

Health expo grows to 2 days

Event kicks off 9th marathon

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The high-energy, fast-paced Prevea Health and Fitness Expo that will kick off the ninth annual Cellcom Green Bay Marathon now covers two days.

"It's becoming more of an industry standard," said expo director Pam Mankowski. "A lot of the marathons are offering two nights, and it also makes it more convenient for runners who may live out of town, but may work in Green Bay, to be able to pick up their packets on Friday."

The event begins at 4 p.m. today in the Lambeau Field Atrium and will include speakers, 80 booths and 50 exhibitors to prepare participants for Sunday's race. Organizers are expecting 14,000 to 15,000 attendees.

"There's a lot going on," Mankowski said. "People can be shopping, they could be listening to speakers, they can be doing some hands-on participation. It's a lot of fun."

Attendees will receive goodie bags with preparation items and information for other events.

Event sponsor Prevea will conduct fitness evaluations, and trainers will be on hand to distribute results. Vendors will talk about nutrition, sell merchandise such as shoes, and the Green Bay Bullfrogs will measure how fast participants pitch a baseball. First-time participants will receive basic information on the dos and don'ts of the race in a separate presentation.

"It's busy, high-energy, lots of stuff going on," Mankowski said.

The event will continue Saturday, when the traditional pasta buffet will take place. The menu includes a Greek salad, pasta and Italian breadsticks so runners can get plenty of carbohydrates to use as energy in the race.

Limited tickets for that dinner will be available at the door. The cost at the door is \$17 for adults, \$7 for children ages 5-12 and free for children 4 and younger. Marathon and half marathon participants receive one free ticket.

The event also will include a cheer card section, where attendees can create signs to cheer on marathon participants.

But most importantly, participants will pick up their official marathon information and get last-minute instructions before the big day.

"The main reasons for going though, is to pick up their registration packet, their T-shirt and their goodie bag, and to get any questions answered," Mankowski said.