

Scotiabank Blue Nose Marathon Community Report



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The Marathon



The 16th annual Scotiabank Blue Nose Marathon took place from June 6th to 9th and welcomed 10,117 participants of all ages, abilities and fitness levels.

The weekend consisted of three key pillars:

1. Walking/Running events, including The Scotiabank Full Marathon, Killam Marathon Team Relay, Medavie Blue Cross Half Marathon, BOYNECLARKE LLP 15KM, GoodLife FITNESS 10KM, Lifemark 5KM and the Doctors Nova Scotia Youth Run – 2KM and 4KM.
2. Active Living Expo, a two-day lifestyle event taking place on Thursday, June 6th and Friday, June 7th, occupying the floor of the Scotiabank Centre with 54 exhibitor booths and more than 8,500 attendees.
3. Scotiabank Charity Challenge, a fundraising initiative for charities and Blue Nose participants to raise money for a charity of their choice. In 2019, 61 local charities and over 1,342 participants joined together to raise **\$523,000!**

Impact

For some, the **Scotiabank Blue Nose Marathon** is just a weekend like any other. For others, it is an annual highlight. For many Nova Scotians, the Blue Nose Marathon is the event that started it all for them; it's the event they look forward to year over year; it's the event that reminds them of how much fun it can be to lace up and Giv'er. We strive to be THE premier fitness event in Atlantic Canada by providing an experience like no other...

But we can't do it without the 'Blue Nose Nation'... each person who lines up at the start line has their own story, a story that makes what we do worthwhile beyond measure!

This year we'll be highlighting some amazing Scotiabank Blue Nose Marathon Stories!



Virtual Run

This year marked the second year of the **Scotiabank Blue Nose Marathon Virtual Run** and it exceeded our expectations! Last year during our first virtual run we had 107 participants run, walk or wheel the Blue Nose in their communities, this year we had 305 participants. Three hundred and five people chose to be a part of the Scotiabank Blue Nose Marathon though they couldn't be in Halifax for the race. We had virtual runners from all over Nova Scotia and places as far away as British Columbia and even Korea. Some of our participants were even members of the crew of HMCS Toronto on patrol in the Mediterranean and kids from remote single room schoolhouse in Pleasant Bay, Cape Breton.

Being a sailor on the **HMCS Toronto** during an active mission doesn't leave you much time to participate in a race. But our virtual participants took some of their precious shore leave time to run the Blue Nose Virtual Run around their birth in Palermo Italy, raising money for the Children's Wish Foundation as part of the **Scotiabank Charity Challenge**. Decked out in our "I Nose NS" t-shirts these participants made the Blue Nose Marathon a truly international event.

"Being far away from Halifax didn't stop the crew of HMCS Toronto from participating in the Bluenose marathon weekend while in Palermo, Italy. Great job to the 24 personnel who ran!" said the HMCS Toronto Facebook Page.



Pleasant Bay only has a small school house with one teacher, eight students and a small basement gym to run in but that didn't keep them from wanting to be a part of the Doctors Nova Scotia Youth Run! Since coming all the way from northern Cape Breton wasn't in the cards, the kids and their teacher decided to take part in the Blue Nose Virtual Run. To train for the race, they've ran a very short distance, many, many times "What we do is we run back and forth in our basement 111 times," said 11-year-old student Aaron Fraser. "Sometimes we do two kilometres instead, which is 222 times." The school hosted two other regional schools and 110 kids overall when they ran the virtual run. "Running is something we call do," said Ashley Crowley (The single teacher at the Pleasant Bay School).

The Blue Nose Virtual Run is a chance to get everyone involved in the joy of physical activity no matter where in the world you happen to be. Sometimes it's the nostalgia of home and sometimes it's just the joy of running but the Virtual Run has struck a chord with hundreds of people and we hope to see them back next year.

Abby Lewis

You wouldn't expect a 12-year-old to be competing in an adult's race, let alone winning it, but that's exactly what **Abby Lewis** did at this year's Lifemark 5KM race. After competing in the Doctors Nova Scotia Youth Run for many years, at age ten Abby decided to take on the 5KM. She came within a few seconds of winning in 2017 and she hasn't looked back since.

"It was a sprint to the finish line, and I came in second by less than a second," Lewis recalled. "That's why it was so awesome to come back the next year and win it." Abby followed up her second-place finish in 2017 by winning the race outright in 2018 and 2019! This year she won the 5KM by over 48 seconds over the second place finisher Hana Marmura. "Winning the Blue Nose is a pretty great accomplishment and I'm super excited," said Abby.

Abby is not only a great runner she's also a competitive swimmer and nearly skipped the Blue Nose this year. Abby was coming off a double gold-medal performance at the NSSAF track and field championships in Wolfville. The Grade 7 student at Leslie Thomas Junior High in Lower Sackville set a provincial record in the junior girls' 1,500 metres and won gold in the 3,000 metre. She also earned a silver in the 800 metre.

"I was unsure if I was going to do the Blue Nose this year because of track provincials and some other stuff going on. It's been really busy. In the end, I am so glad I went out and did it because it's a great place and the environment is great and the competition is really good," said Abby.



Team Myles



Team Myles ambassadors are selected in the late fall when applications are open to the community to become a part of this amazing program. 2019 was the first year where we had both a 10KM program and a Half Marathon program. Team Myles has been a huge success for the Blue Nose Marathon because each member becomes a walking spokesperson for the transformative power of fitness and fun no matter your age or body type and that's what the Blue Nose Marathon is all about.

In 2019, **Team Myles** had 69 members in our 10KM and Half Marathon program including coaches, mentors and team members. Our Team Myles members are Blue Nose ambassadors who receive complementary training, fitness plans, gym memberships and race entries to help them achieve the goal of living a more active healthy life. In partnership with Lifemark our Team Myles members embark on a 12-week training regime to help them complete their distance in the Scotiabank Blue Nose Marathon. In the process they become a close-knit group who go out of their way to make sure every team member crosses that finish line!

Our Team Myles Half Marathon Program Mentor Nola Hines was featured on CTV News at 5. Nola spoke about her personal journey and how being a part of Team Myles helped her to get in shape and turn her life around. Nola was suffering from physical ailments and was advised to take time off work by her doctor. She had heard about Team Myles through her employer BOYNECLARKE LLP our 15KM sponsor and decided to give it a go. Two years later Nola is healthier, happier and now helping others in the Team Myles Program to succeed just like she has. The Team Myles program makes a real difference in the lives of all its participants.

[\(Nola Hines/Team Myles\) CTV News at 5](#)

New Sponsors, Challenges and Changes

This year we welcomed a brand-new **sponsor Medavie Blue Cross** and it was a huge success! Medavie was an enthusiastic sponsor from the get-go. They took the Blue Nose model of being a fun and exciting way to get active and be a part of something big and ran with it. Many Medavie employees from not only Nova Scotia but from all over the Maritimes took part in the Scotiabank Blue Nose Marathon. They formed running groups in their offices, created t-shirts and raised money for the **Scotiabank Charity Challenge**. Myles visited every Medavie branch, all over HRM and in Moncton and no matter where he went everyone was thrilled to see him. Medavie was a big part of our Active Living Expo having a booth present over the whole Blue Nose Weekend and being the sponsor for this year's Shoe Mountain (which gives lightly used shoes a new life by donating them to local charities). Medavie was a terrific addition to the Blue Nose family and we can't wait to continue this partnership for years to come.



This was a year of challenges for the Scotiabank Blue Nose Marathon. Firstly, our traditional date, the Victoria Day long weekend was unavailable due to Halifax hosting this year's Memorial Cup. A new date was chosen in June, a full three weeks from the original date, June 8th and 9th. Brand-new routes were designed using only the Halifax side of the harbour. Secondly, in January we learned from the Halifax Bridge Commission that the Macdonald Bridge which was used for the 2018 Blue Nose Marathon and in previous years before the Big Lift would be unavailable due to construction on the neighboring MacKay Bridge. We had to adapt and adapt quickly. In the end the **Scotiabank Blue Nose Marathon** went off under beautiful sunny skies and the new routes were very well received, especially the new Lifemark 5KM route and the Scotiabank Full Marathon route.

This year also saw a change with our Active Living Expo dates. Instead of having the expo on the Friday and Saturday of race weekend it was moved to the Thursday and Friday of race weekend. The weeknd of the 6th and 7th of June. Also, the Expo was moved from the Nova Centre to the Scotiabank Centre, the location of all our post-race events. Having the Expo in the same building as the post-race events and kit pickup was a logistical dream.

CTV

CTV

This year marked a new partnership with Bell Media that included extensive coverage on **CTV Atlantic**. CTV was a very active partner and was thrilled to take part in the all the pre and post Blue Nose fun! CTV journalists took part in the Blue Nose weekend events and reported live from the Active Living Expo. We're looking forward to many more years of partnership and support from CTV and Bell Media.

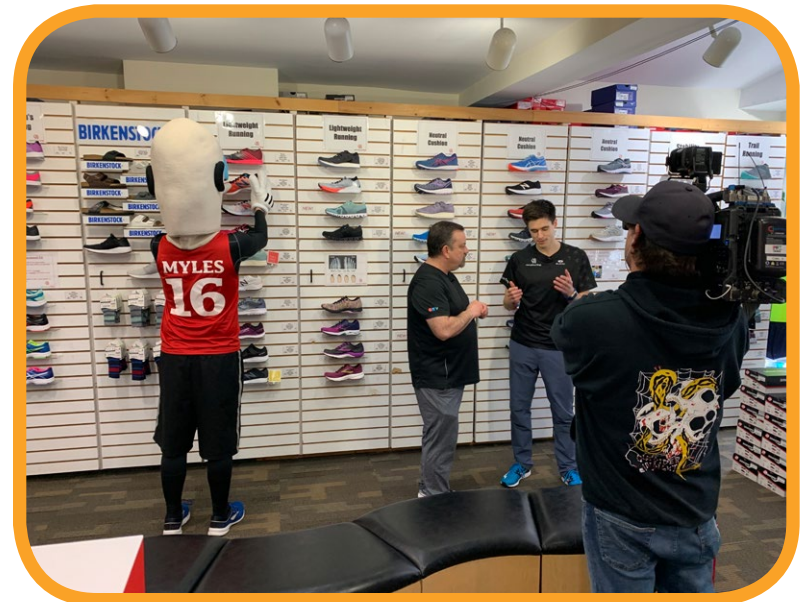
CTV provided the Blue Nose Marathon with coverage on CTV Morning Live, CTV News at 5 and CTV News at 6. Highlighting not only the Blue Nose Marathon but also our Team Myles program, the Scotiabank Charity Challenge, as well our partnerships with Aerobics First and Atlantic Superstore. Below are links to a sample of some of the 10 plus stories about the Blue Nose Marathon.

[Charity Challenge Story](#)

[Call for Volunteers](#)

[Race Prep/Atlantic Superstore](#)

[Shoe Fitting/Aerobics First](#)



Myles

Our 16th year was our busiest year yet for our beloved mascot Myles!

Myles visited numerous run clubs, charities, schools and local events to spread the word about how much fun we have at the **Scotiabank Blue Nose Marathon**. Myles visited the Kids Run Club and participated in their warm up and weekly group run. He took part in the Youth Running Series warming up the kids as they Stormed the Park and Hit the Marc. He visited Dartmouth North Community Food Centre, Prescott Group, The Dartmouth General Hospital Foundation, Ecology Action Centre and many, many more charities.

Myles is always given a warm welcome no matter where he goes and who he sees. But no one seems to love Myles more than our awesome sponsors! This year we had so many Myles requests that we had to schedule a whole day for Myles to drive around Halifax and pay everyone a visit. We stopped at three Enterprise locations, three Lifemark physiotherapy centres, the Halifax Scotiabank Call Centre, the Scotia Square Scotiabank branch, Scotia Square Food Court, Barrington Hotel, three GoodLife FITNESS centres and the Hotel Halifax, it was one busy day! Myles also took a trip to Moncton, NB and visited our partners at Scotiabank, Medavie Blue Cross, Enterprise and GoodLife FITNESS in order to spread the Blue Nose joy all over the Maritimes.

No matter where he goes and what he does, Myles brightens up the days of everyone around him, whether it's with a hug, a hive five, or a fist bump and even running the 5KM. When you see Myles, you see the **Scotiabank Blue Nose Marathon**.



Mascot Race



This year we ran our second annual **Mascot Race**, this time before the **Doctors Nova Scotia Youth Run**. The kids were thrilled to see their favourite local mascots race down Sackville Street. We had 12 mascots running alongside Myles including Hal (Halifax Mooseheads), Parka (Parks Canada), Scoti (Scotiabank) and the Dal Tiger. We can't wait to make this event an even bigger success next year and a real highlight of the Youth Run.

Races and Demographics

In 2019, we welcomed **10,117** participants to our course. Geographically, participants from every province in Canada, as well as, parts of the United States; including California, Texas, Florida, Minnesota and all over the eastern seaboard. Participants from Europe came from the United Kingdom, France, Spain, Germany, Ireland. We also had participants from as far away as Australia and Kenya.

Event	Number of Participants
Scotiabank Full Marathon	293
Killam Marathon Team Relay	46 Teams and 334 Participants
Medavie Half Marathon	1,156
BOYNECLARKE LLP 15KM	420
GoodLife FITNESS 10KM	1,666
Lifemark 5KM	2,262
Virtual Run	305
Doctors Nova Scotia Youth Run	2,852 (total)
Doctors Nova Scotia Youth Run 2KM	1,530
Doctors Nova Scotia Youth Run 4KM	1,322
Tim Horton's double double	417
Total Participants	10,117



Crowds, Blue Nose Boogie and Water Stations

As one of the biggest community events in Halifax, the **Scotiabank Blue Nose Marathon** draws a large crowd to the downtown core over the span of four days. The 2019 event welcomed more than **10,000** participants to the course alone.

During the two days of running and walking events, an estimated **30,000** people lined up along the course to show their support. This includes family and friends of our participants, the community organizations who run Blue Nose Boogie stations and water stations along our course, and residents who live on the streets near our course. It is not uncommon for people to spend the day sitting on their front lawn providing cheer, support and sometimes even light snacks or water to our participants as they run by. Our two-day Active Living Expo also welcomed more than **8,500** people.



Blue Nose Boogie Stations: 21 over the weekend

Water stations:

Youth Run: 1 water station

Lifemark 5KM: 1 water station*

GoodLife FITNESS 10KM: 5 water stations*

BOYNECLARKE LLP 15KM: 6 water stations*

Blue Nose Half Marathon: 10 water stations*

Scotiabank Full Marathon & Killam Marathon Team Relay: 10 water stations*

***Plus finish line**

Volunteers

We couldn't run the **Scotiabank Blue Nose Marathon** without our outstanding and dedicated volunteers! This year we had over **1,000** people show up and be a part of our exciting event. We want to say **THANK YOU** to every volunteer who helped make the Scotiabank Blue Nose Marathon such an amazing success! But don't just take our word for it. Listen to what some of our participants and friends had to say;

Josh - Hats off to everyone who participated in the @BNMarathon this weekend. Also, thanks to the team of volunteers outside my apartment building cheering on and pumping up runners. I still have "Chariots of Fire" stuck in my head. #BlueNose2019 #YHZ

Rachel - I did it! My first half marathon! Thanks to all the volunteers at the always very well run @BNMarathon!

Rex - Congratulations @BNMarathon runners, and event organizers. You all did a great job today, and the water stop volunteers and cheering crowds along the route were excellent!

Stephen - Thanks to @BNMarathon and your fantastic volunteers for another well-organized event. See you next year and let's hope for another sunny day! #Halifax

Anna - We just gave'er @BNMarathon. Always a fabulous experience. Thanks to all the amazing volunteers who give tirelessly to make this happen every year.



Kit and T-shirt



This year's run kit included our coloured bibs, a Scotiabank tote bag and our 2019 T-shirt, which was a navy blue with the slogan *I Nose Nova Scotia*. This slogan was chosen as always by an on-line poll on Survey Monkey and over 3,000 votes were cast with a very close finish between the top two T-Shirts. [Myles debuted this year's T-shirt on CTV Morning Live in May.](#)

Scotiabank Charity Challenge

Scotiabank Charity Challenge unites the unbreakable spirit of runners and walkers with a unique fundraising program to help create a stronger future for young people and build vibrant communities.

In 2019, **1,342 participants raised \$523,000 for 61 community charities** through the Scotiabank Charity Challenge at the **Scotiabank Blue Nose Marathon**. This hard work and commitment to fundraising will make a significant impact in our communities in the years to come!

In its 11 year history, the **Scotiabank Charity Challenge** has helped raise more than **\$5.1 million** in Halifax to help young people reach their infinite potential and build vibrant communities!. This adds to the 5 other Scotiabank sponsored marathon events across Canada, in Montreal, Ottawa, Calgary, Toronto and Vancouver, bringing the national grand total of the Scotiabank Charity Challenge thus far to more than \$70 million dollars!



Scotiabank Charity Challenge Charities

Adsum Association for Women & Children
Alzheimer Society of Nova Scotia
The Aninga Project
Aphasia Association of Nova Scotia
Autism Nova Scotia Society
Bide Awhile Animal Shelter Society
Blind Sports Nova Scotia
Boys and Girls Clubs of Greater Halifax
Brain Injury Association of Nova Scotia
Brain Tumour Foundation of Canada
Breaking the Silence Network
Brigadoon Village
Canadian Aniridia Foundation
Canadian Pulmonary Fibrosis Foundation
Childhood Cancer Canada Foundation
Children's Wish Foundation of Canada
(Nova Scotia division)
Chisholm Services for Children
Craig's Cause Pancreatic Cancer Society
Cystic Fibrosis Canada
Dartmouth General Hospital Foundation
Dalhousie Medical Research Foundation

Dartmouth Family Centre
Dreams Take Flight
Dress for Success Halifax Society
Easter Seals
Ecology Action Centre
Halifax Dance Association
Halifax Public Libraries
Halifax Refugee Clinic
Halifax Regional Search and Rescue
Heart and Stroke Foundation
Hope for Wildlife
Help 2 Overcome Society
Hope for Wildlife
Hope Worldwide Canada
Immigrant Services Association of Nova
Scotia (ISANS)
Independent Living Nova Scotia
IWK Foundation
Jonathan David Wayne Lewis Foundation
Laing House
The Leukemia & Lymphoma Society
Literacy Association of Nova Scotia

The Lung Association of Nova Scotia
MacPhee Centre for Creative Learning
The Mental Health Foundation of Nova Scotia
Metro Care and Share Society
Mocean Dance Society
Multiple Sclerosis Society of Canada
Nourish Nova Scotia Society
Nova Scotia Talent Trust
Nova Scotia Sea School Society
Ovarian Cancer Canada
Parkinson Canada
Pathway to Progress Nicaragua
Prescott Group
President's Choice Children's Charity
Prostate Cancer Canada
QEII Health Sciences Centre Foundation
Special Olympics Society of Nova Scotia
Symphony Nova Scotia
Ummah Mosque and Community Centre
Wee Care Day Care Centre
Welcome Housing and Support Services
YMCA of Greater Halifax/Dartmouth



Scotiabank Charity Challenge Prize Winners

Charity prize winners (based on August 1, 2019 calculations)

Charity with the largest number of Fundraising Runners

Rules: Charities must have a minimum of 10 Fundraising Runners registered in any running event

1st Place: Prescott Group

Charity with the largest number of Fundraising Runners: 83

2nd Place: Ecology Action Centre

Charity with the largest number of Fundraising Runners: 82

3rd Place: three-way tie

1. Halifax Refugee Clinic

2. MacPhee Centre for Creative Learning

3. MS Society of Canada, Atlantic Division

Charity with the largest number of Fundraising Runners: 23

Charity with the largest total dollars fundraised

Rules: Includes all online and offline verified donations

1st Place: Leukemia and Lymphoma Society of Canada

Charity with the largest total dollars fundraised: \$62,555.51

2nd Place: Brain Tumour Foundation of Canada

Charity with the largest total dollars fundraised: \$36,746.79

3rd Place: Laing House

Charity with the largest total dollars fundraised: \$29,012.00

Charity with the largest average amount raised per Fundraising Runner

Rules: Charities must have a minimum of 10 Fundraising Runners registered

1st Place: Pathway to Progress Nicaragua

Charity with the largest average amount raised per Fundraising Runner: \$3,143.00

2nd Place: Dress for Success Halifax

Charity with the largest average amount raised per Fundraising Runner: \$2,740.45

3rd Place: HOPE worldwide Canada - Team Halifax

Charity with the largest average amount raised per Fundraising Runner: \$2,238.43

Scotiabank Charity Challenge

Meet Melanie Bennett, she ran this year's Scotiabank Blue Nose Marathon to support a charity that means the world to her, the **MS Society**.

I didn't always believe this, but now I really do - everything happens for a reason. I was diagnosed with MS at the age of 30. I went from having some weakness in one leg to walking with a cane, then getting a walker to drag both legs around. I had to leave my job as a youth care worker and taught myself how to have patience with my disease. I tried several disease-modifying therapies, but my relapses kept worsening.

Through all of this, I planned a fundraiser each year, inviting local scrapbookers to gather to raise money for research and programs for people living with MS. Last year it garnered over \$10,000!

With support from family, friends, and the MS Clinic, I started a new treatment called Lemtrada. After my second round of treatment, I started to feel better. I could take small walks and move around. I could stand and cook a meal. I then started my journey to lose weight. Short walks to the corner turned into longer walks to the store. I started to jog, then I joined a "Learn to Run" group. Two years later, 105 pounds lighter, and 100% healthier, I ditched my walker and cane, laced up my sneakers, and ran the 15K in the Scotiabank 2018 Bluenose Marathon. It was one of the biggest accomplishments of my life. I had support from fellow Weight Watchers members, runner friends, the clinic nurses and doctors, family and friends! I am now set to run my 4th half marathon this June 6th.

My dad always used to tell me that everything happens for a reason, but until recently, I didn't quite get it. I now accept my diagnosis with patience and humility. My path is to inspire others. That's the 'reason' I was diagnosed. We can't control everything in our lives. There are things that we can control like how to move forward and what to do with our diagnosis or whatever challenge comes our way. I've had messages from people I've never met saying that I've given them a reason to fight.

It's important to acknowledge that you have MS but it's not who you are. You're a person first – you just happen to live with MS. If I can inspire just one person to improve their quality of life, then I know my dad was right. Everything does happen for a reason.



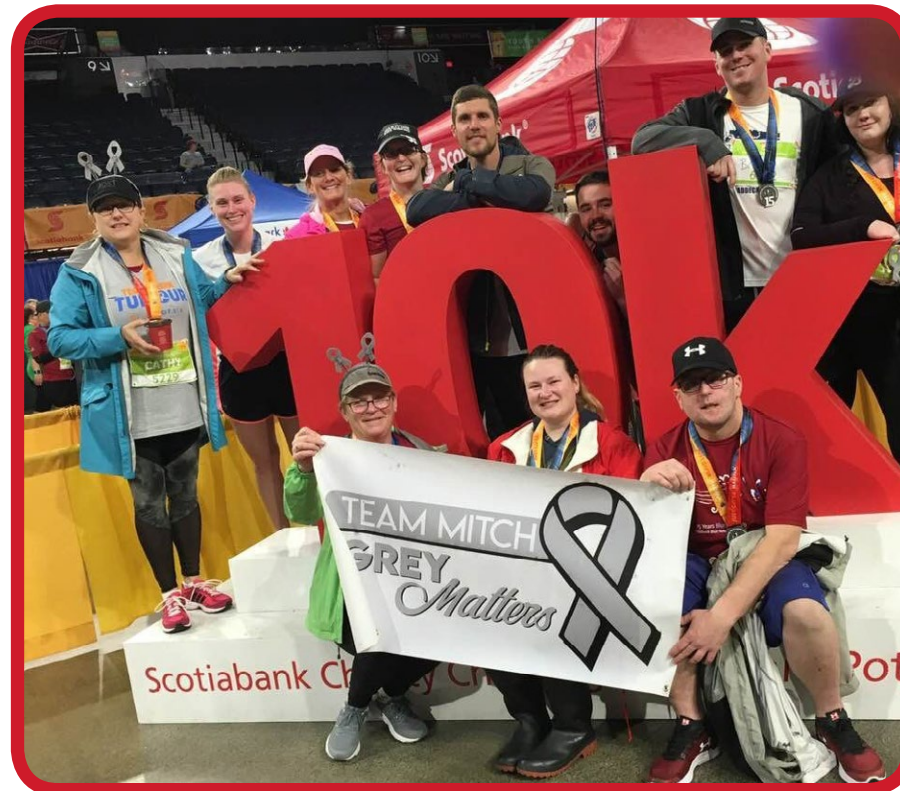
Scotiabank Charity Challenge

In 2017, 'Team Mitch' joined the Brain Tumour Foundation in their fundraising efforts as part of the Scotiabank Blue Nose Charity Challenge. We felt compelled to help after our friend Mitch needed a significant surgery in the fall of 2016. As his family and friends, we felt helpless. True to his resilient spirit though, Mitch came through the surgery with flying colors. He has always been so tough, and we realized that we could challenge ourselves to show him our support and help the cause at the same time.

We're now in our third year of fundraising (and running) and Team Mitch is on track to hit \$10,000 raised for the Brain Tumour Foundation. Mitch's mom says that the organization is near and dear to their hearts, so knowing that we've collectively been able to help such an important cause is a wonderful feeling.

Our core group of runners (and walkers) has remained the same over the past three years but each year, we have been lucky enough to add new family and friends to the group.

Even Mitch participates with us! We may not be able to rid our friend of his tumour but we will always make sure he knows we are standing with him, and what an amazing way to do so!



Blue Nose In The News

Strangers help save NS Man whose heart stopped after running half marathon.

A Halifax man who collapsed shortly after finishing a half-marathon over the weekend has a group of bystanders to thank for potentially saving his life. Shawn Quigley finished the Blue Nose Marathon in Halifax in 02:10:57.1 on Sunday, but he collapsed after crossing the line as his heart stopped. "I saw the finish line, so I started to sprint," Quigley told CTV Atlantic from his hospital room. "Then I finally finished, I slowed down and just blacked out. The last thing I remember is crossing the finish line."



How a remote one-room Cape Breton school keeps fit all winter long in a tiny basement

The students at a tiny, remote school in northern Cape Breton are going to be participating in the province's premier long-distance race next month, but they won't actually be in Halifax for the Blue Nose Marathon. Instead, the students will be in their home community of Pleasant Bay on Friday, June 7, and will host a remote event where students either run distances of 4.2 kilometres or 2.1 kilometres.

First-time champions take 16th annual Blue Nose Marathon

Nearly 11,000 people laced up their sneakers in Halifax this weekend for the 16th annual Blue Nose Marathon, as Atlantic Canada's largest race continues to attract participants and supporters from across the country. The date of this year's marathon was pushed back three weeks from its traditional Victoria Day weekend date, because of the Memorial Cup being hosted at the Scotiabank Centre. The weather certainly co-operated with the later start, as past events have seen challenges from the elements, but this year the weather was on the runners' side, with temperatures in the high teens and nary a cloud in the sky.



Blue Nose In The News



[Which Halifax? Marathon mix-up leaves surgeon in stitches](#)

Richard Spence will run the Blue Nose Marathon on Sunday. Save for a now-humorous misstep, he would have run it last year.

“Preparing for this, I obviously wanted to get to know the city a little bit,” Spence, a native of South Africa, said of moving to Halifax a year ago to begin a two-year medical fellowship in surgery through Dalhousie University.

[Rasmussen bounces back to win Scotiabank Blue Nose half-marathon](#)

Donald Rasmussen’s first attempt in the men’s half-marathon at the Scotiabank Blue Nose Marathon was a humbling experience.

At the 2017 event, the Antigonish runner crossed the finish in a respectable 1:15:12, a time that would’ve won him a half-marathon title in most other years.

Unfortunately for Rasmussen, Kenyan sprinter Johana Kariankei ran a 1:07:56 that year to capture his first of back-to-back half-marathon victories.

A dejected Rasmussen took last year off. But he returned in 2019 in a blaze of glory.



THANK YOU!

On behalf of all of us at the **Scotiabank Blue Nose Marathon**, we want to thank our fantastic sponsors for helping us make magic happen at the 16th annual Scotiabank Blue Nose Marathon. We want to thank all of our volunteers who showed up on race weekend to help us ignite the fire and keep it burning all weekend long. We want to thank each and every person who stood on the side lines, clapped their hands, walked through our expo and supported our event in any way. We'd like to thank the city of Halifax for embracing and welcoming our event each year. Lastly, we'd like to thank all of the people who showed up to Giv'er at the start line at the 2019 Scotiabank Blue Nose Marathon!

We hope you had your best time ever!
See you next year!

~ Your friends at the Scotiabank Blue Nose Marathon



What A Great Blue Nose Weekend!!!

