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INDIANAPOLIS



MONUMENTAL

NOVEMBER 5, 2016

FULL & HALF MARATHON | 5 K | KIDS FUN RUN

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 Lilly | DIABETES

January 5, 2016

Greetings!

Now that registration is officially open and another Monumental Year is underway, we will return to our monthly newsletter format. These issues will bring you important news, updates, and event information, as well as our regularly featured Monumental Story, Volunteer of the Month, and Coach's Corner highlights.

You will continue to receive these newsletters, whether or not you have previously registered. You can always confirm your registration with your [eventbrite account](#).

Issue Highlights:

[Start the Year in A Monumental Way](#)

[Contest Winners Announced](#)

[Mid Season Check Point: Monumental Mile](#)

[Indianapolis Half Marathon News](#)

[Monumental Story: Learning to Lead](#)

[Volunteer of the Month](#)

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[Featured Partner Event: Donut Dash!](#)

Still Time to Start 2016 in a Monumental Way!

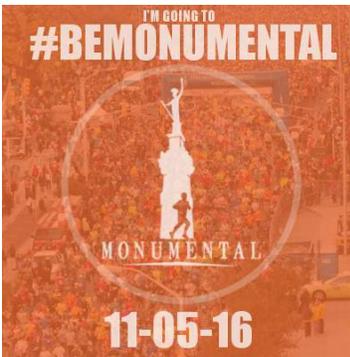


Did you know: Only 45% of Americans make a resolution? They're notoriously hard to keep. But here's the good news - people who make a New Year's Resolution are **10 times more likely to make a positive change!** (Huffingtonpost.com)

Here's your chance to make 2016 Monumental. Make your resolution for November, register, and be committed all year long. You can be incredible in 2016!

REGISTER NOW

Winners Galore!



Last week we ran two promotional contests to celebrate our registration launch. And the winners are:

Winner of Free Hotel Stay on Race Weekend:
Clifton B., Salem IN

Winners of Monumental Prize Packs: Nicole F., Thornville OH, & Devin W., Avon IN

Check Your Progress in June!

Give yourself a mid-season check point with the Monumental Mile! If you register now, you get all the amenities of a full road race for only \$20:

- Chip Timing
- Gender specific, Technical Race Tank
- Age Group Awards
- Post Race Party



This year's event will take place on Thursday, June 2 on Monument Circle. Visit www.monumentalmile.com/ for more information!

[Register for the Mile](#)

Indianapolis Half Marathon News

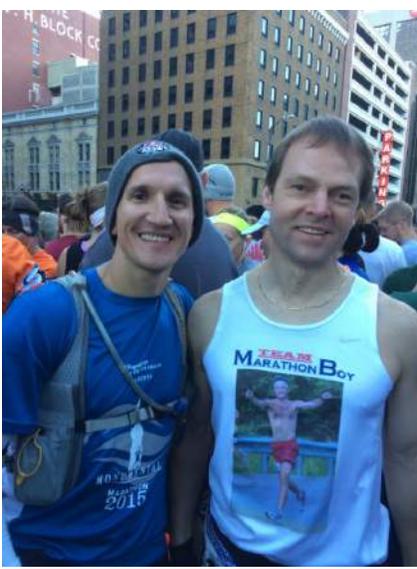


As of December 1, 2015 the Indianapolis Monumental Marathon and the Indianapolis Marathon have merged! The 21st running of this fall tradition will take place on Saturday, October 8, 2016 and will offer a **half marathon** and **5k** event.

Registration is set to open on **March 1, 2016**.

More information is available at hometownhalf.com and you'll receive updates in our February 5th newsletter.

Monumental Story: Learning to Lead



Running a Marathon is hard, but running it as a guide for a blind runner makes it that more rewarding. Bob Roudebush took on the task at this year's Indianapolis Monumental Marathon.

"Imagine navigating through hundreds or thousands of other runners on city streets. Tied to another runner with a two-foot piece of rope. Tied to another runner who cannot see first-hand the craziness going on around him. What I understood at that moment was that I wasn't just along for the ride. I had an active part to play if we were to both make it to the finish."

[To read more of this incredible journey, click here.](#)

Want to Share?

We're always on the lookout for blogs and monumental stories. Has running changed your life? Are you overcoming an obstacle to run our race? Do you keep a hilarious training blog? Share your story and be featured in one of our upcoming newsletters and on our website!

E-mail your story to: rhi.johns@monumentalmarathon.com

[Click here to read the Monumental Story Archive](#)

Volunteer of the Month: Laura Neidig



This month we would like to recognize Laura Neidig as our volunteer of the month. Laura has been an IMM volunteer for two years, and has served the organization in countless ways. Serving as a marketing liaison, she has been an incredible resource, often offering advice and feedback at all hours, reaching out to community organizations, and helping the IMM get unprecedented media coverage in the years she has been a volunteer. On event day, Laura works with a video team to gather footage for our short films of which she is a producer (including the Emmy Award Winning "[Because I Can](#)"), and helps to capture the events special moments with her fabulous photography skills.

Thank you Laura, for all that you do!

If you would like more information on volunteering, please contact casey.collins@monumentalmarathon.com

Coach's Corner with Matt Ebersole

If you are setting goals, you have an appetite for achievement. This appetite will consume hundreds of hours of time and gallons of sweat so they better be worthy targets. In this month's Coach's Corner, we discuss some of the most common problems to consider and avoid when setting and pursuing goals, including:



- Do Your Goals Align?
- Adopting a Goal
- Pass or Fail Time Goals
- Poor Planning
- Confusing Finishing and Performance

[To read the article, click here.](#)



Matt Ebersole is the founder & coach of Personal Best Training. Matt has coached over 7,000 athletes since 1991. Coach Ebersole has served as the IMM Elite Athlete and Pace Team Coordinator since 2013.

Great Run, Great Cause, and FREE DONUTS!

The tastiest 5k of the year benefits Teachers' Treasures! The Circle City Donut Dash 5k is a run/walk event with 2 different types of races. The premier event is the Donut Challenge: a 5k where participants must consume a dozen delicious donuts at the halfway point. There is also a non-donut 5k for the less ambitious runners - but don't worry, you can still eat donuts post-race!



All participants will receive a Circle City Donut Dash Challenge shirt, a custom bib#, post-race awards, and a post-race party at Teachers' Treasures! **Event date is Saturday, February 20, 2016!**

[Click here for more Information and to Register!](#)



**All Teachers will receive a free additional shopping trip at Teachers' Treasures when they sign up to participate.*

Although we're still 10 months from race day, it will be here faster than you expect! We hope you're ready to make 2016 Monumental with us. Make sure you share your experience with us on [Facebook](#), [Twitter](#), & [Instagram](#), using the #BeMonumental hashtag.

Until next month,

Blake Boldon
Executive Director
Indianapolis Monumental Marathon



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