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Prevea Pints & Pointers – Nutrition for Runners

In partnership with the Cellcom Green Bay Marathon

FOR IMMEDIATE RELEASE

GREEN BAY, Wis. —*March 30, 2011*— Runners often wonder what foods to eat and avoid during their marathon training season and the days leading up to the marathon. Deb Guenterberg, Prevea Health Nutritionist and 2011 Boston Marathon qualifier, will help answer these questions and give runners tips to help them stay fueled for a healthy training season and marathon race.

Nutrition for Runners

Wednesday, April 6

7 to 8 p.m.

Titletown Brewing Co., 200 Dousman Street, Green Bay (second floor)

Prevea Pints & Pointers is a free educational series where expert speakers offer tips and answer questions about running to help prepare runners for the Cellcom Green Bay Marathon and other long distance running events. Members of the Prevea Health Sports Medicine team and Cellcom Green Bay Marathon are on hand at each event to answer questions. Events take place at Titletown Brewing Co. so participants can relax, enjoy refreshments, mingle and learn from fellow runners. All abilities are welcome—from first-time half marathoners to veteran full marathoners.

The last of the series, *You Have to Believe*, is on May 5 and also at Titletown Brewing Co., 200 Dousman Street, from 7 to 8 p.m.

Media is invited to attend this event to meet the runners, interview Deb Guenterberg and Mike LaMere of Prevea Sports Medicine, and learn about nutrition for runners.

For more information about Prevea Pints & Pointers, visit www.prevea.com/pints_and_pointers.nws

Prevea Health's mission is to care for people with passion, pride, and respect. Founded in 1996, Prevea Health partners with St. Mary's and St. Vincent Hospitals in Green Bay, and St. Nicholas Hospital in Sheboygan to provide access to more than 200 providers in over 50 specialty areas. Prevea's 21 locations are throughout the greater Green Bay area and in Luxemburg, Kewaunee, Marinette, Oconto, Plymouth, Pulaski, Seymour, Sheboygan and Sturgeon Bay. Visit www.prevea.com for more information.

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