



FIRST TIMERS NEWSLETTER

February 12, 2010

Welcome to the fourth 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

"Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired morning, noon, and night. But the body is never tired if the mind is not tired. When you were younger the mind could make you dance all night, and the body was never tired. You have always got to make the mind take over and keep going" - George S. Patton, U.S. Army General and

1912 Olympian

"A lot people run a race to see who's the fastest. I run to see who has the most guts." - Steve Prefontaine

TIP

As the first quote talks about, your mind is an extremely critical part to helping your body through the 13.1 or 26.2 miles. If you feel your effort starting to wane during your long runs, try picking up the pace for a couple hundred yards. Imagine a rope helping pull you forward. With each arm swing, your hands are grabbing the rope and pulling you forward. Also, during your long runs, try adding speed at the end of the long run. Do your normal easy pace for about three-fourths of the run. Then try to increase your pace every mile by 20 seconds per mile until you are at, or slightly faster than, the pace you want to run during the race. This will help your mind - and body - deal with the stress of being tired and putting forth an extra effort. It will go a long way toward helping you get through the last four to six miles of the race.

DID YOU KNOW . . .

Average time to finish the Cellcom Green Bay Marathon	2008 - 4:10:01	2009 - 4:10:10
Average time to finish the Cellcom Green Bay Marathon (half)	2008 - 2:19:25	2009 - 2:12:41

DAYS TO THE CELLCOM GREEN BAY MARATHON

93

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

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to pam@netnet.net by firsttimers@cellcomgreenbaymarathon.com.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Cellcom Green Bay Marathon | 808 Potts Avenue | Suite A | Green Bay | WI | 54304

Email Marketing by

