

BELLIN WOMEN'S HALF 2018 MARATHON•5K

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Bellin Women's Training Kickoff is June 26

Free event ushers in training season for half marathon, new 5K race

GREEN BAY — The Bellin Women's Half Marathon & 5K will welcome members of the public for a training kickoff event from **5:30-7:15 p.m. Tuesday, June 26** at the Green Bay Distillery, 835 Mike McCarthy Way, Ashwaubenon.

This free event is designed to build excitement and help women kick off their training for the fourth annual Bellin Women's Half Marathon and two-person relay and brand-new 5K event, which will be held **Saturday, Oct. 6**. [Free, twice-weekly training sessions](#) for the event will begin **July 11**.

“We always love this training kickoff event, which allows us to welcome back our incredible past participants while introducing awesome new runners and walkers to our event,” said race director Linda Maxwell. “And this year's kickoff is even more exciting, as we welcome those who will be training to run our brand-new 5K course. No matter what your distance, you'll get a healthy dose of information and inspiration while enjoying the camaraderie of your fellow runners and walkers.”

Doors will open at 5:30 p.m. for the kickoff event, with a salad buffet served beginning at 5:30

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and the program starting at 6. Attendees will hear from Bellin Health running expert Nate Vandervest, who will talk about training; as well as keynote speaker Carol LeGate of Green Bay, a mom of three, longtime competitive runner and three-time Olympic trials qualifier who will speak to the role running has played during various stages in her life. She'll highlight how the camaraderie of other women has enhanced her joy in running, and in life in general. A Bellin Health physical therapist and a Bellin sports nutrition specialist will be on hand to answer injury and nutrition questions after the formal program concludes.

Dubbed "a race to empower women," the fourth annual Bellin Women's Half Marathon and new 5K event will take place Saturday, Oct. 6. The only event of its kind in Northeastern Wisconsin, the race seeks to celebrate and motivate female athletes of all levels and abilities. The focus also provides an opportunity to spotlight training and health issues specifically related to women. More information is available at www.bellinwomenshalf.com.

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