



NEWS RELEASE

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FOR IMMEDIATE RELEASE

Pints & Pointers for runners begins Feb. 4

Green Bay – Jan. 29, 2009 – To help runners prepare for the Cellcom Green Bay Marathon, Prevea Health once again is offering the Pints & Pointers series. The first of the free monthly events is Wednesday, Feb. 4 at Parkview Middle School, 955 Willard Drive, Ashwaubenon.

Performance enhancement specialists and licensed athletic trainers from Prevea Sports Medicine will present “Core Performance Training: Strengthening Your Whole Body for Running” beginning from 7:30 to 8:30 p.m. Participants should wear workout clothes and running shoes for this interactive session.

The remainder of the series will be held the first Wednesday of the month during March, April and May at Titledown Brewing Company, 200 Dousman St., Green Bay, from 7 to 8 p.m. The schedule is as follows:

- **March 4:** “Training for a Marathon When Life Doesn’t Cooperate” with Prevea Orthopedic Surgeon Rolf Lulloff, MD; and Prevea Sports Medicine Service Line Director Jason Helgeson, LAT.
- **April 1:** “First Timer’s Session” with Larry Lueck, first-timers director for the Cellcom Green Bay Marathon.
- **May 6:** “You Gotta Believe” with University of Wisconsin-Green Bay cross country coach Mike Kline.

Runners of all ages and abilities are welcome to attend these informational programs. For more information about the Pints & Pointers series, the Prevea Training Runs and Prevea Running Clinic, visit www.prevea.com or www.cellcomgreenbaymarathon.com, where runners and walkers also can register for any of the marathon events.

Founded in 1996, Prevea Health partners with St. Mary’s Hospital Medical Center and St. Vincent Hospital in Green Bay to provide access to more than 200 providers in about 50 specialty areas. Prevea’s 16 health centers are located throughout metropolitan Green Bay and in Marinette, Oconto, Plymouth, Pulaski, Seymour, Sheboygan and Sturgeon Bay.