



FIRST TIMERS NEWSLETTER

January 29, 2010

Welcome to the second edition of our weekly e-mail newsletter exclusively for first time marathoners or half-marathoners. If you missed the first edition, just drop us an e-mail and we will gladly send it to you.

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

"Running is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed" - Charles Schulz

As you run, think about the ground "thanking" you for letting it share in your run. Imagine the ground beaming with pride at the fact that you chose this plot of ground to run on today. Hopefully this little bit of frivolity will help take your mind off the task at hand and remind you to enjoy the run.

"You can have anything you want, if you want it badly enough. You can be anything you want to be, do anything you set out to accomplish, if you hold to that desire with a singleness of purpose." - Abraham Lincoln

TIP

Wondering what to eat the night before and the morning of a run? The answer to that question is simple, but elusive - eat whatever works for you. As the tip last week stated, you should be using your training runs as an opportunity to find out what works best for you in all aspects - pace, clothing, sleep, stretching, etc. This is also true for food. On May 15 and 16, you do not want to eat something you have not already tried. Some people love to eat pasta with marinara sauce the night before the race. Some people (yours truly) get sick the next day if they eat pasta with marinara sauce the night before the race. The morning of the race, some people like to have coffee and a bagel. Others like to have toast, a banana, and Gatorade. While still others (again, yours truly) cannot eat anything before a run. The key is you need to find out what works best for you. If you have pizza the night before and nothing the morning of, and then go out and have a great long run, try doing the same thing the next time you run. (It works for yours truly.) If it works again, you have likely found the best thing for you. Again, May 15 and 16 is not the time to experiment with anything new. Use these next few months to find your best meal plan.

DID YOU KNOW . . .

So why is it called a Marathon? In 490 B.C., a messenger in ancient Greece ran 24 miles from Marathon to Athens to tell the Athenians not to surrender to the Persian fleet. Legend has it that at the end of the journey he dropped dead of exhaustion. (Ed. - probably did not train properly, or at all, for the run.) A 24-mile race was created in his honor. History is not sure if the runner was Pheidippides or Eukles.

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

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