



## FIRST TIMERS NEWSLETTER

March 19, 2010

Welcome to the ninth 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

**"The harder you work, the harder it is to surrender" - Vince Lombardi**

**"Obstacles are those frightening things that become visible when we take our eyes off our goals." - Henry Ford**

**"Not all those who wander are lost." - J.R.R. Tolkien**

## TIP

"Easy" weeks. If you are following the Prevea Training plan, this week is an "easy" week (also called a "down" week or an "off" week). These weeks are an important part of any training program. We build a base in

preparation for May 16 by adding miles to our long runs and pushing our bodies to go further than before. However, if we continually push it hard, we put ourselves at risk for injury and the gains we are making begin to diminish. These "easy" weeks are important. It gives our bodies a chance to rest and recover. Do not think that just because the schedule calls for less miles this weekend, that you should push yourself. Do not run these miles faster than your normal long runs. Do not do anything different during your "easy" week. Just enjoy the week and take pride in how far you have come.

## DID YOU KNOW . . .

Here are the average ages of the 2009 Cellcom Green Bay Marathon finishers:

Male - marathon = 40.1 (was 41.1 in 2008 and 40.5 in 2007)

Male - half-marathon = 39.1 (was 40.2 in 2008 and 39.3 in 2007)

Female - marathon = 36.4 (was 36.4 in 2008 and 35.8 in 2007)

Female - half-marathon = 35.8 (was 36.6 in 2008 and 36.1 in 2007)

## 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