



## NEWS RELEASE

**For immediate release**

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### **Prevea Training Runs Start on Saturday, January 9**

Green Bay, WI (January 7, 2010) – Prevea Health, the Official Health Partner of the Cellcom Green Bay Marathon, is again sponsoring a training run program for both marathoners and half marathoners. The training runs begin this Saturday, January 9 and continue every Saturday through May 8.

Prevea Training Runs are free to the public. In addition to a long run, the trainings offer weekly event updates, water and Gatorade every three miles and free coffee and bagels at the finish. There is also a free injury consultation clinic provided by the Prevea Sports Medicine team experts before and after the run to help with any sports-injury questions or concerns.

“More importantly, the training runs give runners the opportunity to do their weekly long run with the support of the marathon and added motivation of being with other runners,” said Sean Ryan, race director for the Cellcom Green Bay Marathon.

Runs start at the Bay Park Square mall from January 9 – March 13 beginning at 8:00 a.m. Participants can meet in the food court. The runs will move to West De Pere High School from March 20 – May 8 and will start at 7:00 a.m.

Routes will be announced at each training run. Full training schedules from Prevea are available on Prevea’s website and on the training page on the Cellcom Green Bay Marathon website.

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The eleventh annual Cellcom Green Bay Marathon will take place on May 14-16, 2010. Over the past 10 years, the race has generated over \$320,000 in proceeds for local charities. The Cellcom Green Bay Marathon seeks to create community spirit through a world-class marathon for people of all athletic abilities. For more information visit [www.cellcomgreenbaymarathon.com](http://www.cellcomgreenbaymarathon.com).

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.