



## **NEWS RELEASE**

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### **Pints & Pointers Series Begins Feb. 3**

FOR IMMEDIATE RELEASE

GREEN BAY, Wis. —*January 29, 2010*—It takes more than a good pair of shoes to run a marathon. The body and mind need to be in the proper shape to go the distance and avoid injury. How do you get in that kind of shape? That's where Prevea's Pints & Pointers comes in.

Pints & Pointers is a free evening event series where experts answer questions and offer tips on running the Cellcom Green Bay Marathon. The series begins Wednesday, February 3. Sponsored by Prevea Health, members of the Prevea Health Sport Medicine team and Cellcom Marathon are on hand at each event. Most events take place at Tiletown 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.

*Running is Balanced* is the first event in the series, focusing on proper training techniques (pointers only—no pints). From 7:00 to 8:00 p.m. at Ashwaubenon Parkview Middle School, located at 955 Willard Drive in Green Bay, Prevea Performance Enhancement Specialists Mark McCartney and Vince Workman will discuss and demonstrate how runners can train their hip complex for running. Since the majority of time spent in running is on one leg, they will start with single leg exercises and work to dynamic plyo-metric movements. Runners are reminded to wear their workout clothes and running shoes for this interactive session.

Following sessions are all at Tiletown Brewing Co., 200 Dousman Street, from 7:00 p.m. to 8:00 p.m.:

March 3	First Timers' Session (AKA, There are no dumb Questions)
April 7	3G—Gadgets, Gear and GU
May 5	Drive, Grit, Determination...Successful Stories for Inspiration

For more information and full schedule, visit [www.prevea.com/calendar](http://www.prevea.com/calendar).

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 20 locations are throughout metropolitan Green Bay and in Kewaunee, Marinette, Oconto, Plymouth, Pulaski, Seymour, Sheboygan and Sturgeon Bay. Visit [www.prevea.com](http://www.prevea.com) for more information.

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