

Cellcom Green Bay Marathon profile: Marty Thomas

May 16, 2008

This is the fifth in a series of Q&As with runners planning to compete in the Cellcom Green Bay Marathon on Sunday.

Age: 45.

City of residence: Pulaski.

Occupation: Design and sales at Wilco Cabinetmakers Inc.

Event competing in: Marathon.

Other races you've competed in: All previous eight Cellcom marathons, 2008 Boston Marathon, 17 total marathons, last 15 Bellin Runs.

What's your training regimen? Run three to four times weekly, core strength training and swim and bike when body feels pounded.

What motivated you to start running and choose to run in the Green Bay marathon: I started running in 1992 to provide balance in my life physically and psychologically. Running releases stress and burns the excess intake I get from my wife's awesome cooking.

There is no decision to run the full marathon. It's automatic. I plan on completing this race every year until a higher power takes the ability away from me. This year, I'm leading a pace team to help others reach their goals of completing the 26.2-mile journey in 3 hours, 40 minutes. I enjoy marathoning even more when it becomes about more than myself. The bond we create while battling the distance is like no other.

Do you have any superstitions or traditions that you follow before the race? Four to five hours prior to the start, I like to eat potatoes and maple syrup produced by friends and family. It's my way of topping off my fuel tank and carrying something from loved ones with me on the course.

Is there a song or music you listen to while running? I don't listen to music while I run, but prior to a run, I'll get cranked to the sounds of Pink Floyd's "Run Like Hell," The Ramones' "Hey Ho, Let's Go" and Tom Petty's "Running Down A Dream."

— Press-Gazette