



FIRST TIMERS NEWSLETTER

April 9, 2010

Welcome to the twelfth 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

"You're gonna miss this. You're gonna want this back. You're gonna wish these days, hadn't gone by so fast. These are some good times, so take a good look around. You may not know it now, but you're gonna miss this." - Song "You're Gonna Miss This" by Trace Adkins

"Experience is a hard teacher because she gives the test first and the lesson afterwards." - Vernon Sanders Law

(That is why we are here to help. We want to give you some answers so you can ace the test on May 16.)

TIP

Right now, it seems like everything is focused on May 16. You are working on getting your mind and body prepared for that one day. However, don't forget to enjoy the here and now. As the quote says, these days go by fast. It is hard to believe that just thirteen short weeks ago, we began this journey. Think about how far you have come. The milestones and accomplishments that you have already achieved. Don't forget to enjoy them. Don't focus so much on May 16, that you forget about what you are doing now. This weekend is likely one of the longest runs you will complete before May 16. Enjoy it. Again, as the quote says, you may not know it now, but you are going to miss this. Even now, some of us look back fondly on the runs we have already done. The "Lost In Lawrence" route is very popular. Every year we do the "Touch The Bridge" training run (or at least the "Run Past The Bridge" run) as well because of how popular it is. Some of us look back fondly on a 20-mile run a couple of years ago when it was 30 degrees with a 20 mph wind blowing snow and ice into our faces as we headed north on the Fox River Trail. (So don't complain this weekend when it is 50 degrees.) After May 16, you will fondly remember some of the runs you did and want them back. Don't forget to enjoy them now. (And know that you are so ready for May 16.)

DID YOU KNOW . . .

There are 20 right turns and 25 left turns on the marathon route (and one clockwise loop through Lambeau Field).

There are 10 right turns and 16 left turns on the half-marathon route (and one clockwise loop through Lambeau Field).

DAYS TO THE CELLCOM GREEN BAY MARATHON

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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