

MAY 14-15, 2022

Together Again!

CELLCOM GREEN BAY
MARATHON

cellcomgreenbaymarathon.com

Happy to be running
together again.



Cellcom[®]

cellcom.com

Proud Sponsor of the Cellcom Green Bay Marathon

Table of Contents

Letter from the Marathon Board.....	5
Packet Pick-Up and Event Schedule.....	6
Sunday Events.....	7
Runner Information	8-9
Race Results.....	9
Marathon and Relay Map	10
Half Marathon and Relay Map	11
5K Map	12
Rules of the Road	13
Runner Safety/Medical Information	14
Start Area Map & Schedule	15
Finish Area Map.....	16
Hotel Shuttle Bus Information	17
Course Entertainment.....	18
Post Marathon Recovery	20



Sponsor Partners

Title Sponsor



Official Health Partner



Major Sponsors



Official Sponsors



Media Partners



Water & Food Station Sponsors

Aon
Associated Bank

BelGioioso Cheese
KI

Kwik Trip
Schneider Foundation

United Health Care

Letter from the Marathon Board

On behalf of the Cellcom Green Bay Marathon Board, sponsors, and charity partners, we welcome you to the 2022 Cellcom Green Bay Marathon weekend. We're excited to return to an in-person event after being virtual for the past two years. 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 hundreds of 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 YMCA and New Community Shelter.

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
Board President

Packet Pick-Up & Event Schedule

Activities	Time	Location
FRIDAY, MAY 13		
Runner Registration & Packet Pick-Up	4:00 p.m. - 7:00 p.m.	The Bar 2001 Holmgren Way
SATURDAY, MAY 14		
Runner Registration & Packet Pick-Up	10:00 a.m. - 7:00 p.m.	The Bar 2001 Holmgren Way
SUNDAY, MAY 15		
MyTeam Triumph Marathon & Wheelchairs	6:55 a.m.	Morris Ave. between Holmgren and Oneida
Marathon & Marathon Relay	7:00 a.m.	Morris Ave. between Holmgren and Oneida
MyTeam Triumph Half Marathon & Wheelchairs	7:55 a.m.	Morris Ave. between Holmgren and Oneida
Half Marathon & Half Marathon Relay	8:00 a.m.	Morris Ave. between Holmgren and Oneida
5K Run/Walk	8:15 a.m.	Morris Ave. between Holmgren and Oneida
5K Awards Ceremony	11:00 a.m.	The Stage at The Bar 2001 Holmgren Way
Half Marathon Awards Ceremony	11:00 a.m.	The Stage at The Bar 2001 Holmgren Way
Marathon Awards Ceremony	11:00 a.m.	The Stage at The Bar 2001 Holmgren Way

In case of inclement weather, the awards ceremonies will be canceled and awards will be mailed.

Congrats on being awesome!
from your friends at



Capital
 credit union

Doing the Right Thing

Sunday Events

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

Start line is on Morris Ave. between Holmgren Way and Oneida Street. Finish line is on McCarthy Way.

Marathon Relay Runner Transfer Locations

LEG#	DESCRIPTION	LEG DISTANCE (MILES)	ENDS AT MILE
1	Start line	4.59	4.59
2	Corner of S. Point Road & W. Point Road	4.68	9.27
3	Marquette Park: Hickory Hill & Nicolet Ave	6.17	15.44
4	Langlade Elem. School: Broadview & Libal	5.51	20.95
5	Green Bay Water Utility: Cass & Adams	5.25	26.2

MARATHON TEAM REUNITE LOCATION: S Ridge Road & Valleyview Road

All teammates can reunite a mile before the finish to run thorough Lambeau Field and cross the finish line together.

Parking is available in Lot 6, 7 or 8.

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

Start line is on Morris Ave. between Holmgren Way and Oneida Street. Finish line is on McCarthy Way.

Half Marathon Relay Runner Transfer Locations

LEG#	DESCRIPTION	LEG DISTANCE (MILES)	ENDS AT MILE
1	Start line	6.72	6.72
2	9th & Nelson	6.38	13.1

HALF MARATHON TEAM REUNITE LOCATION: S Ridge Road & Valleyview Road

All teammates can reunite a mile before the finish to run thorough Lambeau Field and cross the finish line together.

Parking is available in Lot 6, 7 or 8.

5K Event - 8:15 a.m.

Start line is on Morris Ave. between Holmgren Way and Oneida Street. Finish line is on McCarthy Way.

All 5K participants will receive a commemorative medal.

Good Luck!
from your friends at



WBAY-TV
GREEN BAY • FOX CITIES

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 5:30 a.m. – 1:00 p.m. at The Bar, 2001 Holmgren Way. For faster gear bag check in, please have your bib number clearly written on your bag before arriving. 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 official radio station is WIXX, 101.1 FM. Tune in for regular updates on race morning.

Water stations will be located every 1-2 miles on the courses. There will be 20 on the marathon course, 10 on the half marathon course and 2 on the 5K course. Gatorade Endurance Formula will also be available. **See below for specific locations of water stations.**

Marathon:

- #1: Marvelle & Orrie: Mile 1
- #2: Smith Park on Bruce: Mile 2.3
- #3: North & South Point: Mile 3.4
- #4: Church of Christ on W. Point: Mile 4.8
- #5: Incarnation Lutheran Church on W. Point: Mile 6.0
- #6: John Muir Park on Biemeret: Mile 6.7
- #7: Colburn Park Driveway on Fisk: Mile 7.9
- #8: Marquette Park: Hickory Hill and Gross: Mile 9.4
- #9: Community Garden: 5th & 6th: Mile 10.4
- #10: Portlier & Adams: Mile 12.0
- #11: Astor Park: Eliza & Clay: Mile 12.6
- #12: Optimist Park: Libal & Kalb: Mile 13.7
- #13: Langlade Elementary: Libal & Broadview: Mile 15.4
- #14: Four Seasons Tennis: Riverside Dr.: Mile 17.1
- #15: FRT and Hwy 172: Mile 18.4
- #16: FRT and Railroad Bridge: Mile 20
- #17: FRT and Portlier (Double Hit): Mile 20.9
- #18: Community Garden: 5th & 6th: (Double Hit) Mile 22.3
- #19: Beaumont Park: Liberty & Gross: Mile 24
- #20: Lambeau Field: Ridge and Valley View: Mile 25.1

Half Marathon:

- #1: Marvelle & Orrie: Mile 1
- #2: Smith Park on Bruce: Mile 2.6
- #3: North & South Point: Mile 4
- #4: Church of Christ on W. Point: Mile 5.3
- #5: Incarnation Lutheran Church on W. Point: Mile 6.5
- #6: John Muir Park on Biemeret: Mile 7.2
- #7: Colburn Park Driveway on Fisk: Mile 8.4
- #8: Marquette Park: Hickory Hill and Gross: Mile 9.9
- #9: Beaumont Park: Liberty & Gross: Mile 11.1
- #10: Lambeau Field: Ridge and Valley View: Mile 12.2

5K

- #1: Marvelle & Orrie: Mile 1
- #2: Lambeau Field: Ridge and Valley View: Mile 2.2

Restroom facilities will be available at the start line, the finish line and at every aid station along the course.

GU Energy Gel stations will be located at mile marker 7 (half/full), mile 14 (full), and mile 20 (full).

Medical reunite will be labeled and near the medical tent.

No showers will be available at the finish line.

Runner Info & Race Results

Hotel shuttles will be running prior to and after the event to pick up and drop off participants and spectators. Shuttles start at 5:00 a.m. and will run until 7:30 a.m. from hotels to the start/finish area. Hotels within 0.5 miles from start/finish will not have a shuttle stop. Shuttles will drop off and pick up at Borvan Ave. and Holmgren Way. Shuttles will pick up and return to hotels beginning at 9:00 a.m. and will continue on the hour until 2:00 p.m. Last shuttle is 2:00 p.m.

Timing mats will be located at the following mile markers: 1, 5, 10, 15, 20, and the finish line.

Runner tracking is available by scanning the QR code shown below or by downloading the Race Day Events app from Google Play or App Store.

You can also access online results by visiting <https://racedayevents.com/app>

Get Race Results Fast!



Scan the QR code for runner progress and race results!
After scanning, 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.



Get the detailed
Marathon Course map!



Scan the QR code for complete detailed map.

Half Marathon Course Map

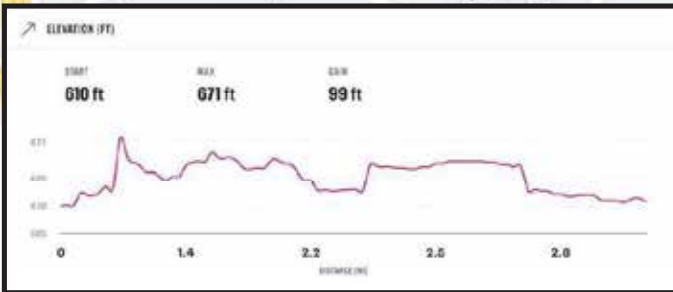


Get the detailed
Half Marathon Course map!



Scan the QR code for complete detailed map.

5K Run/Walk Course Map



Get the detailed 5K Course map!



Scan the QR code for complete detailed map.

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, 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. 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**. 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, dangerously hot weather or other conditions that would impede runner safety may cause delays or cancellations.

- The Bar, 2001 Holmgren Way, will be open at 5:00 a.m. on Sunday to provide shelter.
- Delays or cancellations will be announced via the start line PA, via the official marathon radio station (WIXX, 101.1 FM), and social media.
- 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 below:

EVENT ALERT SYSTEM (EAS)

ALERT LEVEL	ALERT LEVEL	ALERT LEVEL
EXTREME	DANGEROUS CONDITIONS EVENT CANCELED 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



Start Area, Schedule & Parking Info

Start Line Schedule

Marathon and Relay

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

Half Marathon and Relay

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

5K

- 8:15 a.m. 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. 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.

Parking Notes

- Parking will be available in and around the start and finish areas.
- Parking is available at Lambeau Field. **Please DO NOT park in Lot 3** so that it can remain open for tours and visitors.

Finish Area Map



Broadway
AUTOMOTIVE
Better!

CHEVROLET Ford BUICK Cadillac GMC VW HYUNDAI GENESIS

Shop Thousands of Vehicles. All in One Place, Anytime.
BroadwayAutomotive.com

Shuttle Info

Hotel shuttles

- Hotel shuttles will be running prior to and after the event to pick up and drop off participants and spectators.
- Shuttles start at 5:00 a.m. and will run until 7:30 a.m. from hotels to the start/finish area.
- Hotels within 0.5 miles from start/finish will not have a shuttle stop.
- Shuttles will drop off and pick up at Borvan Ave. and Holmgren Way.
- Shuttles will pick up and return to hotels beginning at 9:00 a.m. and will continue on the hour until 2:00 p.m. **The last shuttle is 2:00 p.m.**

Airport Wingate by Wyndham
2065 Airport Dr.

Fairfield Inn
2850 S. Oneida St.

Radisson Hotel & Conference Center
2040 Airport Dr.

Aloft
465 Pilgrim Way

Hampton Inn - Stadium
2840 Ramada Way

Springhill Suites by Marriott
1011 Tony Canadeo Run

Bay Motel
1301 S. Military Ave.

Holiday Inn Stadium
2785 Ramada Way

Tundra Lodge Resort
865 Lombardi Ave.

Best Western Green Bay Inn
780 Armed Forces Dr.

My Place
2220 Holmgren Way

Wingate
2065 Airport Drive

Country Inn & Suites Stadium
2945 Allied St.

Quality Inn - Downtown
321 S. Washington St.

Delta Hotels by Marriott Green Bay
2750 Ramada Way

Quality Inn - Stadium
1978 Holmgren Way




Seaway
bound for success™

Good Luck Runners

Seaway Printing Company

Course Entertainment & Spectator Info

Entertainment

Entertainment will be provided by Panic Station from 9:00 a.m. to noon on The Stage at The Bar, 2001 Holmgren Way.

Runner Viewing Inside Lambeau

To view participants in the Cellcom races at Lambeau Field, spectators should enter and park in Lots 5 or 6 off of Ridge Road on the stadium's West side. Spectators will enter the Fleet Farm Gate and will be able to watch participants run through the bowl in a sectioned off area.





GREEN BAY PACKAGING
 SMART PARTNERS ... SMARTER SOLUTIONS

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

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

festival
TURKEY TROT
 15TH ANNUAL

THANKSGIVING MORNING
 2 Mile Fun Run · 2 Mile Walk · 5 Mile Run

Benefiting




SAVE THE DATE!



REGISTER
 PRIOR TO NOVEMBER 1
 FOR THE LOWEST RATE

TWO WAYS TO WIN PRIZES!

GRAND PRIZE: (1 Grand Prize Winner selected in November)

- **\$1,000 American Airlines Gift Card**

 From Appleton International Airport

Text "TROT" TO 78402 TO WIN OTHER GREAT PRIZES!

- Yeti Backpack Cooler (GRAND PRIZE)
- 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. Messages and data rates may apply.

Terms and privacy: festivalfoods.com/merch. Sweepstakes rules at festivalfoods.com/terms. Eligible to win March 12, 2022 - November 18, 2022.



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 three to four 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.





Good luck runners.

We are with you every step of the way.

PREVEA
health



GOOD LUCK TO ALL CELLCOM PARTICIPANTS!

BRUNCH
10AM - 2PM

ALL DAY
DOUBLE BUBBLE

BUY ONE 14" PIZZA
GET SECOND ONE
1/2 OFF!

Dine in ONLY. Holmgren Way location ONLY. Valid with this coupon only. Limit 1 coupon per customer. Not to be combined with any other offers or specials.



EXPIRES 5/16/22

1992 HOLMGREN WAY

(920) 965-1111

**Two papers no
business should
be without.**



**Subscribe • Advertise
(920) 884-NEWS
www.thebusinessnews.com**

Proud Sponsor of the Cellcom Green Bay Marathon

**Excited to be
TOGETHER AGAIN!**



Nsighttel.com

Investing in What Matters

For over 50 years, we have been invested in the success of your family, your business and your life. Because what matters most is doing what's right – for our customers, our associates, and our Wisconsin communities.

Proud to sponsor the **Cellcom Green Bay Marathon** and support your work in the Green Bay community.

Learn more at JohnsonFinancialGroup.com.

318 S Washington Street, Green Bay | 920.433.7100



JOHNSON
FINANCIAL GROUP®

BANKING
WEALTH
INSURANCE

SNACKING CHEESE

THE ULTIMATE GRAB & GO SNACK

A Smile with Every Bite™



BelGioioso Snacking Cheeses are a good source of protein and calcium, perfect for keeping you on track during those outdoor adventures. Premium quality and convenience, exactly what your busy life needs.

rBST Free* | Gluten Free | Award-Winning
 *No significant difference has been found in milk from cows treated with artificial hormones.



BELGIOIOSO®

belgioioso.com    



Thank You!

*Please Do Your Part
Support Our Charity Partners!*



CELLCOM GREEN BAY
MARATHON

cellcomgreenbaymarathon.com



THE BAR HOLMGREN WAY



The new four-season multi-functional pavilion addition will provide space to serve private parties, live music, gameday events and activities such as pickleball and cornhole. With 6 large garage doors and heating units, The Bar will be able to meet the high demand for an extended outdoor season.



**EVERY WEDNESDAY
AND FRIDAY
THIS SUMMER**

ACOUSTIC ON THE PATIO!

*ON THE PATIO WEATHER PERMITTING

2001 HOLMGREN WAY - 920.499.9989 - MEETATTHEBAR.COM

THE BAR, AT 2001 HOLMGREN WAY, IS YOUR HEADQUARTERS FOR GEAR CHECK, REGISTRATION, PACKET PICK-UP, FINISH LINE FOOD TENT, AND THE ENTERTAINMENT STAGE!