



## FIRST TIMERS NEWSLETTER

May 14, 2010

Welcome to the seventeenth, and FINAL, edition of our weekly e-mail newsletter exclusively for first time marathoners or half-marathoners.

CONGRATULATIONS!!! The hard work is over. You have gone through weeks and weeks of training. You have worked to find the right food to eat, beverage to drink, clothes to wear, and pace to run. You have mentally prepared yourself for race day. All that is left to do is the race itself. That is the easy part. Again, the hard work is over and you have earned congratulations. YOU ARE READY!!!

## FIRST TIMERS PRESENTATIONS - SATURDAY, MAY 15

We have a special presentation just for first timers at the Prevea Expo on Saturday, May 15. The first year we did this presentation, it was bigger than standing room only - first timers were in the hallway trying to listen. The last three years we have done two presentations - and both are usually standing room only! So we know how popular these presentations are.

At these presentations, we will go over everything you need to know for the race the next day. The most important thing we will do is calm your nerves. Every year first timers come to the presentation and you can see and feel the nervousness (so don't be afraid to come because you are nervous - there will be others just like you). When you leave the presentation, you will be ready to go and excited about the next day (and still a little nervous, which is okay). Finally, we will give you some tips to help you enjoy your first marathon or half-marathon.

The presentations will be at 11:00am and 2:00pm in the Lambeau Field Atrium.

## INSPIRATION

**"Nobody said it would be easy, they just said it would be worth it."  
- Anonymous**

(This was the first inspirational quote we gave you, and since it is so true, it will be the last inspirational quote we give you. In two days, you will gain a deeper understanding of, and appreciation, for this quote. Again, congratulations.)

## TIP

Tonight is a very important night in your preparation for race day. Make sure you get enough rest tonight. Most people (first-timers and veterans alike) are very excited - and nervous - the night before the race. So you may not get a great night of sleep Saturday night. By getting extra sleep on Friday night, you will help your body perform at a peak level on Sunday.

Also, now is the time to make sure you are drinking water. On weekends, it is easy to forget to drink enough water, so on Saturday, make sure you think about hydration during the day.

Finally, watch how much you eat. You do not want to overeat thinking you need extra food for Sunday. Do not change what you have been doing during your training. Whatever you ate before your longest runs is what you should be eating before Sunday. You do not need to add more of it.

## DID YOU KNOW . . .

2010 Cellcom Green Bay Marathon numbers:

**\* 2,783 first timers - a Cellcom Green Bay Marathon record (thanks to each and every one of you)**

\* Over 2,000 volunteers - when you are on the course, thank as many of them as you can (without them, we could not put this event on)

\* 1 - football field

## 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