



Marathon & Half Marathon 201

Getting Ready for the Big Day

Wednesday, August 28

6:00pm-7:30pm

Community First Credit Union
201 N. Main Street, Menasha

FREE & Open to the Public. RSVP at pacesetters events FACEBOOK

Join us for the next step in your marathon and half marathon preparation. Carrie Miller, certified coach, returns with important tips as race day approaches. Cassie Kottke, Certified Coach, shares ways to fuel your body.



Carrie Miller



Cassie Kottke

6:00 – 6:15pm Social

6:15 – 6:45pm Tapering, Details, Fine Tuning by Carrie Miller

6:45 – 7:15pm Nutrition: Before, During and After by Cassie Kottke

7:15 – 7:30pm Secrets from Experienced Marathoners

Hosted by

PaceSetters