

2020 EVENT GUIDE

19:06



FROM A DISTANCE
WE RUN TOGETHER

From a **distance** we stay
connected and run together.



Virtual Race Day Photo Contest
for a chance to **win!**

To enter **follow** @mycellcom on Instagram or
like Cellcom on Facebook and tag us in your virtual race day photos.

We want to **celebrate** your victories!

Prize:
Samsung Gear Watch



Cellcom[®]

Visit Cellcom on Facebook, Instagram or Twitter for full details.

You will be contacted by Cellcom via Instagram or Facebook if you are a winner, so be sure to watch your photo submission or direct messages for information on redeeming your prize.

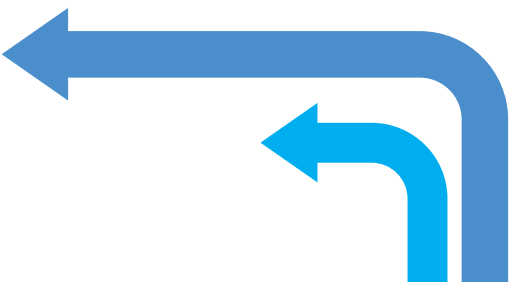
HOW TO SUBMIT YOUR TIME

1. Once you have finished your run, click on the **Submit Your Time** link in the email you received from Mtec Timing.
2. Enter your time in HH:MM:SS format, and select the distance you ran.
3. Individuals should make sure they submit to non-relay events only.
4. Relay captains are in charge of submitting their team's total time. Relay captains, please only submit to the virtual half marathon relay or virtual marathon relay events.
5. Click submit. You will then be able to see your finisher certificate to share!

We'll miss your faces!
PLEASE SHARE RESULTS & PICS
Use #VirtualCGBM



*Tag and follow @CellcomGreenBayMarathon on Instagram for a chance to **win a free entry** into the 2021 Cellcom Green Bay Marathon! And be sure to Check out the Cellcom ad on the previous page for more chances to win cool stuff!*



IN THIS TOGETHER

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LETTER FROM THE MARATHON BOARD & RACE DIRECTORS



On behalf of the Cellcom Green Bay Marathon board, race directors, sponsors and charity partners, we would like to thank you for participating in our virtual event this year. Our mission is to promote a year-round active lifestyle, foster community spirit and raise money for local charities. Despite the circumstances we face this year, we remain dedicated to our mission.

While we are unable to come together in person to experience the thrill of race day, we can still feel the joy of running and celebrate the results of months of training.

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 and Greater Green Bay YMCA Full Circle Program. Running our event is helping to build affordable homes for deserving families and providing recreational programming for children on the autism spectrum. Together we are making a difference in our community.

We hope your virtual race day fills you with the pride and satisfaction of completing the goal you trained so hard for. Thank you for running with us and we look forward to seeing you in 2021.

Sincerely,

A handwritten signature in black ink, appearing to read 'Ashok Rai'.

Ashok Rai, MD
Board President, Cellcom Green Bay Marathon

A handwritten signature in black ink, appearing to read 'Alissa Cotter'.

Alissa Cotter
Co-Race Director, Cellcom Green Bay Marathon

A handwritten signature in black ink, appearing to read 'DK' or 'Dave Konshak'.

Dave Konshak
Co-Race Director, Cellcom Green Bay Marathon

RUNNING & SOCIAL DISTANCING

Please look out for each other. Keep social distancing a priority and be sure to follow your local regulations and recommendations. In general, avoid busy places, don't run in groups and be considerate of other people's space. If you do get into a crowd, spread out and maintain *a minimum of 6ft* between you and other people. Make room to allow other runners to pass and don't follow too closely. Of course, don't forget to wash your hands when you are done.



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**Keeping our
communities
strong**

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50
YEARS

A photograph of a person's legs running on a path. They are wearing blue shorts and colorful sneakers with red, white, and blue details. The background is a blurred green forest.


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— PROUDLY SUPPORTING —
**CELLCOM GREEN BAY
MARATHON RUNNERS**

1700 N. Webster Court | Green Bay, WI 54302 | 920.433.5111



Create Opportunities

Achieve more than you believed possible. We're proud to support the Cellcom Green Bay Marathon and the important role it plays in our community.

WEALTH ADVISORY | OUTSOURCING
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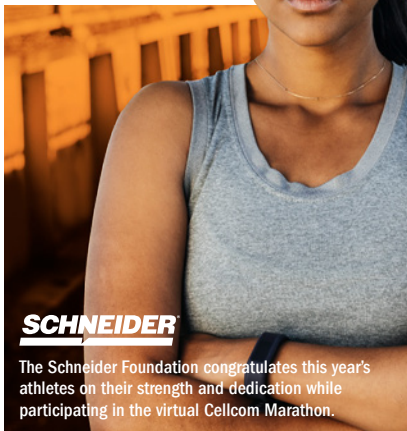


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Investment advisory services are offered through CliftonLarsonAllen Wealth Advisors, LLC,
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Ordinary people
know their limits.

**Marathoners
know how
the push
them.**



SCHNEIDER

The Schneider Foundation congratulates this year's athletes on their strength and dedication while participating in the virtual Cellcom Marathon.



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Good Luck Runners

Seaway Printing Company

SEAWAY PRINTING, OFFICIAL PRINTER AND PROUD SPONSOR OF THE CELLCOM GREEN BAY MARATHON

RULES OF THE ROAD

The Cellcom Green Bay Marathon is being held virtually this year; however, it is still important to follow certain rules and guidelines.

Music Listening Devices

If you plan to wear a music-listening device, please keep the volume at a reasonable level. The volume should be low enough that you are able to hear people around you. This is for both runner etiquette and your own safety.

Be Aware, Be Safe

As always, be aware of your surroundings. Watch for bikers, other runners, and motor vehicles.

Plan Ahead, Respect Property

Depending on where you are running, there may or may not be toilet facilities or rest stations along your route. Please respect private and public property.

Runner Courtesy

Despite your best plans, you may be sharing your chosen course with other runners. Please be aware of other runners and let passing runners through. Keep social distancing a priority according to your local regulations and recommendations.



Thanksgiving Day,
Nov. 26, 2020



2 Mile Fun Run · 2 Mile Walk · 5 Mile Run

FestivalFoodsTurkeyTrot.com
#FestivalFoodsTurkeyTrot

Text "TROT" TO 78402 TO WIN GREAT PRIZES!

GRAND PRIZE:

(3 Grand Prize Winners selected in November)

- Weber Spirit II Gas Grill
- \$100 Festival Foods Gift Card
- Solo Stove Bonfire
- Briggs & Stratton Snow Thrower

OTHER PRIZES:

- 50 Free Registrations
- 50 Festival Foods Turkey Trot Merchandise Items

By signing up, you agree to receive recurring automated marketing texts from Festival Foods at the telephone number used to opt in. Consent not required for purchase. Message and data rates may apply.

Terms and privacy: [festfoods.com/mobileclub](https://www.festfoods.com/mobileclub). Sweepstakes rules at [festfoods.com/rules](https://www.festfoods.com/rules). Eligible to win May 1, 2020 - Nov. 26, 2020.



Benefiting:



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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.

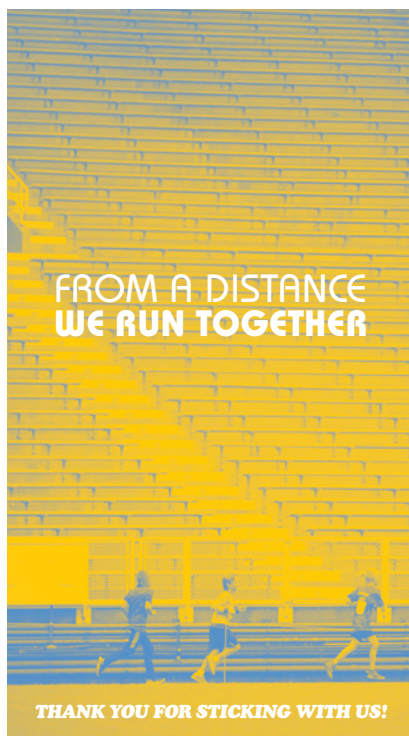
Muscle Recovery

- Keep walking for up to 15 minutes upon completion. When you rest, elevate your feet higher than the level of your heart. If you have to sit for a long period of time, make sure you get up and walk around for a few minutes to help limit muscle stiffness.
- 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 the 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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Our Story

At Nature's Way®, we believe that nature has given us the foundation to be our healthiest selves. It's why it is our mission to provide products that harness the best nature has to offer, embrace the wisdom of traditional health practices, and evolve to support modern health needs. Through this commitment, you can feel confident of the quality and care that we put in every Nature's Way® product.

LOCATED here IN GREEN BAY!

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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RUNNER SAFETY

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.

Plan Your Route

Plan to run during a time when your favorite roadway or trail is not crowded. Consider your route as a loop and have a table in your driveway to refill your water and fuel needs.

Share Your Plan

It's a good idea to run with a mobile device when running alone. Tell someone where you'll be running, when you plan on leaving, and your anticipated return time. Plan your route along a visible roadway or trail.

Also, try running with your training buddies on a phone call. You might be breathless during our race, but you'll have motivation sharing the miles together..

Inclement Weather

Keep an eye on your local weather and be aware of the risks of lightning, tornadoes and dangerously hot/cold weather.

**This is
your race
day, make
it fun!
You've
trained for
this; now
it's time to
enjoy all
your hard
work!**



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SUPPORT OUR CHARITY PARTNERS!**



SAVE THE DATE
JOIN US (IN PERSON) NEXT YEAR!
MAY 15-16, 2021



cellcomgreenbaymarathon.com

