

# BELLIN WOMEN'S HALF 2018 MARATHON•5K

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## **Bellin Women's Events to Present Nutrition & Know-How Session to focus on healthy eating and race-week tips**

GREEN BAY — The Bellin Women's Half Marathon & Pink Pumpkin 5K will present Nutrition & Know-How, a fun and free informative session, from **6-7:30 p.m. Wednesday, Sept. 19** at Bellin Health Titledown Sports Medicine & Orthopedics, 1970 S. Ridge Road.

The event will begin with Bellin Health Performance Nutrition Specialist Lee Hyrkas offering valuable information on enhancing one's training by fueling the body the right way. Hyrkas is a registered dietitian who specializes in providing evidence-based nutrition counseling to enhance athletic performance, as well as promoting health and wellness.

After Hyrkas presents, Bellin Women's Half Marathon & Pink Pumpkin 5K Race Director Linda Maxwell and Bellin Running Expert Nate Vandervest will offer valuable race-week tips for participants. These will include training taper advice, how to plan for race day and important race-morning logistics.

Nutrition & Know-How is free and open to the public. Registration is not required, but prospective attendees are encouraged to respond to the [Nutrition & Know-How Facebook event](#). Water and a healthy snack will be provided.

Dubbed "a race to empower women," the fourth annual Bellin Women's Half Marathon and

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Two-Person Relay and new Pink Pumpkin 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](http://www.bellinwomenshalf.com).