



## FIRST TIMERS NEWSLETTER

February 5, 2010

Welcome to the third 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

**"Every morning in Africa a gazelle wakes up. It knows it must move faster than the fastest lion or it will not survive. Every morning a lion wakes up and knows it must move faster than the slowest gazelle or it will starve. It doesn't matter if you are the gazelle or the lion, when the sun comes up, you better be moving"**  
- Maurice Greene

**"The miracle isn't that I finished. The miracle is that I had the courage to start."** - John "The Penguin" Bingham

## TIP

Confidence - One thing that is very common for first timers to experience is up and down confidence levels. As you go through your training program, you will find that you have good days and bad days. Sometimes a 10-mile run will seem easy, while a 3-mile run will seem exceptionally hard. Right now, some of you may be asking yourselves, "Can I really do this?" Your friends and family may ask you, "Are you nuts?" Then you add in a bad run and you may start really doubting yourself. DON'T WORRY. You are not nuts, you are not alone, and you CAN do this. What you are going through is very common in first timers, and even affects veterans as well. The advantage veterans have is that they already know they can do this. They know that you will have some great runs and you will have some not-so-great runs. In the end, the veterans know the training will work and they will cross the finish line. You will get to experience that joy for the first time on May 16. If you feel unsure about your ability to do this, or your confidence falters during training, just remember it is okay and a bad run does not mean you cannot do this. You CAN do this and you WILL do this. If you need more positive reinforcement, please e-mail us and we will help keep you on track.

## DID YOU KNOW . . .

As a follow-up to last week's Did You Know, so how did a marathon become 26.2 miles? At the 1908 Olympic Games in London, the marathon distance was changed to 26 miles to cover the ground from Windsor Castle to White City Stadium. An extra 385 yards (approximately 0.2 miles) were also added so the race could finish in front of the royal family's viewing box. This added 2.2 miles to the original distance and is the origin of the marathon tradition of shouting "God save the Queen" (or other words relating to the Queen) as mile 24 is passed. As a side note, it took until 1921 before the IAAF adopted 26.2 miles as the official marathon distance.

## DAYS TO THE CELLCOM GREEN BAY MARATHON

### 100

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