

Keep race day running smoothly with these tips

Cellcom Green Bay Marathon is Sunday

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After months of preparations and training, the Cellcom Green Bay Marathon is just a few days away. Here is a list of dos and don'ts when it comes to the race.

Do

- Arrive early. Most of the Lambeau Field parking lots will be available, but spots will be limited so arrive early or carpool. Watch for roads marked "no parking" because many are part of the course. Shuttles are available from area hotels. Shuttles return from Lambeau Field at the top of each hour from 9 a.m. until 2 p.m.
- Pick up your race packet between 4 and 7 p.m. today or 10 a.m. and 8 p.m. Saturday at the Prevea Health Expo in the Lambeau Field Atrium, 1265 Lombardi Ave. Participants can't register or pick up their packets on Sunday. Walk-in registration will be available Saturday at the Prevea Health Expo.
- Wear your bib number so it's visible from the front to run through Lambeau Field. All three events loop inside the stadium.
- Leave your extra clothes at the start line. You must show your bib number to claim your items at the finish line.
- Ask for help from volunteers wearing orange shirts or race staff in royal blue jackets.
- Check for your finish-line photos online. All timing mats will provide live updates via e-mail and text message.
- Stop at aid centers if you need medical assistance.

Don't

- Step on Lambeau Field grass. Stay on the apron around the stadium.

Leave early. Snacks will be available at the finish line. The awards ceremony is at noon in the Atrium; spectators can enter at the Lambeau Field Atrium, and they will be directed to the open seating section.

- Try to ride the course. No unauthorized bikes will be allowed on the course. Participants can bring baby joggers or strollers only for the 5K and half marathon, because those are run and walk events, but they should line up at the back of the crowd.