



## FIRST TIMERS NEWSLETTER

February 19, 2010

Welcome to the fifth 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.

## SPECIAL FIRST-TIMERS EVENT - PREVEA PINTS & POINTERS

WEDNESDAY, MARCH 3 - 7:00pm - TITLETOWN BREWING CO.

For those of you in the Green Bay area, mark your calendars for Wednesday, March 3. The Prevea Pints & Pointers that night will be for first-timers!!! This will be your opportunity to ask questions about the upcoming race and to get some more valuable tips for having a great first marathon or half-marathon. Do not be intimidated or afraid to come and just listen or to ask questions. As we always say, there is no dumb question. Remember, everyone was a first-timer at one point.

## SPECIAL REQUEST

We are looking for first timers who would be willing to share their story, goals, and/or experiences. If you would be willing to help us out, please e-mail us as soon as possible. Thanks!!!

## INSPIRATION

**"Only those who risk going too far can possibly find out how far they can go." - T.S. Eliot**

**"The body does not want you to do this. As you run, it tells you to stop but the mind must be strong. You always go too far for your body. It is not age. It is not diet. It is the will to succeed."  
- Jacqueline Gareau, 1980 Boston Marathon champion**

## TIP

Goals. While it is important that we set goals so we have something to shoot for, it is also important that those goals be realistic and achievable. For first time marathoners and half-marathoners, I strongly (and I mean very, very strongly) suggest your only goal should be to finish the race. Unless you have been running shorter distances for a long time and have a solid idea of your running capabilities, you do not have a good idea of what is a realistic or achievable goal for the marathon or half-marathon. We would much rather have you enjoy the journey and the reward. The journey is doing more miles than you ever have in your life. It is new experiences (like endorphin highs, and possibly, but hopefully not, chafing). It is about overcoming doubts. The reward is when you cross that finish line on May 16. Remember our first quote - nobody said it would be easy, just worth it. If you get hung up on your time, or your mile splits, or running a specific amount of miles, you risk ruining what should be an overwhelming sense of pride and accomplishment. After May 16, when you become a veteran, then it is time to set other goals (and come back to the 2011 Cellcom Green Bay Marathon to achieve them!) For 2010, enjoy the training, and, most importantly, enjoy May 16 with no worries.

## DID YOU KNOW . . .

The Cellcom Green Bay Marathon is a USATF certified course. This means that a runner's time can be used to qualify for certain events (like the Boston Marathon). Certification must be performed by a USATF licensed course certifier and is typically done using a bicycle with two calibrated cycle computers on it. Certification guarantees that the marathon is exactly 26 miles, 385 yards long measured on an optimum line. The optimum line implies a direct line down the middle of the road on a straightaway or a direct tangent within six inches of each corner curb between two consecutive turns. In reality, few runners - other than perhaps the elite athletes - are able to run along the optimum line during an entire marathon due to the presence of large crowds of fellow runners on the course. So guess what? When you finish the marathon or half-marathon on May 16, chances are that you will end up running more than 26.2 or 13.1 miles. (Your GPS unit may even tell you that you ran an extra mile.)

## DAYS TO THE CELLCOM GREEN BAY MARATHON

**86**

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](mailto:firsttimers@cellcomgreenbaymarathon.com) or call the marathon office at (920) 432-6272.

Sincerely,

Larry Lueck

First Timers Director

Sean Ryan

Race Director

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