



No matter which way you look at it, success comes in many different shapes, sizes and forms. Regardless of the type of success, however, one thing always stands true – success is meant to be celebrated – and do we ever love celebrating you!

In this edition of our newsletter we're very excited to celebrate you: for running; for volunteering; for fundraising; for sponsoring, and for just being you!

No matter how you're participating in Blue Nose 2016, we are definitely looking forward to seeing you on race weekend May 20-22.

Runners

First up on the celebration agenda are Shauna Hodgson and Rick Huyck who are no strangers to the Blue Nose Marathon

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Volunteers

Next up on the agenda are the people who make it all happen... the ones who help make the Blue Nose Marathon AWESOME!

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Fundraisers

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Sponsors and Partners

Everybody walks away from the Blue Nose Marathon with a different perspective. For some, it's a sporting event, for others it's work. But who's to say that you can't have the best of both worlds?

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You!

In case we haven't said it enough already, we appreciate YOU so much! Thanks for being you and for allowing the Blue Nose Marathon to be a part of your life!

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Runners

First up on the celebration agenda are Shauna Hodgson and Rick Huyck who are no strangers to the Blue Nose Marathon.

Shauna and Rick have two very important things in common;

1. They both LOVE the Blue Nose Marathon
2. The Blue Nose Marathon was their first race ever



...but we didn't choose to feature their stories because of these similarities, we chose to feature them so we could highlight their differences – which can be found most prominently in their path to their first Blue Nose Marathon.

Shauna made the decision to participate in the Blue Nose Marathon when she realized that she *could*. Rick, on the other hand, made his decision in a moment when he discovered that he *couldn't*.

Shauna was in the best shape of her life, she had just lost 40 pounds and had found herself in a pretty solid gym routine when she decided to take the plunge. Rick, however, was struggling to run just 500 metres down a sandy Florida beach when he made the decision to change his life once and for all and began training for his first half marathon.

Since 2010, Shauna has experienced many milestones as a Blue Noser. She has participated in the 5km race four times, each year doing a little better than the one previous and she's now patiently awaiting Blue Nose 2016 where she will run her second 10km race with her

daughter, Jessica. This will be Shauna's 6th Blue Nose!

Rick, too, has experienced many milestones both as a Blue Noser and as an athlete. His journey began in January 2007 when he signed up for his first half-marathon clinic. This Running Room clinic helped Rick train for and complete his first of many races. Since then he has participated in over 30 half marathons and five full marathons including two Goofy races at Disney (running the half marathon Saturday and the full marathon on Sunday). He has also since become a group leader for the half marathon clinic at the Halifax Running Room which he has done very enthusiastically for the past nine years.

Rick has become not only an exceptional runner but an exceptional leader, helping many people cross the finish line for the past 9 years, and is an inspiration to us all – not only because of his accomplishments, but because he did what many are unable to do: he made a change and never looked back.

If you're reading this right now and thinking, *hmm.. maybe I should make a change*. DO IT! Register for a Blue Nose Marathon race, be part of this wonderful community of people who will motivate you to keep going and keep you coming back year after year. Don't believe me? Ask Shauna or Rick:

Rick: *"I ran the 2007 Blue Nose half-marathon with no expectations and enjoyed every step. It will always be one of my favorite life experiences."*

Shauna: *"It's the best race I've ever participated in. I tell everybody that. The overall event, as well as the enthusiasm you experience throughout the event, it's incredible."*

Follow in Shauna and Rick's footsteps and reach your next milestone: [register for the Blue Nose Marathon](#) today. You won't regret it.



Volunteers

Next up on the agenda are the people who make it all happen... the ones who help make the Blue Nose Marathon AWESOME!

Did you know that we need approximately 1500 volunteers to make the magic happen?

We spoke to a couple of our long-time volunteers and asked them to sum up their experience as a Blue Nose volunteer, here's what they had to say:

"I've been volunteering for the Scotiabank Blue Nose Marathon for seven years and it's the highlight of my year! The Blue Nose atmosphere is amazing. There is so much collaboration, comradery, and celebration that happens in one weekend – it's like a giant, healthy, exciting party that EVERYONE can participate in. Blue Nose has helped me grow my skills, allowing me to thrive in roles that not only benefit my professional development but have helped me embrace a healthier lifestyle. If there's one thing I'd recommend to anyone who has ever thought about volunteering for Blue Nose – Just Giv'er! You will NOT regret it!" – Paige Hoveling

"Volunteering at the marathon was such a positive experience! The atmosphere the day of the race was so exciting and fun to be involved with! I'm glad I got the opportunity to be a part of the event! I would recommend it to anybody, it's the perfect way to give back while also having fun" -Michelle Fraser

"I ran the 10K at the Blue Nose Marathon the first year it was held, but because of some knee issues couldn't run in the 2nd year and volunteered with the event that year. I've been involved with the Blue Nose ever since, heading up the logistics committee for several years and, more recently, the command centre. I have met and worked with so many terrific people over the years I consider it one of my best volunteer experiences. The Blue Nose has been such a positive event for our community, a definite factor in encouraging many, young and old, to become more active, something they'll benefit from, health wise, all their lives. For me, a totally rewarding experience well beyond my investment in time." – Lauchlin McKenzie

There are many different volunteer opportunities with various time commitments. If you would like to register as a volunteer, please [click here](#).

Fundraisers

Within the community of runners who are training for the 2016 Blue Nose Marathon exists a community of fundraisers who are not only participating in the event, but also fundraising for a charity.

The Scotiabank Charity Challenge is an opportunity for thousands of runners and walkers to make their Blue Nose Marathon event more meaningful by raising funds for charities within our community. In 2015 alone, the Charity Challenge raised over \$8 million across Canada for over 500 charities.

This year, Valerie Roode is raising funds for Bonny Lea Farm, a place where people with special needs

experience personal growth and development – and more importantly, a place that Valerie holds very near and dear to her heart.



“Bonny Lea Farm is a good place for me. I have friends and a good job.” she says.

Bonny Lea Farm’s mission is to empower special needs individuals by providing them with opportunities to experience faith, self-respect, love for one another, dignity, integrity, productivity, and responsible community living. Located in Chester, Nova Scotia, they offer various programs and services including a residential program where more than 30 people live with support and care from Bonny Lea Farm staff, one of whom is Valerie.

“I have lived there since 1990,” she says. “When it was time to move away from home, I didn’t know what my options were, but when I saw this place, I knew I could be happy here.”

Valerie wants to give back to Bonny Lea Farm because she says Bonny Lea Farm gives so much to her everyday. This year, she’s raising money to replace the pavement on the walkways that participants use each day

going to and from work. The paving is really in bad shape making it difficult for those who have mobility challenges.

“I don’t want anyone to fall or trip over on the old pavement,” she says. “This will make it safer for us to get to work and back home again.”

To date, the Bonny Lea Farm team has raised \$2,706 – approximately 36% of their \$7,500 goal. We are so proud of Valerie and the rest of the Bonny Lea Farm team and look forward to seeing them at the starting line in a few weeks!

If you would like to join or sponsor Team Bonny Lea Farm please [click here](#).

To view a full list of all the participating charities, or to join or donate to a charity please [click here](#).

Sponsors and Partners

Everybody walks away from the Blue Nose Marathon with a different perspective. For some, it’s a sporting event, for others it’s work. But who’s to say that you can’t have the best of both worlds?

The Scotiabank Blue Nose Marathon prides itself on being the People’s Marathon, we create an environment that everyone can enjoy no matter how you are participating. Don’t believe us? Ask Commissionaire Mike Higgs from Pictou County, who patrolled a section of the Blue Nose 2015 route and is anxiously awaiting to do it again at Blue Nose 2016.

He says “I was assigned to assist in controlling a very critical intersection on the race course and was very pleased to hear that I would be teamed up with Chief Jean-Michel Blais of Halifax Regional Police. We had a great time controlling the race participants and redirecting several runners who almost took the wrong route! The best part was meeting the people of Halifax, but working with the Chief made it a truly memorable experience.”

Following the Boston Marathon bombing, the [Commissionaires](#) were quick to volunteer their security services to Blue Nose by acting as race course marshals at every major intersection and turn on the course. They have played a pivotal role in the Blue Nose Marathon since 2013, and we are proud to partner with such a great organization!

No matter how you are participating in Blue Nose 2016, don’t forget to take a moment to say thank you to the people who keep us safe not only during race weekend, but everyday!



COMMISSIONAIRES

TRUSTED · EVERYDAY · EVERYWHERE

Keeping you safe from start to finish!

You!

In case we haven't said it enough already, we appreciate YOU so much! Thanks for being you and for allowing the Blue Nose Marathon to be a part of your life! To thank you for sticking by our side during the past 13 years, we want to share a recipe our [Team Myles](#) members have been enjoying thanks to a recommendation from their nutritionist Coleen Nolan, owner of [Inner Peas Nutrition](#).

Home Made Sport Drink (Original recipe by US-based sport dietitian Nancy Clark)

1/4 c. sugar
1/4 tsp. salt (dissolve these in 1/4c. hot water)
1/4c. orange juice
2 Tbsp. lemon juice
3 1/2c. water

Mix the dissolved sugar/salt/hot water with the juices and cold water, mixing well. Refrigerate and enjoy!

Like Gatorade and other sport drinks, this provides about 12g carbs/cup (250ml); 110mg sodium; and 50 calories.

Trying a new recipe, buying a new pair of running shoes, registering for an event or signing up for a volunteer spot: What do all of these things have in common? They are #MYLestones!

If you try the recipe, or do anything else worthy of "Blue Nose Bragging Rights" share them with us by using #MYLestone on Facebook, Twitter and/or Instagram!

See you in 6 weeks!

~ Your friends at the Scotiabank Blue Nose Marathon



HALIFAX · MAY 20-22, 2016
Register at BlueNoseMarathon.com

#BlueNose2016



SCOTIABANK BLUE NOSE MARATHON - HALIFAX, NOVA SCOTIA - MAY 20-22 2016



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