



## FIRST TIMERS NEWSLETTER

March 12, 2010

Welcome to the eighth 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

**"We rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; character hope. And hope does not disappoint us." - Romans 5:3-5**

**"Bid me run and I will strive with things impossible." - Shakespeare, "Julius Caesar"**

**"Wheresoever you go, go with all your heart." - Confucius**

## TIP

Do you eat to run or run to eat? If you do the former, then you are carefully watching everything you put in

your body and have likely incorporated your meal plans into your running plans. If you do the latter, you run so that you can continue to eat what you want. Hopefully, you are somewhere in between those two, because both ways have benefits. We all know that the way to lose weight is to burn more calories than we take in. Less weight equals less pounding on our knees and legs. It is important as runners (yes, you are a runner) that we provide the fuel our bodies need to help it undertake the effort we are putting it through and to repair the minor cellular damage each run does to our muscles (which is not a bad thing - that is how you get to be a stronger runner). However, too much of a good thing can offset the benefits of running. During a sixteen mile run, for example, you may burn up to 3,000 calories, which is awesome. However, if you have two or three extra slices of pizza later that night, your dinner alone may count for almost 2,000 calories. At the end of the day, you may completely negate the weight loss benefits of the long run. Do not completely forego something you love just because you are training for a marathon or half-marathon. However, keep in mind that you are training for a marathon or half-marathon and watch how much you eat.

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

The course will be marked with 2,500 orange road cones.

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

Sincerely,

**Larry Lueck**

First Timers Director

**Sean Ryan**

Race Director