Hello Runners,

On behalf of Prevea Sports Medicine, welcome to your five-month running journey to the finish line of the Cellcom Green Bay Marathon. Whether you are looking to complete your first full or half marathon, set a personal best or become a healthier person, Prevea is here to help you succeed.

We are by your side every step you take during the training programs which we designed specifically for runners like you. From the Prevea Training Runs and Prevea Pints & Pointers to the free injury screenings, the Prevea Sports Medicine team is your health care resource.

A special thank you goes to the two marathon-chosen charity partners this year, Greater Green Bay Habitat for Humanity and Greater Green Bay YMCA Full Circle Program, for volunteering each Saturday to staff the water stations throughout the Prevea Training Run routes. These volunteers work through the coldest wintery days to the cool spring mornings to supply you with water during your runs. Please thank them with us by donating to their organization.

Thank you in advance for participating in the Prevea training run programs and for supporting your community’s charity partners. Good luck in your journey to the finish line!

Sincerely,

Ashok Rai, MD
President and CEO
Prevea Health

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Video running form analysis
Are you not sure if you have correct running form? Are you in pain after your long runs?

You may benefit from spending just two hours with a certified running coach. With the help of technology and Dartfish video support, they are able to slow down your movements for precise assessments that may not be seen at full speed.

For only $99, this analysis, along with personalized treatment or training recommendations, will help reduce your chance of injury and enhance your overall running form.

Call to schedule your iPerformPrecision video running form analysis sessions.

Prevea Ashwaubenon Health Center
2502 S. Ashland Ave. • Green Bay
(920) 272-3300
prevea.com
Prevea Pints & Pointers is a free educational series that features expert speakers who offer tips and answer questions about running and preparing for the marathon.

**WEDNESDAY, JANUARY 16, 2019 • 6 TO 7 P.M.**

**GETTING READY FOR YOUR RACE**

**Titletown Brewing Company Tap Room | 320 N Broadway, Green Bay**

Veteran marathon runner, Callie Bartel, will discuss all the ins and outs of half and full marathon training. This interactive discussion will cover the proper ways to train using tempo and hill runs, strength training, and Callie will even get you moving doing her favorite exercises and stretches to help prevent injury while training.

**WEDNESDAY, FEBRUARY 6, 2019 • 6 TO 7 P.M.**

**STRENGTH TRAINING FOR RUNNERS**

**Titletown Brewing Company Tap Room | 320 N Broadway, Green Bay**

Prevea Strength and Conditioning Coaches for UW-Green Bay Athletics, Brandon Schlotthauer and Ryan Immel, will lead an interactive panel discussion on common strength and conditioning practices runners can benefit from in preparation for their half or full marathon. Bring your questions and concerns in preparation for a detailed discussion and be ready to move.

**WEDNESDAY, MARCH 6, 2019 • 6 TO 7 P.M.**

**FUELING MADE SIMPLE**

**Titletown Brewing Company Tap Room | 320 N Broadway, Green Bay**

Prevea Registered Dietitian Nutritionist and fellow marathon runner, Deb Guenterberg, will lead a hands-on demonstration on preparing healthy meals and snacks for distance runners. Come prepared to try new recipes and learn ways to fuel your body in preparation for your race.

**WEDNESDAY, APRIL 3, 2019 • 6 TO 7 P.M.**

**YOGA AND PINTS**

**Titletown Brewing Company Tap Room | 320 N Broadway, Green Bay**

Certified yoga instructor from Flow Yoga, Ryanne Cunningham, will lead the session in hopes of challenging all in attendance to both a physical and mental workout to prepare you for the remainder of your training. Join us for an active session of yoga to help both the body and mind recover.

Event details subject to change.
Running **warm-up and stretches**

Proper warm-up routines and stretching exercises are key to staying healthy when preparing for a run. In five to ten minutes, you can prepare your body for miles of running. Follow this simple routine every time your foot hits the pavement. Complete each exercise, in 15-yard intervals, twice.

**JOGGING |** Slow jog.
- Hip, knee and ankle should be in alignment when hitting the ground
- Try not to cave at the knee
- Focus on soft landings

**HIGH KNEES**
*Bring knees up toward chest while moving in a forward direction.*
- Drive one knee up at a time, alternating with each step
- Step, high knee right, step, high knee left, alternating arm swing with each step
- Pump arms
- Keep a quick tempo
- Focus on soft landings

**BUTT KICKS**
*Snap heels up toward buttocks while moving in a forward direction.*
- Drive one heel up to butt at a time, alternating with each step
- Pump arms
- Keep a quick tempo
- Focus on soft landings

**SKIPPING |** An easy skip with a relaxed upper body.
- Step, hop right, step, hop left, alternating arm swing with each step
- Concentrate on rhythm
- Focus on soft landings

**CHERRY PICKERS |** Drive knee high with the opposite arm swinging high.
- Focus on soft landings and body balance
- Relax shoulders but use arm to generate height
- Avoid knee caving in upon landing

**CARIOCA |** Utilizing hip muscles, alternate stepping forward and backward moving in a lateral direction.
- Keep quick feet and knee slightly bent
- Open hips to rotate feet around
- Focus on soft landings
- Relax shoulders and swing opposite the hip rotation

**TWIST |** Focus: core muscles
- Rotate upper body to the left as you slightly lift your right heel
- Rotate to your right while slightly lifting your left heel

**WALKING QUAD WITH CALF RAISE |** Focus: quadriceps and hip flexors
- Standing upright, kick right heel back toward buttocks
- Grab right foot with your right hand
- Your knee should be pointed downward and left foot flexed with heel off the ground
- Hold for 3 seconds, release right leg and step forward
- Repeat sequence on left side

**KNEE HUGS |** Focus: hamstrings and glutes
- Standing upright, lift left knee to chest
- Grab below your left knee with both hands and pull toward chest
- Keep your chest up and perform a calf raise on opposite side
- Hold for 3 seconds, release left knee and step forward and repeat with opposite leg
- Repeat sequence with right knee

**HIP ROTATOR |** Focus: glutes and abductors
- Standing upright, lift left knee to chest
- Pull left leg as close as you can to your chest
- Keep chest up and perform a calf raise on opposite side
- Repeat sequence with right knee

**LATERAL LUNGE |** Focus: groin and adductors
- From a standing position with legs shoulder width apart, step out laterally to the right
- Keep your toes pointed straight and feet flat
- Squat by sitting back and down toward your right leg
- Keep left leg straight and your weight on your right heel
- Do not let right knee extend over toes
- Return to standing position and repeat on opposite side

**INCH WORM |** Focus: hamstring
- Stand with legs straight and hands on the floor
- Keep the legs straight and walk hands out in front of you into a push up position
- Keep back flat
- Keeping your legs straight, walk feet toward your hands taking baby steps until feet reach your hands or you knees start to bend
Prevea Training Runs
The Saturday morning Prevea Training Runs are a great place to meet with your running friends, make new friends, be inspired and take steps toward a healthier life. The routes vary to help keep you motivated through the months of training. These runs are free and are available to any running ability and age group.

- While all training runs are free, donations are encouraged. Donations go toward the two marathon-chosen non-profit organizations who volunteer each Saturday to staff the water stations throughout the training run routes. Donation bins are available at the Prevea Training Runs.
- Water is provided on the course. Starting Feb. 2, Gatorade will also be provided.
- Pace setters are periodically available at various paces.
- Free injury screenings provided by Prevea Sports Medicine.

DO YOUR FEET OR ANKLES HURT WHILE YOU RUN? DID YOU PULL A HAMSTRING? DO YOU HAVE PAIN IN YOUR KNEE?
Visit the Prevea Sports Medicine table for a FREE injury screening, available every Saturday after the Prevea Training Runs.

If you have an ache or pain, please get it checked out with one of the Prevea Sports Medicine experts. It’s best to address issues immediately so you can have an enjoyable and safe training experience.

MIKE LAMERE, MS, LAT, NASM-PES
Prevea Sports Medicine Manager
Prevea Training Run Director for Cellicom Green Bay Marathon
(920) 431-1815

Saturday Prevea Training Runs Schedule

<table>
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<tr>
<th>Week</th>
<th>Date</th>
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<th>Full Marathon Distance</th>
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All training runs begin at 7 a.m. at Titletown Brewing Company Tap Room.
Training runs will be held in all weather, unless lightning is present. Run at your own risk. Miles listed are approximate. Distance actually run will vary based on weather, construction, act of God or other route calculating variances.

Event details subject to change.
Rules of the road

At the Prevea Training Runs, all runners need to abide by the basic running rules to help ensure all runners’ safety as these runs are on the open road. Please follow the rules of the road to increase your chances of a safe and healthy run.

- Respect the driver’s right to the road.
- Run against traffic so you can see any advancing motorist.
- During group runs, run 1-2 abreast when cars need to pass.
- Stay close to the shoulder of the road when a car is approaching.
- At a stop sign or light, wait for the driver to wave you through. Be courteous by waving back to the driver.
- Never cross against traffic light signals.
- At intersections, always wait and look for vehicles coming from multiple directions and lanes before attempting to cross.
- Look out for vehicles pulling out of driveways. They may not see you.
- If you run with headphones or ear buds, make sure you can still hear what is going on around you. It is suggested to only run with one ear bud in at a time.
- Wear bright and/or reflective clothing.

Access to quick care for orthopedic and sports injuries

When an injury occurs, typically you want to know immediately what the injury is, how to manage the pain, what the treatment will be and how long the recovery will likely last. Rest assured, Prevea Sports Medicine providers are available to help when the injury occurs.

WE HAVE MANY CONVENIENT OPTIONS TO CARE FOR YOU AND YOUR INJURY.

- Free direct phone call with an athletic trainer to help answer your injury concerns, provide a treatment plan and offer next step recommendations. Call (920) 785-8616 Monday through Friday 8 a.m. to 9 p.m. and Saturday 8 a.m. to 4 p.m.
- Free in-clinic evaluation and treatment recommendations by an athletic trainer of your joint and/or muscle injury. Call (920) 785-8616 Monday through Friday 8 a.m. to 5 p.m. to schedule an appointment
- In-clinic evaluation by a physician. Call (920) 272-3300 or visit prevea.com to schedule an appointment
Recovery from long runs
You train for months leading up to the marathon. It’s important to learn as much as you can to help ensure you will cross the finish line. Prevea Health experts offer medical tips to a healthy recovery for your longer training runs and post marathon.

Food and beverages
• As soon as you feel like you can drink something, drink water. This should be done immediately after your run. As soon as you can, 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 recovery beverage because it has sugar and protein.
• Begin eating when you feel like you can handle it. Typically, this will be between five to ten 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 vomiting.

Muscle recovery
• Try to keep walking for up to 15 minutes after completing the run. 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.
• 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-run.
• Begin stretching the calves, quadriceps, hamstrings, IT bands, glutes and low back right away with long, gentle stretches.
• 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 from prolonged exercise.
• When you shower, choose lukewarm or cool water. Avoid hot showers for at least one day to allow your body to fully rehydrate. Being dehydrated in a hot shower can cause you to get dizzy and pass out.
• Avoid hot tubs until your body is fully recovered because they will worsen swelling and inflammation in the muscles and joints.

Therapy for Sports Medicine
Don’t let sports injuries or joint pain keep you from doing what you’re passionate about. From the latest manual therapy techniques to exercise prescription, your personalized treatment plan will include everything you need to return to your best.

Physical therapy is conveniently located at 19 Prevea Health Centers throughout northeast Wisconsin.

CALL (920) 272-3380 TO SCHEDULE AN APPOINTMENT.

prevea.com/therapy
Pace chart

Use this pace chart to help determine how long it will take you to finish the full or half marathon. Pace setters are available for you to pace yourself with as you run the marathon. Free PaceTats are available at the Prevea Sports Medicine booth at the Prevea Health & Fitness Expo on Friday, May 17 and Saturday, May 18.

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Race day check list

Receive in Gear Bag at Pick-Up
- Race bib
- Safety pins
- Race map

Apparel
- Shorts and shirt
- Running shoes and socks
- Hat or sweatband
- Sunglasses
- Gloves

Accessories
- Towel
- Watch and/or heart rate monitor
- Water bottle and carrier
- Foods/gels
- Sunscreen
- Body Glide®
- Garbage bag
- Race belt

Night before race day reminders
- Pin your bib number to the shirt or singlet you plan to wear on race day.
- Lay out all your clothing you are going to wear including your watch, GPS and heart rate monitor.
- If you eat or drink certain foods or beverages before you run, make sure they are ready to go.
- Set out anything else you will need to put on such as petroleum jelly, Body Glide®, Band-Aids®, sunscreen, etc.
- If you are using the gear check bag, pre-pack as much as you can and hang it on the doorknob of the door you will be leaving through to go to the race.
- Review your map or directions to the parking area and the start line. Be sure you know where you are going and how long it takes to get there.
- Arrange two ways to wake up for tomorrow’s race:
  1. The alarm on your running watch and/or cell phone
  2. Wake up call from a friend or the hotel front desk

Enjoy a great night’s sleep since you are now prepared to race!
Prevea Health

Official Health Partner Since 2000

Prevea Health’s team of experts — your ticket to a safe and healthy Cellcom Green Bay Marathon experience. Let us help you fulfill your dreams.

MARATHON SUPPORT STAFF

Jeremy Metzler, MD
Medical Director
Fellowship Trained
Primary Care Sports Medicine Physician

Tom Krahn, DPT, LAT
Medical Coordinator
Athletic Trainer and Physical Therapist

Mike LaMere, MS, LAT, NASM-PES
Prevea Training Run Director
Sports Medicine Manager

MEET OUR SPECIALISTS

Amy Romandine Kratz, MD
Primary Sports Medicine Physician

Jonathan Dunker, DO
Orthopedic Sports Medicine Surgeon

Nicole Zappa, DO
Orthopedic Foot & Ankle Surgeon

prevea.com • (920) 431-1815