May 6<sup>th</sup>
- [Lakefront Promenade Park](#) – watch participants cross the finish line

We are happy to provide spectators with Mississauga Marathon cowbells at our finish line! Make some noise to let runners know you’re cheering them on! For all spectators wishing to go to our finish line, we will have free shuttles throughout Race Weekend going to the finish from Carmen Corbasson Community Centre. **There is absolutely no parking available at the finish line.**

### **Cheer Stations**

There will be cheer stations set up along the course routes on both Saturday, May 5<sup>th</sup> and Sunday, May 6<sup>th</sup> at the following locations:

- [Waterfront Trail and Hampton Crescent](#)
- [RK McMillan Park](#)
- [Jack Darling Memorial Park](#)
- [Mississauga Road and Indian Road](#)
- [JC Saddington Park](#)

### **Kidney Foundation Shoe and Clothing Collection**

The Kidney Foundation will be on-site throughout Race Weekend to collect gently used running shoes and clothing items. Put your extra pair of running shoes to good use!

- Friday, May 4<sup>th</sup> at Health & Wellness Expo
- Saturday, May 5<sup>th</sup> at Health & Wellness Expo

### **Finish Line and On Course Entertainment**

The finish area is a chance to celebrate with friends and family, and enjoy live entertainment on both Saturday, May 5<sup>th</sup> and Sunday May 6<sup>th</sup>.

We are happy to host the following live bands on-route, and at the finish area:

- Jammer’s Waffle House
- Cadre Drum Band

In addition, we will also have the following in our finish area:

- Finish Line Food, including bananas proudly provided by Real Canadian Superstore!



- Charity Row
- Mustache Burger Truck
- Tim Hortons Coffee Truck
- Honey Stinger

### **Interactive Maps**

Check out our interactive maps for Race Weekend! We've covered everything from start lines and parking, to water stations and relay exchange points, so you can be fully prepared for what to expect on Race Weekend!

For an interactive map of Saturday, May 5<sup>th</sup>, click [here](#). For Sunday, May 6<sup>th</sup>, click [here](#).



Bloomex is the largest florist in Canada. Orders are taken and processed at

[www.bloomex.ca](http://www.bloomex.ca) or by phone, and then delivered to customers via local courier.

In addition to flowers, Bloomex offers a variety of other gift items including plants, gift baskets, gourmet foods, sweets and treats, balloons and other items. We serve Canada, the US, and Australia.

Bloomex is proud to be the title flower sponsor for the 2018 Mississauga Marathon, providing winner bouquets and gift baskets as well as florals for the VIP and volunteer tents.

### **Additional Tips and Reminders**

- Your race bib MUST be worn on the front of your shirt, attached with safety pins, also available at the Health & Wellness Expo, 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; however, you can register at our Health & Wellness Expo, space permitting.
- Arrive early on Race Day to avoid possible line ups at shuttle bus locations, baggage check, and port-o-potties.
- Aid stations will be located approximately every four kilometres for the Full Marathon, Full Marathon Relay Challenge and Pandora Square Half Marathon.
- Aid stations will also be available for the MNP 10KM, 10KM Student Relay, and Novo Nordisk® "Hazel" 5KM.
- There will be changeroom tents at the finish area on Sunday, May 6<sup>th</sup> if you would like to change after the Sunday morning events.
- Check out Bonus Offers available to participants on our website, [www.mississaugamarathon.com/bonusoffers/](http://www.mississaugamarathon.com/bonusoffers/)!
- 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 behavior or items to the closest law enforcement officer, or by calling 9-1-1.
- Do not store, hide, or leave any personal items, backpacks or packages along or near the race route, including the start and finish areas. Use the designated baggage check, using only clear bags, to store your personal items, or leave your belongings with a friend or family member.
- Do not over-train in the days before your event, and make sure you are properly hydrated.

**Best of luck to all participants! See you at the start line!**



Keep us involved during your Race Weekend experience by using the **#BetterFasterYours** and **#SaugaMarathon** on social media! Share your photos and memories with us!

Twitter - [@saugamarathon](https://twitter.com/saugamarathon)

Facebook - [@MississaugaMarathon](https://facebook.com/MississaugaMarathon)

Instagram - [@mississaugamarathon](https://instagram.com/mississaugamarathon)

## **The Mississauga Marathon's family of partners includes:**

**PANDORA**  
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