



FIRST TIMERS NEWSLETTER

March 5, 2010

Welcome to the seventh 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

"To be sure, there have been perfect days and great miles, as well as horrible days and awful miles. There have been times when I couldn't wait to run and times when I couldn't believe I had to run. And there have been runs I wished would never end and runs that seemed they would never end. But even the longest runs end. Even the worst races are over eventually. The days and the miles and the races keep adding up. And before you know it, you are someone you never expected to be. You are a runner." - John "The Penguin" Bingham

(Over your entire preparations for May 16, you will have likely done between 50 and 150 training runs. Not every single one of those training runs will be perfect. There are going to be some that are better than others. There are going to be some that leave you doubting whether you can do this. Just remember, as John says, even the longest

runs end - whether they were good or bad - and, at the end of the day, you have become a marathoner or half-marathoner.)

"Opportunity is sometimes hard to recognize if you're only looking for a lucky break." - Monte Crane

TIP

Should you run if you have a cold (or the flu)? The general guideline usually says something like "in your chest - give it a rest, in your head - go ahead." A more appropriate guideline is "in your chest - don't even think about it, in your head - maybe." Often times runners become very rigid with their schedule. If the day calls for a 16-mile run, 16 miles will be run no matter how they feel. A run may actually do more harm than good. A chest cold or bronchial infection could become a full-blown case of pneumonia if the body is not given time to fight infection and recuperate. If a virus is causing sore and achy muscles, you could be putting yourself at risk for an injury that could sideline you for longer. A runny nose, stuffiness, or a cough, can become compounded when running, especially in cold weather, and turn into something much worse. Instead of missing a day or two of running, you may cost yourself a week or two. Base whether you run, and how far and how hard you go, on how you feel. If you feel it is just a minor cold, go for a short run. If it is worse than a minor cold, give yourself a couple of days to rest. Finally, if you still are not sure whether to run or not, take your temperature. If it is above 99 degrees, skip your run. You cannot sweat out a fever by running. Listen to your body and the thermometer - not your training schedule.

DID YOU KNOW . . .

Here are some interesting facts about the 2010 course:

Widest point - mile 1 (Lombardi Avenue) - 72 feet across

Narrowest point - mile 26 (Lambeau Field tunnel) - 6 feet across (in each direction)

Highest point - mile 6.5 (Ninth St) - 689 feet above sea level

Lowest point - mile 18 (Fox River Trail) - 571 feet above sea level

Total ascent - 249 feet

Total descent - 233 feet

DAYS TO THE CELLCOM GREEN BAY MARATHON

72

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

