



FIRST TIMERS NEWSLETTER

April 2, 2010

Welcome to the eleventh edition of our weekly e-mail newsletter exclusively for first time marathoners or half-marathoners. If you would like the previous editions, just drop us an e-mail and we will gladly send you any past editions.

Between now and May 16, we will motivate you with inspirational quotes, offer up tips to prepare you for the big day, provide you useless - but interesting - facts, and answer any questions you may have about doing a marathon or half-marathon. This last part is extremely important. Do not be afraid to ask any question at all that is on your mind. There really is no dumb question.

This special first-timers program started four years ago. In that time, we have helped over 5,000 first-timers train and complete their first marathon or half-marathon. Their stories are very inspirational and heart-warming. We are confident we can do the same for you. By May 16, you will have run farther than you have ever run in your life. You will experience things you have likely never experienced before. And at the end of the day on May 16, you will be able to say one thing - I DID IT!!! You will be a veteran marathoner or half-marathoner.

INSPIRATION

"There are a lot of things to think about, but nothing to worry about." - Matthew Koepke

(In 2007, the Koepke family, from Wisconsin, was featured on ABC's Extreme Makeover Home Edition. Matthew had fast-moving cancer and died before his new house was completed. This was Matthew's favorite saying. This quote also applies to your training. A lot of you are probably thinking about a lot of things - have I run enough, can I do this, what if this or that happens, etc. DON'T WORRY. You have done the training. Make it to the start line and you have already succeeded. Trust us - if you make it to the start line, you can finish the race. DON'T WORRY.)

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed." - Booker T. Washington

TIP

The first pangs of anxiety may be setting in at this point in your training. This weekend may be the longest you have ever attempted to run. You may be hitting a plateau in your training (which happens often). You may be thinking "I have not run enough miles," "I need more time to train," "My long runs have not been that great," or, "There is no way I will be ready in 44 days."

Quiet your mind. It is okay to be anxious about the task at hand. For many of you, this is a huge undertaking. Just know that you can do this. You will be surprised when you get to the race how prepared you truly are. Your body will be ready for the event. Your mind is learning to handle the distance. Plus you will get a big boost from being around fellow participants who, like yourself, have put in the time and effort to get ready for the race. You will get a boost from the crowd that is cheering on friends and strangers alike. Anxiety is normal, but do not let it affect the last month and a half of training. It is during this time that you will complete your longest training run and then begin tapering in preparation for the race.

Put in the miles now, and you will be rewarded on May 16. Trust us - you will be ready.

DID YOU KNOW . . .

For the 2010 Cellcom Green Bay Marathon, we will go through 12,000 Festival Foods Oktoberfest® brats.

(Yes, we recognize that brats may not be the most ideal post-race recovery food, but this is Wisconsin and we are at Lambeau Field, so it is appropriate to have brats at the finish line.)

DAYS TO THE CELLCOM GREEN BAY MARATHON

44

Again, thank you so much for choosing the Cellcom Green Bay Marathon for your first marathon or half-marathon. If have any questions, please e-mail the First Timers Director at firsttimers@cellcomgreenbaymarathon.com or call the marathon office at (920) 432-6272.

Sincerely,

Larry Lueck

First Timers Director

Sean Ryan

Race Director