FOR IMMEDIATE RELEASE

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Prevea Training Runs Begin Saturday, January 7

Runners are invited to join training program for the Cellcom Green Bay Marathon

Green Bay—January 5, 2012— Prevea Health, the Official Health Partner of the Cellcom Green Bay Marathon, is again sponsoring weekly training runs for all individuals preparing for a full or half marathon. The training runs begin this Saturday, January 7 and will continue every Saturday until marathon weekend.

Runners will meet at 8 a.m. in the food court of Bay Park Square Mall each Saturday in January, and at 7 a.m. throughout February. The Prevea Training Runs will then move to West De Pere High School and begin at 7 a.m. from March 3 to May 12, except for March 31 where runners run in the Dick Lytie Spring Classic.

The 19-week series allows runners to train with a group and the distance of each run corresponds to the 2012 Marathon Training Guide—available on www.prevea.com. Water and Gatorade is available every 2.5 miles for 12-minute mile or faster runners.

Runners may also visit the Prevea Sports Medicine table for a FREE injury screening. Prevea Sports Medicine experts will be available after every run to check out aches and address issues immediately to keep the training experience enjoyable and safe.

The runs are free, but donations are encouraged. Donations benefit Unity Hospice, Junior Achievement and Family Services of Northeast Wisconsin—the three non-profit groups who staff water stations on the training run routes. Donation bins are available each Saturday.

Prevea Health's mission is to care for people with passion, pride, and respect. Founded in 1996, Prevea Health partners with St. Mary's and St. Vincent Hospitals in Green Bay, and St. Nicholas Hospital in Sheboygan to provide access to more than 200 providers in over 50 specialty areas. Prevea's 23 locations are throughout the greater Green Bay area and in Luxemburg, Kewaunee, Marinette, Oconto, Plymouth, Pulaski, Seymour, Sheboygan and Sturgeon Bay.

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