



FOR IMMEDIATE RELEASE

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Prevea Training Runs Prepare Marathoners, Half Marathoners

Green Bay – March 16, 2009 – Due to overwhelming participation, the Prevea Training Runs in preparation for the Cellcom Green Bay Marathon will be held at West De Pere High School from Saturday, March 21 to Saturday, May 9 at 7 a.m.

Despite bitter cold temperatures and icy conditions during January and February, about 150 runners turned out for each of the Saturday morning training runs, which began at Bay Park Square mall.

“We anticipate that warmer temperatures and longer routes will bring out 200 or more runners each week,” said Jason Helgeson, Service Line Director for Prevea Sports Medicine. “We simply have outgrown the location at Festival Foods in De Pere and anticipate well over 200 runners each Saturday until May 9. For the safety of everyone and to continue providing pre-run stretching and injury consultation services, a larger and less-congested area is necessary.”

As the official healthcare partner of the Cellcom Green Bay Marathon, Prevea Health sponsors the training runs held weekly on Saturday mornings until race day, May 17. The training runs are free, and runners receive:

- Marathon updates, inspirational stories and stretching tips
- Route reels detailing the half- and full-marathon courses
- Water and Gatorade every two to three miles
- Coffee and bagels at the finish

Everyone participating in the full marathon and half marathon events are welcome to join the training group at any time. Pre-registration is not required.

For additional information about the training runs – including training calendars – or to sign up for weekly e-mails, visit www.cellcomgreenbaymarathon.com.

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