



CELLCOM GREEN BAY  
**MARATHON**

2018 EVENT GUIDE

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YOUR OWN  
**RACE**

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photo**  
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## Cover Image

*The 2018 Cellcom Green Bay Marathon commemorative print available in the Official Merchandise Booth at the Prevea Health & Fitness Expo. Be sure to get one of these great mementos from this year's event!*

# sponsor partners

## Title Sponsor



## Official Health Partner



## Major Sponsors



## Official Sponsors



## Media Partners



## Water & Food Station Sponsors

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Spring Lake Church  
United Health Care  
UWGB Alumni Club  
WBAY  
Y Swim Team



# 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 19th 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 3,000 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 are Greater Green Bay Habitat for Humanity, YMCA Full Circle Program and Special Olympics Wisconsin Unified Sports Program.

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,



Ashok Rai, MD



Toni Jaeckels

Race Director, Cellcom Green Bay Marathon

Pursuing Excellence

From Start to Finish



CONGRATULATIONS RUNNERS!

**Nsight**  
TELSERVICES

# event schedule

## Activities

## Time

## Location

### FRIDAY, MAY 18

<b>Prevea Health &amp; Fitness Expo</b>	3:00 p.m. - 7:00 p.m.	Lambeau Field Atrium
<b>Runner Registration &amp; Packet Pick-Up</b>	3:00 p.m. - 7:00 p.m.	Lambeau Field Club Level

### SATURDAY, MAY 19

<b>RACE PACKET PICK UP SCHEDULE:</b>	<b>5K</b> 7:00 a.m. - 8:30 a.m.	Lambeau Field Club Level
	<b>WPS KIDS' POWER RUN</b> 9:30 a.m. - 11:30 a.m.	WPS Kids' Power Run Tent (west side of stadium; Look for the green dancing man)
	<b>DISTANCE EVENTS</b> 9:00 a.m. - 6:00 p.m.	Lambeau Field Club Level
<b>Cellcom Green Bay 5K Run/Walk Start</b>	9:00 a.m.	Lombardi Ave. in front of Lambeau Field Atrium
<b>5K Awards Ceremony</b>	10:30 a.m.	Entertainment Stage*
<b>WPS Kids' Power Run</b>	10:30 a.m. - 11:45 a.m. (See Page 8 For Details)	
<b>Prevea Health &amp; Fitness Expo</b>	9:00 a.m. - 6:00 p.m.	Lambeau Field Atrium

### SUNDAY, MAY 20

<b>Cellcom Green Bay Marathon &amp; Marathon Relay</b>	7:00 a.m.	Lombardi Ave. in front of Lambeau Field Atrium
<b>Cellcom Green Bay Half Marathon &amp; Half Marathon Relay</b>	8:00 a.m.	Lombardi Ave. in front of Lambeau Field Atrium
<b>Half Marathon Awards Ceremony</b>	11:00 a.m.	Entertainment Stage*
<b>Marathon Awards Ceremony</b>	Noon	Entertainment 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 18 (3 p.m. - 7 p.m.) and Saturday, May 19 (9 a.m. - 6 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 5:30 p.m. - 6:15 p.m.  
and  
Saturday 10:30 a.m. - 11:15 a.m.

Eatery Area  
on the Atrium Floor

**Registration & Packet Pick-up • Lambeau Field Club Level**  
**Friday, May 18 and Saturday, May 19**

All events can pick up their packets between 3 p.m. and 7 p.m. on Friday, May 18 on the Lambeau Field Club Level (up escalators).

**SATURDAY, MAY 19 RACE PACKET PICK UP SCHEDULE**

<b>5K Run/Walk</b>	7:00 a.m. - 8:30 a.m.	Lambeau Field Club Level
<b>WPS Kids' Power Run</b>	9:30 a.m. - 11:30 a.m.	WPS Kids' Power Run Tent (west side of stadium; Look for the green dancing man)
<b>Marathon, Half Marathon &amp; Relays</b>	9:00 a.m. - 6:00 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 22, 2018***

2 Mile Fun Run • 2 Mile Walk • 5 Mile Run

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Benefiting:



# saturday events

## **Cellcom Green Bay 5K**

**Saturday, May 19, 9:00 a.m. - Lombardi Avenue in front of Lambeau Field Atrium**

The Cellcom Green Bay 5K 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 participants will receive a commemorative medal.**

## **WPS Kids' Power Run**

**Saturday, May 19 - 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 & 9 year olds	11:15 a.m. - 5 year olds
10:40 a.m. - 8 year olds	11:30 a.m. - 4 year olds
10:50 a.m. - 7 year olds	11:45 a.m. - 3 year olds & under
11:00 a.m. - 6 year olds	

# **Wisconsin Public Service Kids' Power Run**



# **2018**

**A featured part of the  
Cellcom Green Bay  
Marathon weekend**





# 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 City Deck 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 Green Bay Distillery*	5.8	26.2

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

Teams should park their vehicles in the Green Bay Distillery lot. 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 and Half Marathon Relay - 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!

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

LEG#	DESCRIPTION	PARK AT	LEG DISTANCE (MILES)	ENDS AT MILE
1	Lambeau Field to Bridgepoint Church (2421 W. Point Rd.)	Bridgepoint Lot & Wood Ln.	6.4	6.4
2	Bridgepoint Church to Finish Line at Lambeau Field	Southeast Lot of Stadium (Lot #1)	6.7	13.1

### \*HALF MARATHON TEAM REUNITE LOCATION:

Teams should park their vehicles in the Green Bay Distillery lot. If the team would like to run the last 0.7 miles together, with a lap through the stadium, the exchange point will be in the media parking area on the southern-most end of the stadium grounds. This area will be marked with a red exchange flag.



# 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.

*proudly supports*

THE 2018

Cellcom Green Bay Marathon Runners

ONE STEP AT A TIME!



**GREEN BAY PACKAGING**  
SMART PARTNERS ... SMARTER SOLUTIONS

# tunnel 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. on the west side of the Lambeau Field parking lot. Yellow school buses, 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. For faster gear bag check in, please have your bib number clearly written on your bag before arriving to the buses. There will be stations at the Prevea Health & Fitness Expo to complete this step. **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. Real-time updates are provided by Cellcom at each of these locations.

**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 and emails. You may sign up at [www.cellcomgreenbaymarathon.com](http://www.cellcomgreenbaymarathon.com).

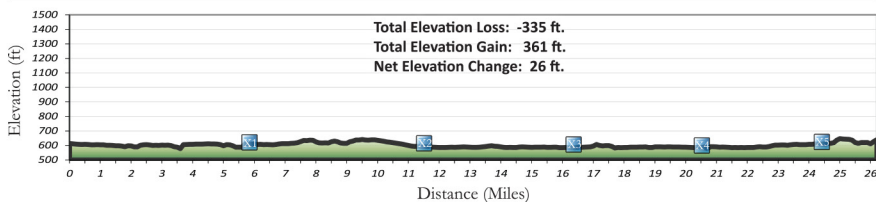
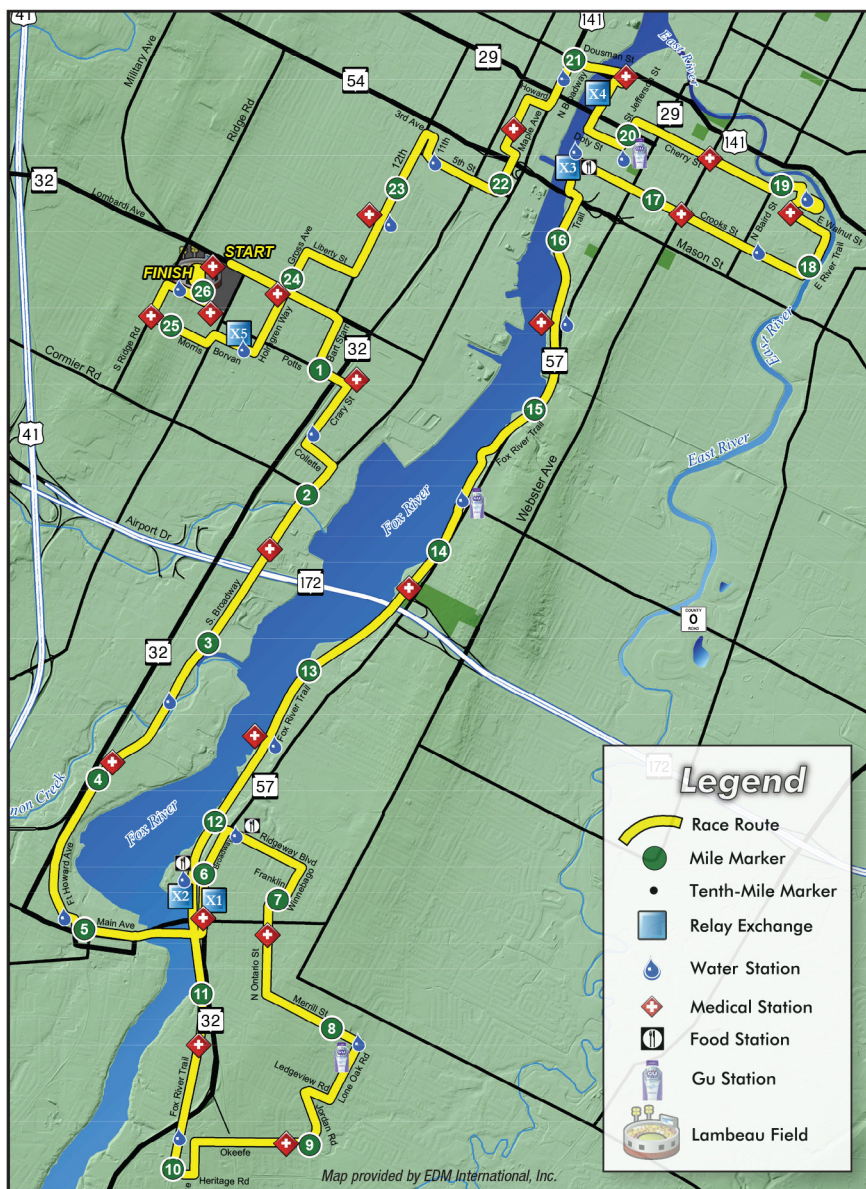
**Mobile results are provided by Cellcom** and scanning the Results QR code located on your bib with a smartphone will take you to a mobile race results page. You may also go directly to [www.cellcomgreenbaymarathon.com/results](http://www.cellcomgreenbaymarathon.com/results) and type in the runner's 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.

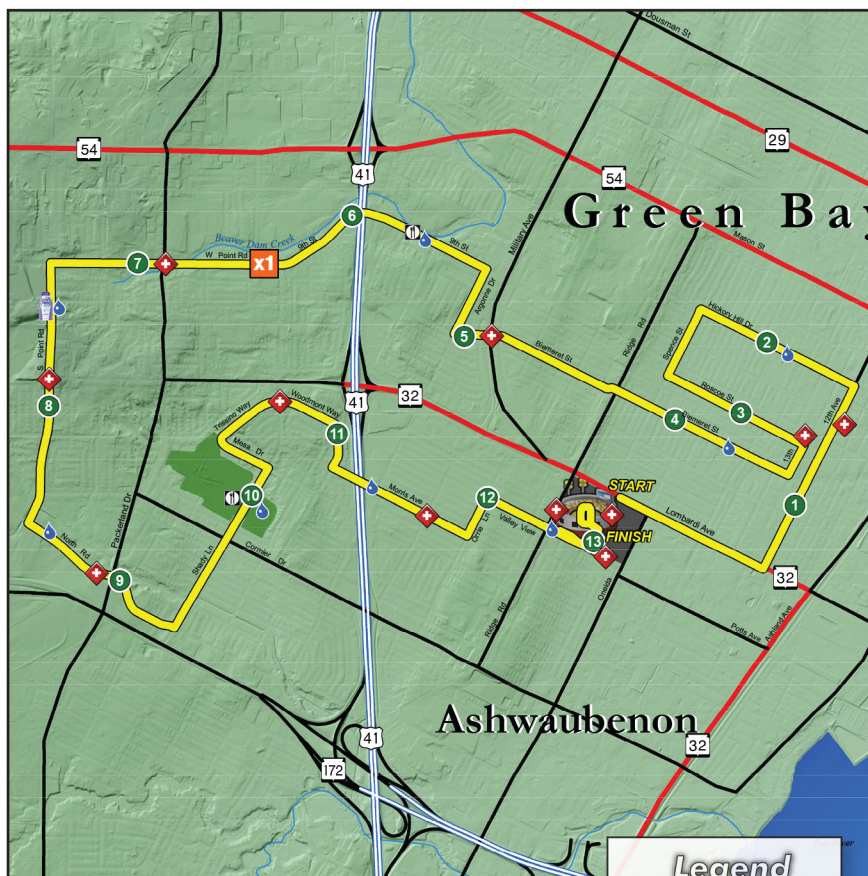
**Hotel shuttles** will be available ONLY ON SUNDAY and will pick up participants and spectators prior to and after the event. They will return participants and spectators to hotels at the top of each hour from 9:00 a.m. until 2:00 p.m., departing on Mike McCarthy Way, near Green Bay Distillery.

# marathon course map

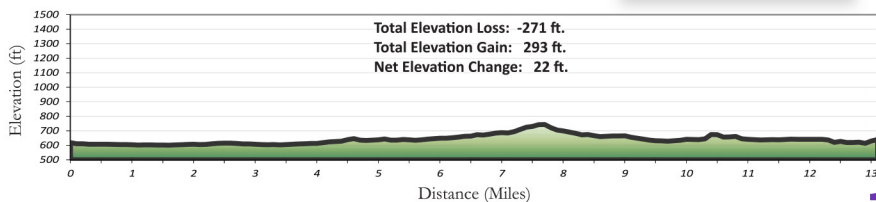
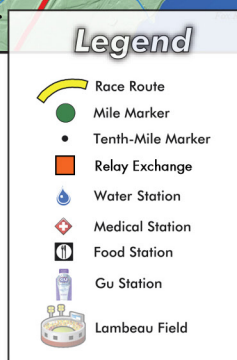




# half marathon course map



Map provided by EDM International, Inc.



# 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 courses.

## 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 2:00 p.m. (assuming a 7:00 a.m. start), approximately seven hours after the last participant crosses the start 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 you 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 7:00 a.m. on Saturday and 5:00 a.m. 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, via the official marathon radio station (107.5 FM The Fan), and via mobile text.
- If 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
<b>EXTREME</b>	DAINGEROUS CONDITIONS EVENT CANCELLED RESULTS/TIMING HALTED	STOP RUNNING WALK TO NEAREST AID STATION
<b>HIGH</b>	POTENTIALLY DAINGEROUS CONDITIONS	SLOW DOWN FOLLOW OFFICIAL INSTRUCTION HEED COURSE CHANGES CONSIDER STOPPING
<b>MODERATE</b>	LESS THAN IDEAL CONDITIONS	SLOW DOWN BE PREPARED FOR WORSENING CONDITIONS
<b>LOW</b>	GOOD CONDITIONS	ENJOY THE EVENT BE ALERT

# 5k run/walk course map





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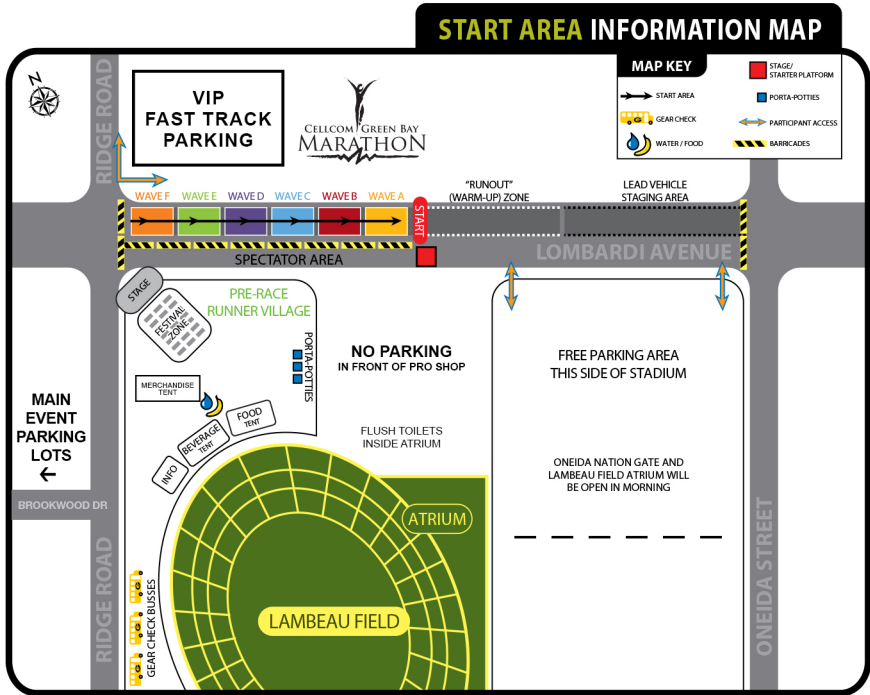
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Marathon.



MAKING YOUR GOALS OUR PRIORITY



# start area map



## Start Line Schedule

### SATURDAY, MAY 19 (5K RUN/WALK)

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

### SUNDAY, MAY 20 (MARATHON & RELAY)

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

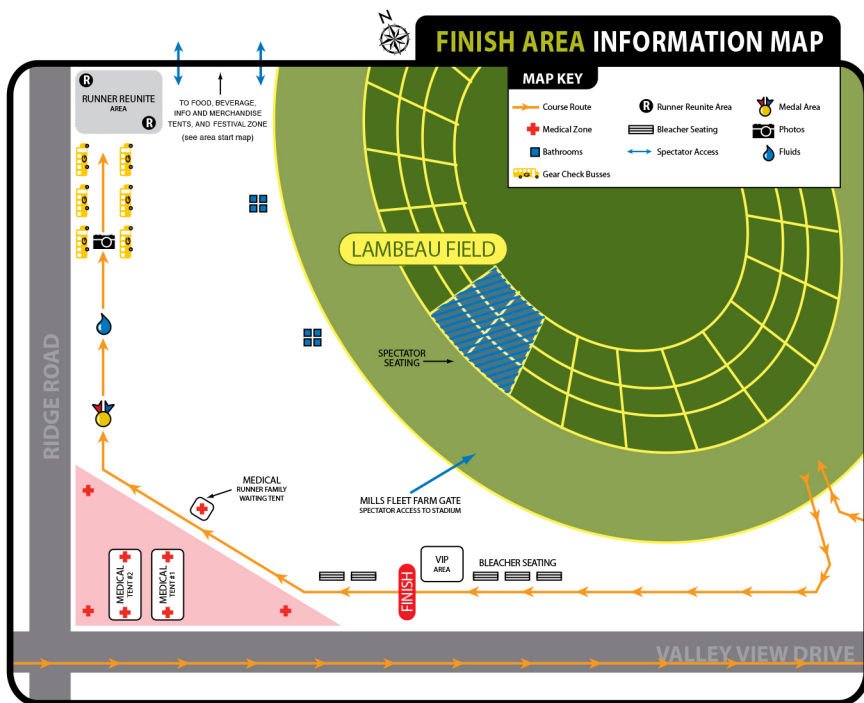
### SUNDAY, MAY 20 (HALF MARATHON & RELAY)

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



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*DON'T SWEAT IT.*

*Let us do all the work.*

VISIT US ONLINE AT: [www.the-marq.com](http://www.the-marq.com)

the **MARQ**  
banquet & catering

# parking & shuttle info

The primary parking area for Saturday and Sunday events is west of the stadium in the parking lots located off Brookwood Ave. Approach the event from US 41 and exit at Lombardi Ave. Head east and take a right at Marlee Lane and the first left on Brookwood Dr. You cannot access the stadium lots via Lombardi on race day as we close the road for our start line.

1. There will be no charge for parking in 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 lots. Park in those lots at your own risk.

If you arrive from the east, the stadium lots are available, but note there are other events happening in the district throughout the weekend. Approach the stadium via Oneida St. or Holmgren Way, avoiding both Ashland Ave. and Lombardi.

**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 20 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 20. The shuttles will drop off participants and spectators on Mike McCarthy Way.

**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 Mike McCarthy Way, 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*	Distance to Lambeau
AMERICINN-WEST	2032 Velp Ave.	5.6 miles
BAY MOTEL	1301 S. Military Ave.	2.0 miles
BAYMONT	2840 S. Oneida St.	1.9 miles
WINGATE INN	2065 Airport Dr.	4.3 miles
COUNTRY INN & SUITES	2945 Allied St.	2.6 miles
COUNTRY INN & SUITES-EAST	850 Kepler Dr.	10.3 miles
EXTENDED STAY AIRPORT	1639 Commanche Ave.	3.4 miles
HAMPTON INN	2840 Ramada Way	2.1 miles
HAMPTON INN & SUITES DOWNTOWN	201 Main St.	3.6 miles
HOLIDAY INN & SUITES -STADIUM	2785 Ramada Way	1.9 miles
HOTEL J	2620 S. Packerland Dr.	3.5 mile
HYATT REGENCY	333 Main St.	3.8 miles
RADISSON HOTEL	2040 Airport Dr.	4.4 miles
TUNDRA LODGE & WATERPARK	865 Lombardi Ave.	1 mile

\*All are Green Bay, unless noted.

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

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

**SHUTTLES DROP OFF  
& LOAD ON  
MIKE MCCARTHY WAY  
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

### Star 98 PARTY

*Mile 3.6 – Biemeret Street / Beaumont Park*

Jimmy Clark from Star 98 will be there playing all your favorite tunes and cheering the runners on! To drive there head north on Oneida St. take a right on Liberty, then a left on Gatewood St. Park your car and you are right by Beaumont Park.

### HALLELUJAH HAND OFF

*Mile 6.4 – West Point Road & Wood Lane*

Our friends at Bridgepoint Church are here to lift your spirits! This location is perfect for spectators, with easy access to and from Lambeau Field. You'll know you've arrived when you hear the sweet sounds of the Bridgepoint choir fill the air. Drive directly from Lambeau, heading west on Lombardi Ave. Turn north on Wood Ln. and Bridgepoint Church will be on your left as you approach the course intersection.

### 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.

### ARENA ROCK PARTY

*Mile 12.5 – Ridge Road and Valley View Road*

DJ Rick Styles will be turning up 80's, 90's, and today's rock for the runners. This is the last stretch to the finish line and we can't think of a better way to celebrate a great run than listening to the Foo Fighters. Park in the parking lots east of the stadium and heads towards Ridge Rd. to get your headbang on.

## MARATHON SPOTS

### “HALF WAY THERE!” PARTY

*Mile 13.1 – Schenck 2200 Riverside Drive*

DJ Jim 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” 20 Mile Party!

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

Join the West De Pere Dance team and Cheer on the runners along the scenic Fox River and City Deck. 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.

### ALMOST THERE PARTY

*Mile 24.5 – Borvan Avenue*

Immediately behind Green Bay Distillery, Volunteers will be hosting an “Almost There Party”. Their sound system will be cranking well known motivational tunes to get the runners to the finish, a short 2 miles away. They will be serving Gatorade Endurance Formula, water, and maybe a surprise drink from the Green Bay Distillery. 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 stage will feature DJ music during the Cellcom 5K followed by clowns and animal balloon makers from 10:30 am until 1 pm for the WPS Kids' Power Run. On Sunday, the stage will host a local band favorite, The Fabulous Rug Burns 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 the 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

#### HALF MARATHON 8:00 a.m. START

### PACE

#### 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	<b>12:00</b>
5 Hrs. 30 Min.	12:35	7:44	8:01	8:43	9:26	10:01	10:53	11:18	<b>12:19</b>	<b>12:30</b>
6 Hrs.	13:44	7:48	8:07	8:52	9:39	10:17	11:14	11:41	<b>12:49</b>	<b>1:00</b>

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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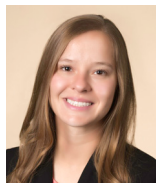
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**Jeremy Metzler, MD**  
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