



## FIRST TIMERS NEWSLETTER

February 26, 2010

Welcome to the sixth 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.

## INSPIRATION

**"I've had my moments. Days in the sun. Moments. I was second to none. Moments. When I knew I did what I thought I couldn't do." - Song "Moments" by Emerson Drive**

Throughout your training, you are going to have moments where you do something you never thought you could do. Whether it is run a certain distance, run a certain pace, or just run at all. Enjoy those moments. Too often we get so caught up in our training plan and focusing on race day, that we miss the moments along the way. As we have said, we want you to enjoy your first marathon or half-marathon. That includes training for the event itself. Relish these moments. You only get to do a "first" once, so enjoy it. If this is the first time you will ever have run 12 miles, for example, enjoy it because the next time you do it, it will not be the first time you have ever done it.

**"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish." - John Quincy Adams, sixth United States President**

## **TIP**

When you start to get tired, watch your running form. One of the habits we fall into when we are fatigued is hunching over. Our head drops down. Our shoulders sag forward. We look at the ground right in front of our feet. What happens when we do these things is we start leaning over our hips and that puts even more strain on already tired muscles. Try to remember to "run tall." (This is actually a great thing for spectators to say.) Keep your head up and look about 20 yards ahead of you. Even better, take in the scenery around you. During the race we are going to be running through some beautiful residential areas, and, for those of you doing the marathon, on the scenic Fox River Trail. Don't forget to take in the sights. Remember your mom always nagging you about not slouching and standing up tall? Turns out mom knew what she was talking about.

## **DID YOU KNOW . . .**

In 2009, runners from 44 different states participated in our events. Those states not represented (where were you?!?) - Delaware, Hawaii, Maine, Vermont, West Virginia, and Wyoming.

In 2009, 83% of the participants were from the great state of Wisconsin.

## **DAYS TO THE CELLCOM GREEN BAY MARATHON**

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