



## FIRST TIMERS NEWSLETTER

May 7, 2010

Welcome to the sixteenth 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.

## 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

**"Whether you believe you can or believe you can't, you are probably right." - Henry Ford**

**"Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself." - William Faulkner**

**"You also need to look back, not just at the people who are running behind you but especially at those who don't run and never will... those who run but don't race...those who started training for a race but didn't carry through. You're still here. Take pride in wherever you finish. Look at all the people you've outlasted." - Joe Henderson**

## TIP

A lot of first timers start to feel anxiety, once again, at this point. They believe they have not put in enough miles. They did not train as hard as they think they should have. They don't believe they are ready. They want to simply quit. DO NOT LISTEN TO THESE DOUBTS.

You have put in enough miles. Your training has prepared you for the marathon or half-marathon. You especially do not need to quit now. YOU ARE READY.

Use this next week to continue to let your body rest up for the task at hand on May 16. Also use this time to quiet your mind. One of the best ways to do this is to think about how far you have come. Think back to the first time you ran a certain distance. What an accomplishment!!! Think back to running in sub-zero temperatures, snow, rain, wind, etc. You made it through all of that!!! Think about all of the miles you have put in as you prepared for May 16. Running 26.2 or 13.1 miles will be a piece of cake!!!

Also use this last week to finalize your plans for race weekend. Make sure you have a plan for getting to the

expo on Friday or Saturday and for getting to the race on Sunday. Have a plan for where your support team will be to cheer you on. If you will be listening to music when you run, make sure you have all of your songs downloaded onto your device. Make sure anything that runs on batteries (music player, watch, Garmin) is charged up and ready for next weekend.

Most importantly, take this last week to relax. YOU ARE READY!!! YOU WILL DO THIS!!! (Notice we did not say you can do this. We are well past that point now. We are at the point where there are no more doubts. You will do this.)

## DID YOU KNOW . . .

There will be 675 gallons of Titledown Brewing's 26.2 microbrew prepared just for the Cellcom Green Bay Marathon. (As you run through Lambeau, think about how great a little beer will taste at the finish line - trust me, it does taste good.)

9 UPS trucks are used on May 16 for gear check.

46 police officers will be working overtime on May 16 helping keep us safe as we run the course.

## 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