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MAY 20-22, 2016

CELLCOM GREEN BAY
MARATHON

2016 Event Guide





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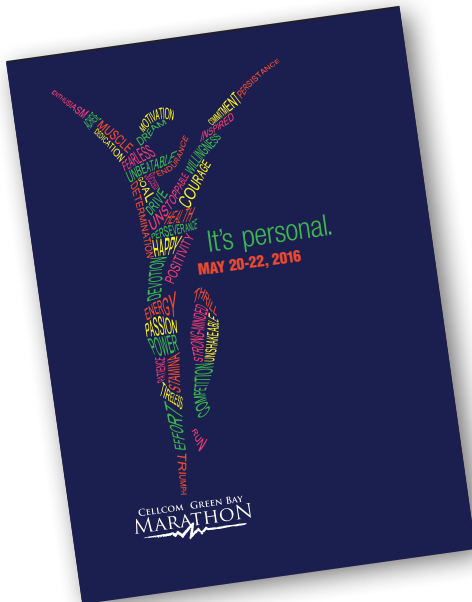
Some restrictions apply. Prices do not include taxes, fees or other charges. Promotion offers subject to change. Available solely at the Prevea Health and Fitness Expo. Cannot be combined with other accessory promotion offers. New line activation or qualified upgrade not required. Trademarks and tradenames are the property of their respective owners. Jaba Revo: Must be 18 years or older to win. No purchase necessary. One entry per person. See Rep. for details.





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Cover Image

The 2016 Cellcom Green Bay Marathon Commemorative Print available at the Prevea Health & Fitness Expo. Be sure to get one of these great mementos from this year's event!





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LETTER FROM THE MARATHON BOARD & STAFF

On behalf of the Cellcom Green Bay Marathon board of directors, staff, sponsors and charity partners, we welcome you to the 17th running of the Cellcom Green Bay Marathon weekend. Our mission is to promote a year round active lifestyle, foster community spirit and raise money for local charities. Your participation helps us to fulfill this mission.

We'd like to thank the more than 2,000 race-weekend volunteers who will be with you from start to finish. We'd also like to thank the many sponsors who make the race possible, especially our title sponsor Cellcom and our official health partner, Prevea.

The Cellcom Green Bay Marathon is proud to be a non-profit organization that raises awareness and funds for other community non-profits. This year's charity partners include ASPIRO, YMCA Full Circle Program and Golden House.

Your safety and enjoyment are our highest priorities during race weekend. If you have any questions or concerns, our staff and volunteers are here to assist you. See you at the finish line!

Sincerely,

Brigid Riordan
President, Cellcom Green Bay Marathon Board of Directors

Toni Jaeckels
Race Director, Cellcom Green Bay Marathon





EVENT SCHEDULE

Activities	Time	Location
FRIDAY, MAY 20		
Prevea Health and Fitness Expo	3:00 p.m. - 7:00 p.m.	Lambeau Field Atrium
Runner Registration & Packet Pick-Up	3:00 p.m. - 7:00 p.m.	Lambeau Field Club Level
SATURDAY, MAY 21		
RACE PACKET PICK UP SCHEDULE:	5K 7:00 a.m. - 8:30 a.m.	Lambeau Field Club Level
	WPS KIDS' POWER RUN 9:30 a.m. - 11:30 a.m.	WPS Kids' Power Run Tent (west side of Stadium)
	DISTANCE EVENTS 10:00 a.m. - 7:00 p.m.	Lambeau Field Club Level
Cellcom Green Bay 5K Run/Walk Start	9:00 a.m.	Lombardi Ave. in front of Lambeau Field Atrium
5K Awards Ceremony	10:30 a.m.	Van's Lumber & Custom Builders Stage*
WPS Kids' Power Run	10:30 a.m. - 12:20 p.m. <i>(See Page 8 For Details)</i>	
Prevea Health & Fitness Expo	10:00 a.m. - 7:00 p.m.	Lambeau Field Atrium
SUNDAY, MAY 22		
Cellcom Green Bay Marathon & Marathon Relay	7:00 a.m.	Lombardi Ave. in front of Lambeau Field Atrium
Cellcom Green Bay Half Marathon	8:00 a.m.	Lombardi Ave. in front of Lambeau Field Atrium
Half Marathon Awards Ceremony	11:00 a.m.	Van's Lumber & Custom Builders Stage*
Marathon Awards Ceremony	Noon	Van's Lumber & Custom Builders Stage*

**In case of inclement weather, the awards ceremonies will take place in the Lambeau Field Atrium.*





EXPO & PACKET PICK-UP

Prevea Health & Fitness Expo • Lambeau Field Atrium
Friday, May 20 (3 p.m. - 7 p.m.) and Saturday, May 21 (10 a.m. - 7 p.m.)

Over 50 exhibitors offer runners the latest in athletic apparel, health and fitness tips and other sports-related merchandise.

Free Yoga for Runners	Friday from 5:30 p.m. - 6:30 p.m.	Presentation Area
Fellow Flowers Presentation	Saturday at 1:00 p.m.	Presentation Area
First-Timer Forum	Saturday at 12:00 p.m. and 2:00 p.m.	Presentation Area

Registration & Packet Pick-up • Lambeau Field Club Level
Friday, May 20 and Saturday, May 21

All events can pick up their packets between 3 p.m. and 7 p.m. on Friday, May 20th on the Lambeau Field Club Level (up escalators).

SATURDAY, MAY 21ST RACE PACKET PICK UP SCHEDULE


5K Run/Walk	7:00 a.m. - 8:30 a.m.	Lambeau Field Club Level
WPS Kids' Power Run	9:30 a.m. - 11:30 a.m.	WPS Kids' Power Run Tent (west side of Stadium)
Marathon, Relay & Half Marathon	10:00 a.m. - 7:00 p.m.	Lambeau Field Club Level

**There is no race day registration for any event other than the WPS Kids' Power Run.*

SAVE THE DATE

Thanksgiving Day!

November 24, 2016



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SATURDAY EVENTS

Cellcom Green Bay 5K

Saturday, May 21st, 9:00 a.m. - Lombardi Avenue in front of Lambeau Field Atrium

The Cellcom Green Bay 5K Run/Walk is a great event for the whole family and first time runners! The 3.1 mile loop begins on Lombardi Avenue and travels through Green Bay's west side neighborhoods before passing through Lambeau Field. Runners and walkers will enter the stadium via the player tunnel, complete a lap around the field and pass back out into the parking area. After crossing the finish line, they'll enjoy a tailgate party with Festival Foods hot dogs, Miller beer and Baumeister root beer.

All 5K runners will receive a commemorative medal.

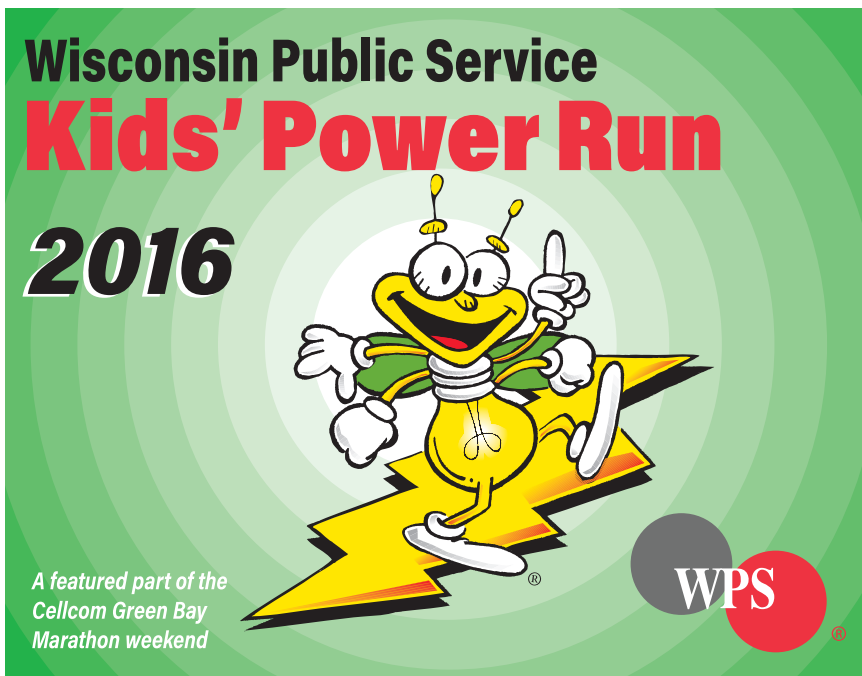
WPS Kids' Power Run

Saturday, May 21st - Lambeau Field, west side of Stadium near marathon finish line

This three-quarter mile event is for kids ages 10 and under. The race starts in the Lambeau Field parking lot near the marathon finish line. The course travels into the stadium, through the Lambeau Field players' tunnel and completes a lap around the field before emerging from the stadium and crossing the same finish line as the marathon runners.

Race Day Schedule

10:30 a.m. - 10 year old boys	10:50 a.m. - 8 year old boys	11:40 a.m. - 5 year old boys & girls
10:35 a.m. - 10 year old girls	10:55 a.m. - 8 year old girls	12:00 p.m. - 4 year old boys & girls
10:40 a.m. - 9 year old boys	11:00 a.m. - 7 year old boys & girls	12:20 p.m. - 3 year old and under
10:45 a.m. - 9 year old girls	11:20 a.m. - 6 year old boys & girls	boys & girls





SUNDAY EVENTS

Cellcom Green Bay Marathon and Marathon Relay - 7:00 a.m.

This 26.2-mile event starts on Lombardi Avenue in the shadow of Lambeau Field. The first several miles take runners southbound along the boulevard of Broadway and Ft. Howard Avenue along the Fox River. After traveling a few miles through the historic neighborhoods of De Pere, runners jump onto the Fox River Trail for a six-mile waterfront journey to downtown Green Bay. Runners then head east to Joannes Park before running a loop through historic City Stadium, the original home of the Green Bay Packers until 1956. Runners then head back to downtown Green Bay and cross the 20-mile threshold on the famed CityDeck along the Fox River. After crossing the Ray Nitschke Bridge, runners travel back to the Stadium District and enter the Lambeau Field premises from the west side of the facility. After making the famous *Lambeau Loop* around the field, they emerge to the cheers of family, friends and spectators as they cross the finish line!

Cellcom Green Bay Marathon Relay presented by The Business News - Exchange Locations

LEG#	DESCRIPTION	PARK AT	LEG DISTANCE (MILES)	ENDS AT MILE
1	Lambeau Field to Broadway & William St. in De Pere	Voyageur Park	5.9	5.9
2	Broadway in De Pere to Fox River Trail at Voyageur Park	Voyageur Park	5.6	11.5
3	Voyageur Park to Fox Harbor Pub (west end of Crooks Street)	Cherry Street Parking Ramp	4.9	16.4
4	Fox Harbor Pub to CityDeck in Downtown GB (end of Cherry St.)	Cherry Street Parking Ramp	4.0	20.4
5	City Deck to Finish Line At Lambeau Field	Morris Avenue Across from GB Distillery*	5.8	26.2

*TEAM REUNITE LOCATION: Green Bay Distillery at 835 Mike McCarthy Way

Teams should park their vehicles on the north side of Morris Avenue across from Green Bay Distillery at 835 Mike McCarthy Way. This is mile marker 24.5. If they want to run the final 2.1 miles with their teammates, including the loop through Lambeau Field, they can jump in with their leg 5 runners at this location. Otherwise, they can walk across Oneida Street to the Lambeau Field parking lot, up the Oneida Nation steps, and travel through the concourse to the west side of the stadium to where the finish line is located.

Cellcom Green Bay Half Marathon - 8:00 a.m.

Half marathoners begin their journey separate from the marathon runners and travel their own distinct course, aside from the final pass through the stadium. The 13.1-mile event starts on Lombardi Avenue in the same location as the marathon. The journey begins with a trip through tree-lined neighborhoods in west Green Bay and Ashwaubenon. Eight fluid stations and an energy gel station will help keep the runners happy and hydrated as they make their way back to the stadium. Half marathon runners enter the Lambeau Field premises with approximately one-mile to go, run the loop around the field inside the stadium and finally cross the festive finish line to the post-race celebration!





Scan the QR for runner progress and results from Cellcom!

Scanning this QR code takes you to a mobile race results page. Simply type in the runner's bib number or name, and the display will show you the time and mile-marker for the last mat crossed, chip time and pace.





RUNNER INFO

Helpful info, tips and guidelines for those participating in the race events

Gear check (for individual marathon and half marathon participants only) will be available Sunday morning beginning at 6:00 a.m. in the west side of the Lambeau Field parking lot. Yellow school busses, designated by bib numbers, will be used to hold the gear check bags during the day. Gear bags are supplied with your packets. Runners should hand their bag off to the volunteers stationed in front of the bus corresponding to their bib number.

Organizers are not responsible for items placed inside your gear check bag. You or your friend/family member must have your actual runner bib with you in order to retrieve your bag after the race.

The Lambeau Field Atrium will be open beginning at 5:00 a.m. on race day for inclement weather shelter, stretching, pace team gathering and restroom access.

The official radio station is 107.5 FM The Fan. Tune in for regular updates on race morning.

Water stations will be situated every 1-2 miles on the courses. There will be 20 on the marathon course, 8 on the half marathon course and 2 on the 5K course. Gatorade Endurance Formula and water will be available.

Restroom facilities will be available at the start line, the finish line and just past every water station along the courses.

GU Energy Gel stations will be located at mile marker 7.5 on the half marathon course and mile markers 8, 14.5 and 20 on the marathon course.

Timing mats will be located at miles 5, 10, 13.1, 15, 20, one-mile-to-go and the finish line. Each of these locations will be connected to Cellcom's cellular network for live updates.

Digital runner-tracking updates will be provided by Nsight Telservices and Cellcom at the finish area and via the marathon website. Results will be distributed live via wireless text messages & emails. You may sign up at www.cellcomgreenbaymarathon.com.

Mobile results are provided by Nsight and scanning the Results QR code located on your bib with a smartphone will take you to a mobile race results page. You may also go directly to www.cellcomgreenbaymarathon.com/results and type in the runner's bib number or name. The display will show the time and mile-marker for the last mat crossed, chip time and pace.

Runner reunite areas will be located at the exit of the finish chute inside the Festival zone. (See page 18) designated with eight signs labeled with the letters of the alphabet.

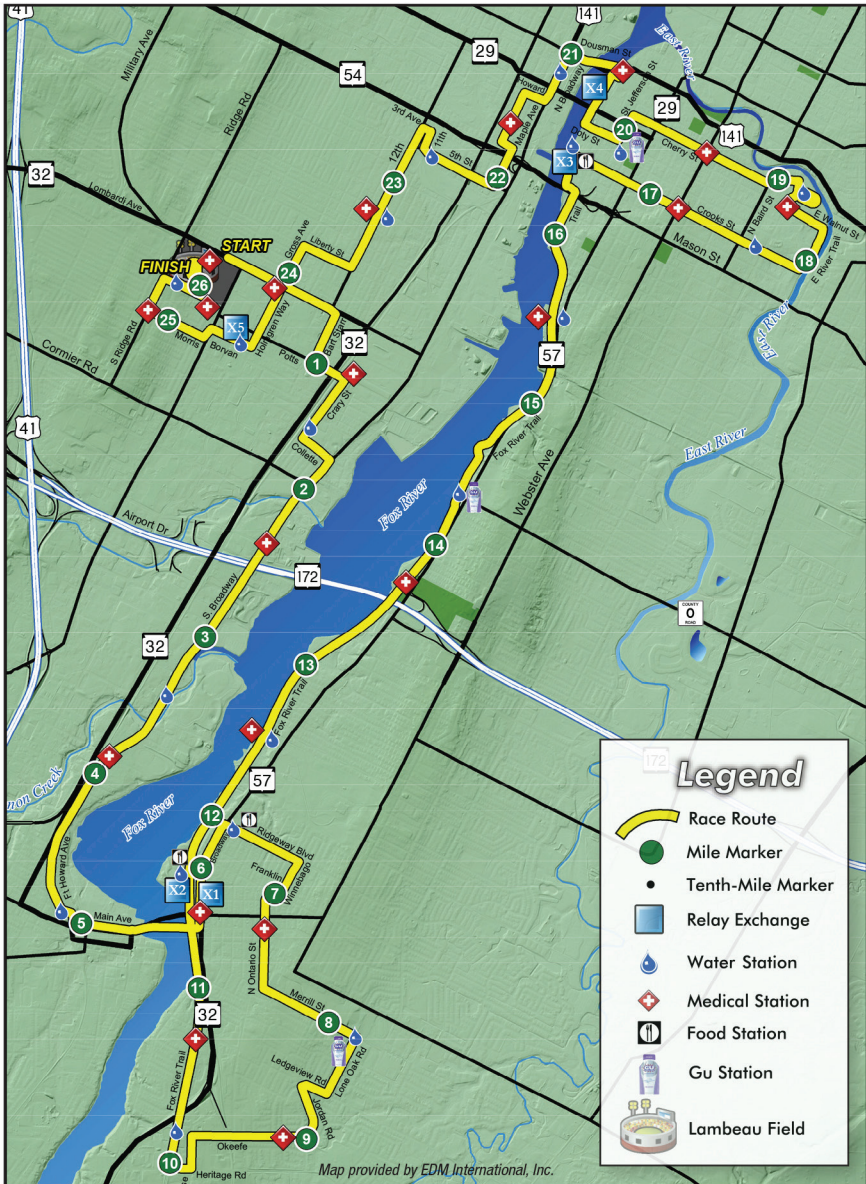
There will be no showers available at the finish line.

Hotel shuttles will be available ONLY ON SUNDAY and will pick up participants and spectators prior to and after the event. They will return participants and spectators to hotels at the top of each hour from 9:00 a.m. until 2:00 p.m., departing from Armed Forces Dr. across from Lambeau Field.



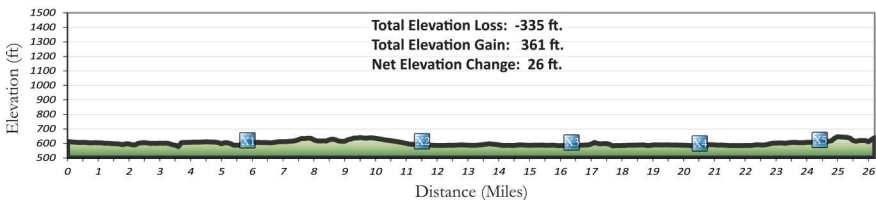


MARATHON COURSE MAP



Legend

- Race Route
- Mile Marker
- Tenth-Mile Marker
- Relay Exchange
- Water Station
- Medical Station
- Food Station
- Gu Station
- Lambeau Field

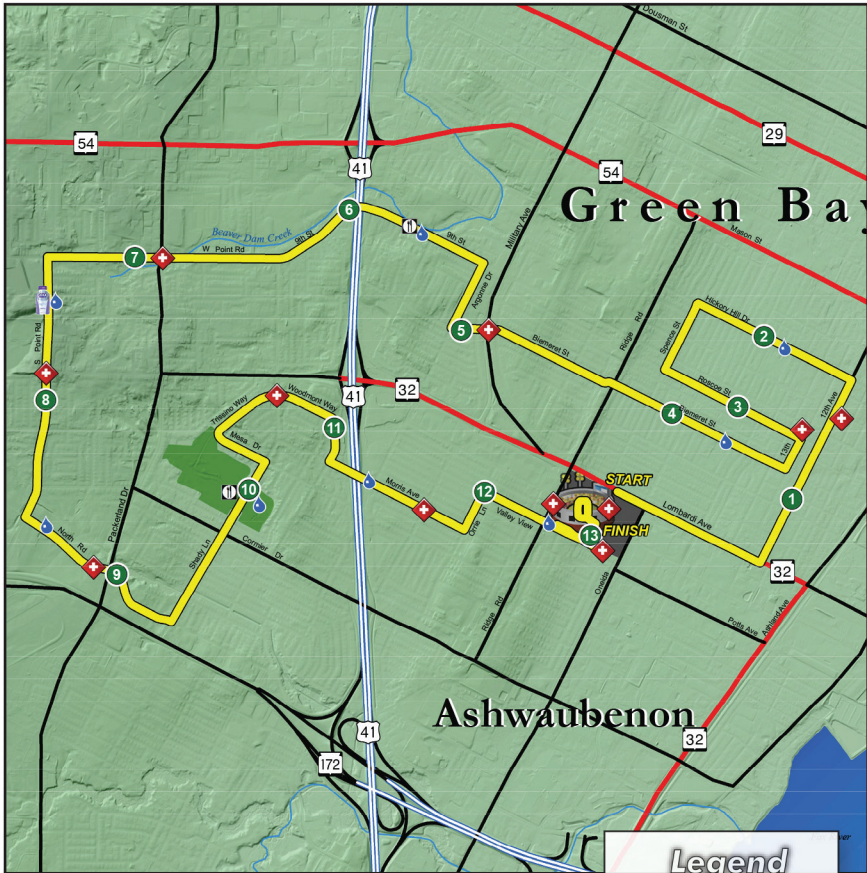


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HALF MARATHON COURSE MAP

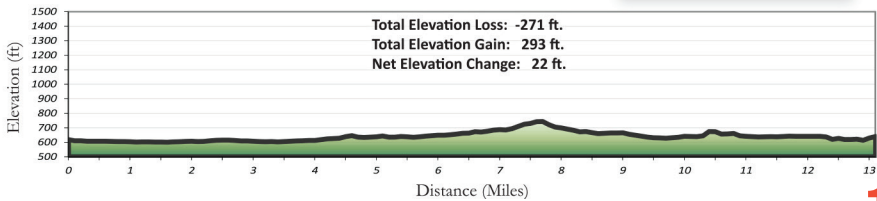


Map provided by EDM International, Inc.



Legend

- Race Route
- Mile Marker
- Tenth-Mile Marker
- Water Station
- Medical Station
- Food Station
- Gu Station
- Lambeau Field



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RULES OF THE ROAD

The Cellcom Green Bay Marathon is a sanctioned USA Track & Field (USATF) race, and conducted according to USATF Rules of Competition. Please be aware of the following rules and guidelines.

Music Listening Devices on Race Course

The Cellcom Green Bay Marathon permits participants to use portable media players during the event. If you plan to wear a music-listening device, however, please **KEEP THE VOLUME AT A REASONABLE LEVEL**. The volume should be low enough that you are able to hear comments from fellow participants and race officials, especially as you pass through the narrow confines of Lambeau Field and its player tunnel. This is for both runner etiquette and your own personal safety. Your cooperation is appreciated.

Unauthorized Course Support

In compliance with USATF rules, participants are forbidden from accepting support along all course routes, other than at event established locations. Only official event personnel may offer race support and the products offered must be provided by the event managers. Result of not following this rule will result in possible participant disqualification.

Unauthorized Course Presence

Unauthorized bikers and non-registered runners must stay off the course to avoid interfering with participants. No personal vehicles of any kind are allowed, including unauthorized bicycles, on the marathon or half marathon course.

Respect Property

There are toilet facilities located in the start area, inside the Lambeau Field Atrium, at all of the rest stations along the course route and in the finish area. They are there for your use. Trees, shrubs, and buildings are there for your viewing only. You are expected to respect private and public property and may be disqualified if you abuse it in any way.

Course Time Limits

All participants must be able to finish the half marathon in four hours and the marathon in seven hours. These time limits are negotiated with local public safety departments and Lambeau Field Security Staff. The course will be closed at a pace consistent with these time limits. No race services, including medical, aid stations, or traffic control are available beyond this pace. If you are unable to maintain this pace, you will be offered bottled water and/or a ride to the finish by our sweep vehicles. If you choose to remain on the course, **YOU MUST MOVE TO THE SIDEWALK**. Lambeau Field and the finish line will close at approximately 2:00pm (assuming a 7:00am start), approximately seven hours after the last participant crosses the finish line.





RUNNER SAFETY/MEDICAL INFO

Event Security

Safety is our top priority and we work year-round with local public safety officials to plan a safe and fun experience for everyone involved. To help ensure a safe race experience, marathon organizers encourage all spectators, volunteers and runners to be aware of their surroundings and follow those protocols:

- Never leave bags unattended along any part of the course, the start area or the finish area.
- **IF YOU SEE SOMETHING, SAY SOMETHING!** If you see a suspicious person, object or vehicle along or near the race course, please report the sighting to 9-1-1 or notify nearby law enforcement personnel.

For Your Safety

Listen to your body. A well-trained runner can tell the difference between stress and a serious problem. Do not continue running with chest pain, chest pressure, severe shortness of breath, or other symptoms that are not familiar to you. If you cannot finish, stop at the next aid station and ask them to call a Fatigued Runner Pick-Up Shuttle to retrieve you. Please understand that depending on your location and the stage of the event, you may need to wait some time for a pick up.

Your Medical Information

Complete the medical and emergency contact information on the back of your bib in permanent ink. Your friends and family should know your race number so that they can find you if you are in the medical tent. There is a seating area in the Medical Reunite Tent where they can wait for your to be released from the medical tent if you are admitted.

In Case of Inclement Weather

- The event will occur rain or shine. Only lightning, tornadoes and dangerously hot weather may cause delays or cancellations.
- The Lambeau Field Atrium will be open beginning at 7:00am on Saturday and 5:00am on Sunday to provide restroom access and shelter.
- Delays or cancellations will be announced via the start line PA system, inside the Lambeau Field Atrium and via the official marathon news station, 107.5 FM The Fan.
- The organizers halt the event after it has started, the entire course, timing mats and finish area will be immediately shut down. There will be no partial or delayed closures or results. **If you elect to continue running and cross the finish line in such a scenario, do not expect official or published results.**

Emergency Alert System

We will announce the race conditions using a color-coded Emergency Alert System (EAS) employed by many races throughout the country. The EAS status will be visible on the event website, at the start line, at the finish line, and at every aid station along the course routes. The EAS codes and recommended actions are as follows:

EVENT ALERT SYSTEM (EAS)

ALERT LEVEL	ALERT LEVEL	ALERT LEVEL
EXTREME	DANGEROUS CONDITIONS EVENT CANCELLED RESULTS/TIMING HALTED	STOP RUNNING WALK TO NEAREST AID STATION
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN FOLLOW OFFICIAL INSTRUCTION HEED COURSE CHANGES CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT BE ALERT





5K RUN/WALK COURSE MAP



whatever the pace...



SEAWAY

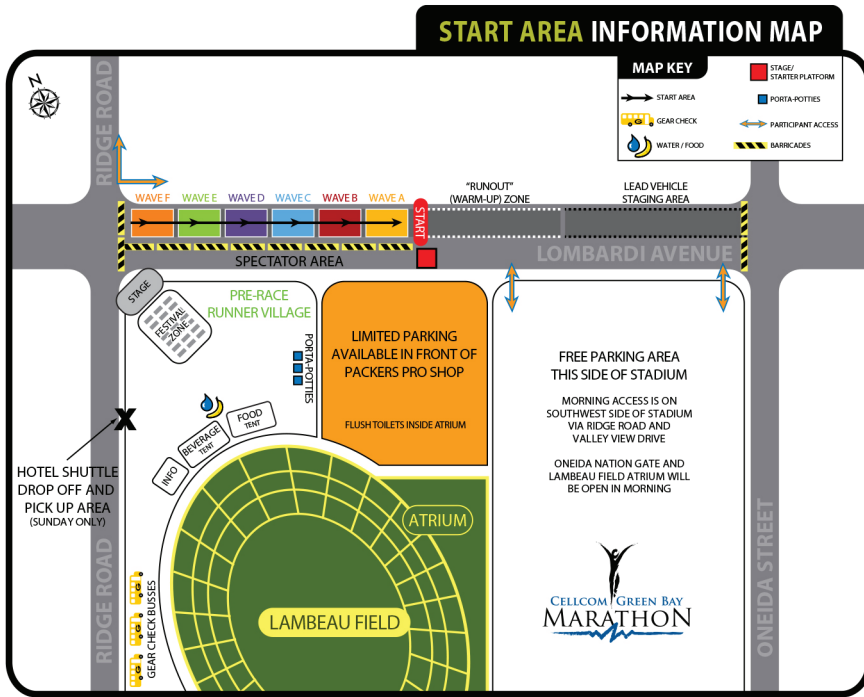
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START AREA MAP



Start Line Schedule

SATURDAY, MAY 21ST (5K RUN/WALK)

- 8:50 a.m. National Anthem
- 8:55 a.m. Wheelchair Start
- 9:00 a.m. 5K Run/Walk Start

SUNDAY, MAY 22ND (MARATHON & RELAY)

- 6:50 a.m. National Anthem
- 6:55 a.m. Wheelchair Start
- 7:00 a.m. Marathon and Relay Start

SUNDAY, MAY 22ND (HALF MARATHON)

- 7:50 a.m. National Anthem
- 7:55 a.m. Wheelchair Start
- 8:00 a.m. Half Marathon Start

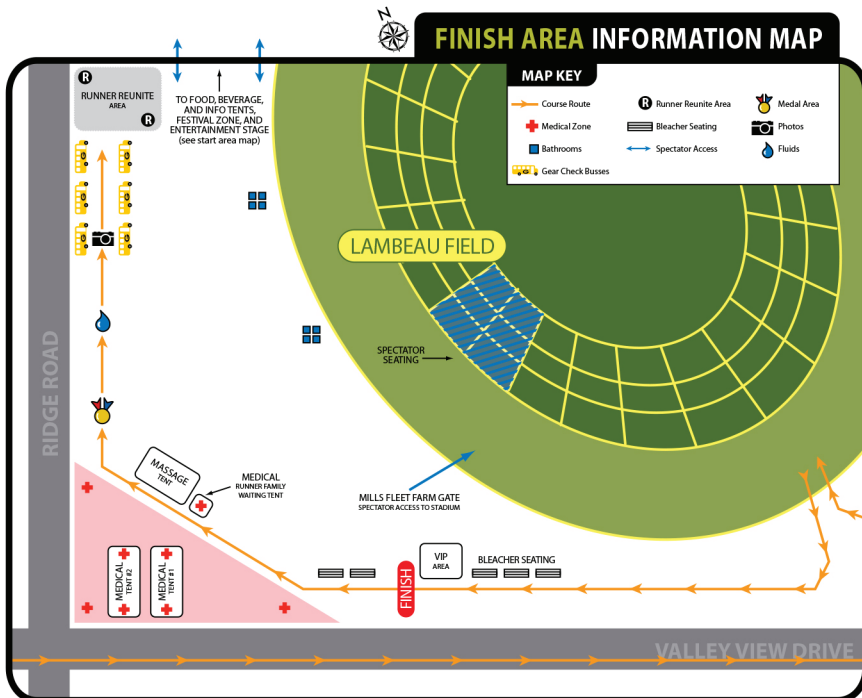
Start Line Notes

Pace team leaders will be holding signs indicating their pace on race day in the start corrals and throughout most of the marathon run. They will also have their pace time labeled on their back. The pace team will have a booth at the Prevea Health & Fitness Expo and will be available to answer questions on Friday and Saturday. On race day, you can meet them in the Start Corrals starting at 6:30 a.m. There is **NO CHARGE** to run with the pace teams.





FINISH AREA MAP



everyone is a

V.I.P. at

the **MARQ**
banquet & catering

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PARKING & SHUTTLE INFO

1. There will be no charge for parking in the east lot, other approved parking lots or on streets.
2. Please obey all "No Parking" signs. Cars parked on prohibited roads will be towed.
3. Everyone driving to the start line is urged to share a ride with other participants.
4. Participants staying in Green Bay area hotels should take hotel shuttles which drop off at the start line. (see Shuttle Schedule below)
5. We are not responsible for any unmanned parking lot. Park in those lots at your own risk.

If you are arriving from the east on Saturday or Sunday: You may enter the stadium lot via Oneida Street

If you are arriving from the east on Sunday after 6:30 am: Avoid Ashland Ave. and take Holmgren Way instead. Park in the business lots east of the stadium.

Please look at the course maps to plan the best route and parking location from your situation.

Pre-event shuttles from local hotels: Shuttles are provided on Sunday, May 22nd ONLY for the marathon and half marathon participants and their friends and family members.

School buses will pick up runners and family members at all PARTNER HOTELS listed below at 5:50 a.m. and 6:00 am on Sunday, May 22nd. The shuttles will drop off participants and spectators on Armed Forces Dr. across from Lambeau Field.

Return shuttles load on Armed Forced Drive (east of Lambeau Field). Shuttles begin at 10:00 am and depart hourly with last departure at 2:00 pm.

NOTE: These are the only pick up times for both marathon runners and half marathon runners, even though the marathon starts at 7:00 a.m. and the half marathon starts at 8:00 a.m. Pick up will be directly in front of these hotels. Total transport time from any Green Bay area hotel ranges from 10 minutes to 20 minutes, depending on distance from Lambeau Field. The shuttles will be accessible at no charge to both runners and spectators. **Thank you to our hotel partners for sponsoring these shuttles!**

Post-event shuttles: Buses will return participants and family members to the partner hotels from the start/finish area across from Lambeau Field, on Armed Forces Dr., at the top of every hour from 10:00 a.m. until 2:00 p.m.

THERE ARE NO SHUTTLES ON SATURDAY.

Hotel/Motel	Address
Airport Wingate Inn	2065 Airport Dr. (ON AIRPORT GROUNDS)
Aloft Hotel	465 Pilgrim Way
Bay Motel	1301 S Military Ave. (LOAD ON LANGLADE)
Baymont Inn	2840 S Oneida St. (LOAD ON ONEIDA)
Super 8 Airport/Stadium	2868 S Oneida St. (LOAD ON RAMADA WAY)
Comfort Inn	2841 Ramada Way
Country Inn & Suites (West)	2841 Allied St.
Extended Stay	1639 Commanche Ave.
Settle Inn	2620 Packerland Dr.
Hyatt on Main St.	333 Main St. (LOAD ON ELM STREET)
Radisson Inn	2040 Airport Dr. (UNDER CANOPY)
Ramada Plaza	2750 Ramada Way
Hampton Inn	2840 Ramada Way
Sleep Inn & Suites	1600 Lawrence Dr.
Tundra Lodge	865 Lombardi Ave.

**1ST SHUTTLE LOADS
AT 5:50 AM**

**2ND SHUTTLE LOADS
AT 6:00 AM**

**SHUTTLES DROP OFF & LOAD ON
ARMED FORCES DR.
ACROSS FROM LAMBEAU FIELD**

**RETURN SHUTTLES BEGIN
AT 10:00 AM & DEPART
HOURLY WITH LAST
DEPARTURE AT 2:00 PM**





COURSE ENTERTAINMENT & SPECTATOR INFO

SPECTATOR SPOTS *Although there are many great viewing locations on the course, we've designated eight spectator spots where we'll be taking things up a notch in terms of fun and entertainment.*

HALF MARATHON SPOTS

ALL 80'S PARTY WITH STAR 98

Mile 3.6 – Biemeret Street / Beaumont Park

Star 98 will be here playing all your favorite 80's tunes, handing out signs to cheer on your favorite runner and runners you don't know. Come join the fun with Star 98! To drive there, head north on Oneida Street., take a right on Liberty, then a left on Gatewood St., park your car and you are right by Beaumont Park.

HALFWAY OF THE HALF MARATHON

Mile 6 – 9th Street

Feeling tired? Need a second wind? Get an extra dose of encouragement with motivational quotes and applause from operation team members and local dignitaries that will be sure to ignite the fire in you!

ROCKIN THE 10 MILE MARK WITH ROCKER

Mile 9.8 – Shady Lane / Sherwood Forest Park

The band Rocker, a local band which has been a fixture in the music scene in Green Bay for years, will be rocking the course, and getting the runners through the final miles of the half marathon. To drive there, head south on Ridge Road to Cormier, turn right and continue westbound until you approach Shady Lane. Parallel park on Cormier and walk up Shady Lane to the party.

103.1 WOGB 70'S DISCO PARTY

Mile 12.5 – Ridge Road and Valley View Road

103.1 WOGB will be turning up the 70's disco party for the runners. This is their last stretch to the finish line and we can't think of a better way to celebrate a great run then listening to the Bee Gees! Park in the lots east of the stadium and head towards Ridge Road to get your groove on.

MARATHON SPOTS

HALF WAY THERE!

Mile 13.1 – Schenck 2200 Riverside Drive

A local DJ will be spinning tunes to pump up the runners as they pass through the halfway point. Heading south on Holmgren Way, left on Van Der Perren Way, left onto HWY 172 eastbound, then take the Riverside Drive exit, turn right and continue north to 2200 Riverside Drive, turn left into the Schenck parking lot.

"THE WALL"

*Mile 20 – The City Deck / Downtown Green Bay
(Park on Washington Street or parking ramp)*

Join Styles entertainment playing any song that has the word "WALL" in it and maybe some Pink Floyd. Cheer on the runners along the scenic Fox River and CityDeck. This area is the 20 mile threshold, known to distance runners as "The Wall." From Lambeau Field, head east on Lombardi, left on Ashland, right on Walnut, left on Washington, then right on Cherry into the Cherry Street parking ramp.

PARROTHEAD PARTY

Mile 24.5 – Borvan Avenue

Immediately behind Green Bay Distillery, the local chapter of the Jimmy Buffet Fan Club – better known as the Parrotheads – will be creating their own Margaritaville. Their sound system will be cranking well known Jimmy Buffett music while the Parrotheads serve Gatorade Endurance Formula, water and of course MARGARITAS! From the finish area on the east side of Lambeau Field, follow the signs though the stadium concourse to the Oneida Nation steps, then walk to the southeast corner and cut across Oneida Street and down Mike McCarthy Way to Green Bay Distillery. Come join the party!

POST RACE PARTY

Main Stage – Festival Zone

In addition to our world famous brats and beer menu, our post-race party includes musical entertainment on both Saturday and Sunday. On Saturday, the Van's Lumber & Custom Builders Stage will feature DJ music during the Cellcom 5K followed by children's entertainer Mr. Billy from 10:30 am until 1 pm for the WPS Kids' Power Run. On Sunday, the stage will host a local band favorite, The Cougars from 9 am until noon for runners, friends and family.

RUNNER VIEWING INSIDE LAMBEAU

For those who want to watch their friend or family member run the famous "Lambeau Loop" through the stadium, a section of the bowl seating will be publicly accessible. To get there, you may enter and exit through the Mills Fleet Farm Gate at the southwest corner of the stadium near the finish line. If you're quick, you can watch them run through the stadium and still get to finish line in time to see them cross.





PACE CHART

"TIME OF DAY" PACING GUIDE (a.m. / p.m.)

Times indicate the actual time of day a runner would cross a select location.

ESTIMATED FINISH TIME

PACE

HALF MARATHON 8:00 a.m. START

MINUTES PER MILE

All 80's
Party
Star 98
3.6

Bridge
Point
Church
6.4

"ROCKER"
Sherwood
Park
9.8

WOGB
70's Disco
Party
12.5

Lambeau
Field
Finish Line
13.1

Lead Male	5:06	8:18	8:32	8:49	9:03	9:06
Lead Female	6:09	8:22	8:39	9:00	9:16	9:20
1 Hr. 30 Min.	6:52	8:24	8:43	9:07	9:25	9:30
1 Hr. 45 Min.	8:00	8:28	8:51	9:18	9:40	9:45
2 Hrs.	9:09	8:32	8:58	9:29	9:54	10:00
2 Hrs. 30 Min.	11:27	8:41	9:13	9:52	10:23	10:30

MARATHON 7:00 a.m. START

MINUTES PER MILE

Ashwau-
bomay
Park
3.5

Christ the
Rock
Church
4.9

East
De Pere
H.S.
8.2

Voyageur
Park
De Pere
11.6

Halfway
There
Schenck
14.4

Historic
City
Stadium
18.5

The Wall
City
Deck
20.5

Parrot
Heads
GBD
25.4

Lambeau
Field
Finish Line
26.2

Lead Male	5:14	7:18	7:25	7:42	8:00	8:15	8:36	8:47	9:12	9:17
Lead Female	6:08	7:21	7:30	7:50	8:11	8:28	8:53	9:05	9:35	9:40
3 Hrs.	6:52	7:24	7:33	7:56	8:19	8:38	9:07	9:20	9:54	10:00
3 Hrs. 15 Min.	7:26	7:26	7:36	8:01	8:26	8:47	9:17	9:32	10:09	10:15
3 Hrs. 30 Min.	8:00	7:28	7:39	8:05	8:32	8:55	9:28	9:44	10:23	10:30
3 Hrs. 45 Min.	8:35	7:30	7:42	8:10	8:39	9:03	9:38	9:56	10:38	10:45
4 Hrs.	9:09	7:32	7:44	8:15	8:46	9:11	9:49	10:07	10:52	11:00
4 Hrs. 15 Min.	9:43	7:34	7:47	8:19	8:52	9:20	10:00	10:19	11:07	11:15
4 Hrs. 30 Min.	10:18	7:36	7:50	8:24	8:59	9:28	10:10	10:31	11:21	11:30
5 Hrs.	11:27	7:40	7:56	8:33	9:12	9:44	10:31	10:54	11:50	12:00
5 Hrs. 30 Min.	12:35	7:44	8:01	8:43	9:26	10:01	10:53	11:18	12:19	12:30
6 Hrs.	13:44	7:48	8:07	8:52	9:39	10:17	11:14	11:41	12:49	1:00

Bib# _____ What They Are Wearing _____

How to use the Time of Day Pacing Guide

- Know how fast your friends/family members will be running, either by pace (minutes per mile) or by anticipated finish time.
- Find the closest Anticipated Finish Time on the chart and follow across the columns to a location near where you want to be.
- The chart shows what time of day your friend/family member should cross the selected location.
- You may use these locations and times to estimate crossings at other in-between locations on the course.





POST MARATHON RECOVERY

Post Marathon Recovery Health Tips

How do you take care of your body after running the marathon? Prevea Health experts offer medical tips to a healthy recovery.

Food and Beverages

- Drink water as soon as you can drink something, which should be done immediately upon completion. Progress to a sports drink, fruit juice, soda or any other source of simple sugar-type carbohydrate beverage. Skim or 1% chocolate milk is also a good choice because it has sugar and protein.
- Begin eating when you feel like you can handle it; typically between 5 to 10 minutes after your run. Start with easily digested high-carbohydrate food such as bananas, pretzels, yogurt and energy bars.
- Drink and eat slowly to avoid throwing up.

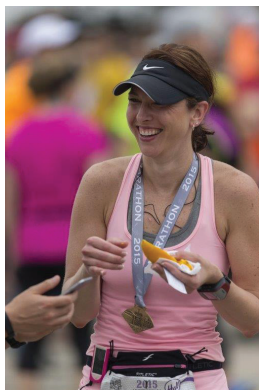
Muscle Recovery

- Begin stretching the calves, quadriceps, hamstrings, IT bands, glutes and low back right away with long, gentle stretches.

- For sore muscles or joints, apply ice or cold packs 3 to 4 times per day for 15 minutes for the first two days post-marathon.
- Avoid taking aspirin, ibuprofen (Advil, Motrin), and naproxen (Aleve) until you are rehydrated. These products may be harmful to the kidneys when you are dehydrated.
- Avoid hot showers for at least one day to allow your body to fully rehydrate. Being dehydrated in a hot shower can cause dizziness and passing out.
- Avoid hot tubs until your body is fully recovered because hot water will worsen swelling and inflammation in the muscles and joints.

Scrapes, Chafes, and Open Blisters

- If you have open scrapes, chafes and blisters, wash the area(s) twice daily with soap and water, apply antibiotic ointment and cover with a Band-Aid for the first few days.
- For blisters that have not broken, leave them as is or cover with a Band-Aid.





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