



GIV'ER: It's time to break the ice!

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Up to Speed: The Big Lift

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Get'er Done: Register Now!

In case you haven't heard yet, registration is open! Still looking for a resolution? Well start this year off on the right foot.

[READ ON](#)

Join Team Myles

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Recharge with Milk- Off the beaten track: workout without leaving your house

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Run with a purpose!

Can you think of a cause that is special to you? Looking for an easy way to make a difference? The [2016 Scotiabank Charity Challenge](#)

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Come join us!

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Mic Mac Mall and Blue Nose recognize the importance of removing financial barriers that prevent children from participating in the 5KM Run.

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Looking for some running buddies or company on those long runs? A running buddy or buddies can help with motivation and accountability especially during those winter months.

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No Sweat Policy

E-mails have been sent to all participants registered under the [No Sweat Policy](#) with instructions of how to register for the 2016 Blue Nose Marathon.

[READ ON](#)

GIV'ER: It's time to break the ice!

Did you know that Myles knows how to skate? Well we would like to invite you to join the Blue Nose Mascot, Myles, on Sunday, February 7th from 1-3 at the Emera Oval. The best part... It is completely free!

So let's Giv'er and jump off that couch and into some skates!

Bring your energy and get some cross training done by joining this exciting event and awesome crowd. Don't miss the chance to skate with Myles, see some fellow Blue Nose runners, meet the Scotiabank Blue Nose Marathon team, and even get a selfie with Myles to share the fun with your friends!

We look forward to seeing you at the Oval!

Find Emera Oval [location](#).

Up to Speed: The Big Lift

2016 is the year for MYLESTONES, so there are a few new things coming your way! First one being: This year we will not be going to Dartmouth! Yes, you read that right. For the first time ever, the Scotiabank Blue Nose Marathon will not run across the MacDonald Bridge.

Currently the MacDonald Bridge is under construction and will not be available to Blue Nose participants this year. With the participant's safety being our first concern, this 'Big Lift' has led to us to looking at other options.

So instead of adding a swim portion to the Marathon this year, we decided to look at various route options for the full marathon, marathon team relay and 10KM! The following is what has been decided:

The full marathon and marathon team relay will use a double loop of the half marathon route, with some minor adjustments. The 10KM is a brand new south end route that includes a loop of Point Pleasant Park.

Due to the changes caused by the 'Big Lift', we strongly encourage you to check out the maps and texts on the Blue Nose website and become familiar with your race route. See below for quick links.

[Full Marathon](#)

[Team Relay](#)

[10KM](#)

Get'er Done: Register Now!

In case you haven't heard yet, registration is open! Still looking for a resolution? Well start this year off on the right foot- then the left foot- then the right again. Our point: Get registered and start running!

2016 is the year for MYLESTONES, so why not join the movement? Achieve your own MYLESTONE this year. [Register here](#) now!

We look forward to seeing you May 20-22nd for the 2016 Scotiabank Blue Nose Marathon!

Join Team Myles

TEAM MYLES is a special initiative for newcomers to walking and running who are pursuing lifestyle and fitness goals. Team members will work with professionals to set personal goals, as well as learn about exercise, running, technical gear, training, diet and nutrition. Individuals will apply what they learn during weekly training sessions, and support one another as they work toward their fitness goals.

Interested in becoming a [Team Myles](#) Ambassador? We will select up to 10 people who are willing to attend two weekly training sessions from March until race weekend, May 20-22. We'll also ask you to fundraise for a charity within the [Scotiabank Charity Challenge Program](#). You will be able to share your story (the highs and lows!) through blogs, postings, photos and social media. You'll be amazed how your story motivates others.

Tell us in 200 words or less why you would like to become a [Team Myles](#) member and send to neal@bluenosemarathon.com. The deadline is Saturday, February 13 at 11:59p.m. Team selection will occur the week of February 15. Please note, only selected applicants for the program will be contacted.

Recharge with Milk- Off the beaten track: workout without leaving your house

If just the thought of bundling up for a run or a trip to the gym leaves you cold, there's a warm workout solution for you. A bodyweight workout routine might be better suited to your winter work/life routine and continue to challenge your mind and muscles during the colder months.

BODYWEIGHT WORKOUTS FOR WINTER

Experts agree: bodyweight exercises can provide many of the same benefits as a session in the weight room or a run outside, without needing any additional equipment. And with a variety of pushing, pulling and core exercises, you'll be able to increase endurance and achieve strength gains virtually anywhere and at any time.

FIND THE ROUTINE THAT FITS YOUR LIFE

When developing an indoor workout program you have the option of creating a whole-body training

program or one that allows you to isolate and achieve a specific goal.

- Increase Functional Strength

Bodyweight exercises allow you to push your load-joints (shoulders, hips, knees and ankles) through a full range of motion without pain, stiffness or restriction, yet still physically challenge you.

- Increase Endurance

Endurance athletes know even the smallest imbalances in the body can lead to serious injury. A bodyweight program can help target and strengthen minor muscle imbalances that often get overlooked with traditional weight or endurance training.

- Increase Flexibility

Whether you're coming off an injury or trying to avoid one, flexibility plays an integral role in any training program. And bodyweight exercises combine the active stretching benefits of dynamic warm-ups with a physical and cardio vascular challenge to help you push your limits and achieve your goals.

COMMIT TO YOURSELF

There are hundreds of bodyweight exercises that can be mixed and matched in order to create a custom workout. And with many variations designed specifically to complement existing weight or endurance training programs, it's easy to create an at-home program that will help you stay dedicated to your fitness without compromising your results.



Run with a purpose!

Can you think of a cause that is special to you? Looking for an easy way to make a difference? The [2016 Scotiabank Charity Challenge](#) allows you to register for any running event in the Scotiabank Blue Nose Marathon and raise funds for a charity of your choice from our list of [2016 Official Charities](#). 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 in our community.

How do you become a part of the Scotiabank Charity Challenge? Easy. Just register for your Blue Nose Marathon event, create an online fundraising account for the charity you would like to support and raise funds individually or as part of a team through our secure online fundraising system.

Make your Blue Nose Marathon event even more special by lacing up and going the distance for one of our [2016 Official Charities](#).

Visit us online to learn more about the [2016 Charity Challenge](#) or for more information contact Scotiabank Charity Challenge Coordinator, [Sue Tregunno](#).

Come join us!

Blue Nose will be an exhibitor at the Live the Smart Way Expo March 5th and 6th being held at the World Trade and Convention Centre! Live The Smart Way Expo is for people who seek out ways to maintain or take their first steps towards a healthy lifestyle.

If you want to join us for FREE click [here](#)!

Visit us—you'll have the opportunity to win some great prizes!

Mic Mac Mall 5KM Bursary Program

Mic Mac Mall and Blue Nose recognize the importance of removing financial barriers that prevent children from participating in the 5KM Run. We are delighted Mic Mac Mall has made a commitment to support families through the 5KM Bursary Program, providing up to 100 free registration spots for the Johnson Insurance 5KM Run.



Run buddies: Who's your running buddy?

Looking for some running buddies or company on those long runs? A running buddy or buddies can help with motivation and accountability especially during those winter months when, well, we may need a little extra motivation.

There are lots of running clubs throughout Nova Scotia and Atlantic Canada you can get active with and get those runs in. [Visit us here](#) to find a run club in your community.

And if you have a [Running Room](#) in your community you can meet up with them on Wednesday evenings at 6 PM and Sundays at 8:30 AM for a group run. Running Room also offers clinics in the marathon, half marathon, 10KM and 5 Km distances. Their full marathon and half marathon clinics started in January but there is still time for you to join in the fun. Their 10KM and 5KM clinics will start in March. To learn more about Running Room clinics [Click here](#).

No Sweat Policy

Defer your registration from a previous year to 2016? E-mails have been sent to all participants registered under the [No Sweat Policy](#) with instructions of how to register for the 2016 Blue Nose Marathon. Please note, if you have not received an e-mail please check your SPAM folder.

If you have questions pertaining to race registration deferrals, please contact staff@bluenosemarathon.com

For more information on our No Sweat Policy, please see the [FAQs](#).

About The Newsletter

Have a story idea you'd like to see in an upcoming edition of the newsletter? Send it to us at newsletters@bluenosemarathon.com.

~ Your friends at the Scotiabank Blue Nose Marathon

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



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