



## **NEWS RELEASE**

For more information contact:

Tracy Heaser, Marketing Communications Coordinator

WORK:(920) 429-1752, CELL: (920) 819-1798, EMAIL: [tracyh@prevea.com](mailto:tracyh@prevea.com)

### **Pints & Pointers: Gadgets, Gear & GU**

FOR IMMEDIATE RELEASE

GREEN BAY, Wis. —*March 31, 2010*—The next Prevea Pints & Pointers event for marathon runners is going to get technical. It's all about the three G's: *Gadgets, Gear and GU*. Hosted at Titledown Brewing Co. at 200 Dousman Street, the event runs from 7:00 to 8:00 p.m. on Wednesday, April 7.

This event is an interactive discussion on the technology and supplements available to help runners prepare for and run on race day. Area experts from the retail industry and Prevea Sports Medicine will demonstrate the benefits of proper apparel, shoe fitting, GPS, heart rate training, Nite Vision, and more. Attendees are encouraged to bring their favorite gadget or gear to share with the group.

Pints & Pointers is an educational series sponsored by Prevea Health, where experts answer questions and offer tips on running the Cellcom Green Bay Marathon. Members of the Prevea Health Sport Medicine team and Cellcom Marathon are on hand at each event. Sessions take place at Titledown Brewing Co., so participants can relax, enjoy refreshments, mingle and learn from fellow runners. All running abilities and experience levels are welcome.

Remaining sessions are:

May 5                      Drive, Grit, Determination...Successful Stories for Inspiration

For more information and full schedule, visit [www.prevea.com/calendar](http://www.prevea.com/calendar).

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 20 locations are throughout metropolitan Green Bay and in Kewaunee, Marinette, Oconto, Plymouth, Pulaski, Seymour, Sheboygan and Sturgeon Bay. Visit [www.prevea.com](http://www.prevea.com) for more information.

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