



Monumental Story #9 - But I Kept Running

January 7, 2015

Dear ,

We are up and running! Our [registration is officially open!](#) We had a fantastic response to our Monumental Resolution discount. If you've already registered - congratulations! You have nearly an entire year to #BeMonumental with us. If you haven't registered yet, now is a GREAT time: you have more time to train, experience and build excitement for all of 2015 - at LESS cost!

We'll now be returning to our monthly newsletter format with our regular features of Coach's Corner, Volunteer of the Month, and as always an incredible Monumental Story.

NEW Exclusive Pre-Order Items

Full Zip Jacket is Gender Specific, Designed to Impress

New in 2015, you can purchase an exclusive Alanic full-zip jacket at registration. These are **gender specific**, polyester spandex athletic jackets specifically designed for post-workout warmth and style.

Featuring moisture wicking technology, zippered pockets, and thumbholes for extra comfort & function, you'll certainly look as Monumental as you feel! Only \$65!



Order yours when you [register](#), and it will be ready for you at packet pickup! Only a limited number available!



Believe it or Not, Summer WILL Come

Stay & look cool in a Commemorative Monumental Marathon Visor as you

In This Issue

[New Merchandise!](#)

[Monumental Story #9](#)

[Volunteer of the Month](#)

[Coach's Corner](#)

[Training Tips](#)

[Connect on Instagram](#)

[Share with us!](#)

Stay Connected

facebook.



twitter



Coach's Corner With Matt Ebersole

8 Questions About Your Training Program

It's January and the hardcore runners and

train. Moisture wicking fabric wicks away moisture for cool, complete comfort, and four black mesh vents increase breathability. Quick-adjust back closure delivers secure, one handed, on-the-fly adjustability - no need to interrupt your run! Purchase for \$18 at registration and it will be ready for you at packet pick up!

Want both? Purchase both the Monumental Commemorative Jacket & Visor for \$80.

Already Registered? Visit our [Monumental Merchandise](#) site for all of your add-on purchases prior to race day: Jackets, Visors, Pasta Dinner Tickets & Medal Engraving!

CLICK HERE

Monumental Story #9 - Brad Neal

But I Kept Running...

The following Monumental Story was submitted by 2014 Monumental Runner Brad Neal and is unedited.

It is early the air is calm and cold the only sound is my feet hitting the pavement as I run. I am smiling. Is it because I am running or remembering?

In October of 2013 my daughter asked me to come and watch her run her first 1/2 Marathon. I watched and remembered how I used to love to run. Burnout and life worked together to end my running career. But before I quit my sister started to run she said she started because I ran. 20 years later my daughter started running because my sister inspired her. Now my daughter was inspiring me.



On November 1 of 2013 I weighed in at 224 was told I was pre-hypertensive and pre-diabetic. I went to the High school track. I ran 1 mile it took 13:45 to complete it but I did. I did not feel like a runner. But I kept running. Over the next few weeks I started to build on that first mile. My daughter and I ran together on Thanksgiving. For her it was slow and very short. For me it was a struggle. I really did not feel like a runner. But I kept running.

At Christmas my daughter and I were talking one of us came up with the idea of doing a local 1/2 marathon at the end of April. I checked the calendar. With a 10% increase each week I had enough time to make the distance. I still did not feel like a runner. But I kept running.

As anyone in the Midwest knows 2014 was not ideal training weather a little due to cold but mostly ice. A lot of treadmill workouts but the miles were adding up. We found a 10K in March and that became our immediate goal. Even though

resolution runners alike are planning their goals for the new year. Most are preparing to follow some form of training program or join a group either virtual or live. The following are 8 questions to ask if you find yourself in this situation. Your answers will be very telling about your likelihood of success.



Is the starting level appropriate for your current fitness? Your body could not

care less about your goals. It cares that you stress and rest it properly. If you are over optimistic about what you can handle at the start of training your body has a number of ways to let you know. When in doubt do less in the beginning and let your body tell you that it is ready for more.

Is there built in flexibility if you progress faster or slower than expected?

There may be points you need to back off and allow full adaptation and others where you can go full speed ahead longer than planned. It is hard to tell weeks, let alone months in advance how you will be responding to the training. Being able to adjust at the time is a great feature.

Do all of the components have gradual progression?

Mileage, long runs, quality workouts, and supplemental training all have to be gradual for full adaptation but must be progressive for improvement to continue. A good test is to look day to day and week to week and nothing looks to intimidating. However, if you jump ahead a few weeks or

runner. But I kept running. The 10K went well, my daughter smoked me. But I finished strong. Whatever the reason I still did not feel like a runner. But I kept running.

One week before the half marathon we got a phone call. My wife's sister had passed from cancer in Austin Texas. Now instead of a planned taper we would be getting on a plane. We flew on Wednesday morning and spent Thursday with family. My wife said I had trained too hard to miss my race so we flew home on Friday.

The \hat{A} $\frac{1}{2}$ was on Saturday. Despite all the training it was a struggle. It was the hottest day of the year. My daughter and I finished together and that picture and is hanging on my wall! At the end of that day I hurt too bad to feel like a runner. But I kept running.

I realized that I was \hat{A} $\frac{1}{2}$ way to a full marathon. Like a lot of people that had been on my someday I would like to do list. I talked to a friend at work who is a runner. He had given me nothing but encouragement. I asked him if I could even try a full marathon this year. He said I should try and suggested the Monumental in Indy. This was the first time I had heard of it. But within two weeks I had paid my money and signed up. Little did I know how it would take over my life! Now I had to keep running.



Training was all about getting miles. I had a 5K over the 4th of July. I surprised myself with the time. Most of my Grandchildren were at the finish. It was exciting and fun. The miles were adding up. My sister called and wanted to know if I wanted to do a half with her in August. I said yes. A few days later due to the economy I had to switch to second shift. But I kept running.

It is now early August and I am on a training run my phone rings I ignore it. It rang again I answered it this time. My Dad is in the hospital. He has had a stroke. Now in addition to training, work and everything else there are daily trips to the hospital. It was a roller coaster. One day better the next worse. Even with everything he was going through he kept asking me "How far did you run today?"

Two days before the half we got another phone call. My father in law had passed away. It was unexpected. Again it was time with the family but this was in town. My daughter came up from St Louis and joined us for the half. Her Grandpa had been an Air Force Ranger in Vietnam. She wore his Ranger hat in the half so he could run with us one last time.

We ran the \hat{A} $\frac{1}{2}$. My daughter and I finished together again but this time I finished strong. My sister got 3rd in her age group. We stopped at the hospital on the way home. Someone asked for a picture with Dad. My Sister took her 3rd place medal and put it on our Dad for the picture. He was still wearing it when



the Doctor came in. Keep in mind he was not allowed out of bed at this point. This gave us a rare moment we could laugh. But I kept running.

As August came to an end my Dad's recover was frustratingly slow. But he was still here and would make it home by mid-September. Things were finally falling into place. By October the miles were adding up but the long runs were getting

months it should look very challenging.

Does the program fit your life? Motivation is the thing that gets us started, but if it does not fit your life you will struggle to develop the habits to make it work long term.

To read the rest o the article, [CLICK HERE.](#)



More Great Running Resources on Our Blog

Top 5 Reasons to Train With A Running Group

What's one of the best things about running? Training Partners, of course! This week in our [blog](#), Trena Roudebush of [Indy Runners](#) tells us why:

Whether you're just starting out as a runner (or a run/walker or a walker), chasing a new distance or eyeing a personal best, training with a group may be the 'get there faster' answer you've been looking for. Here are a few reasons why:

1. Groups help motivate and hold you accountable. Training with a group can help you get into a routine of running. Knowing that someone is counting on you to show up and work hard

hard. I checked the calendar it was only a few weeks until Indy. My weight was down 36 pounds and my waist was 8 inches smaller. Diabetes and Hypertension were no longer concerns. Doubts were starting to creep in. Did I train enough? Did I run hard enough? I did not feel like a runner. But I kept running. With the taper done the only thing between me and my race was my 57th birthday.

Finally November 1st came. If you were there I don't need to describe the weather. You know how cold it was. The race could not start fast enough for me. But it did start and despite everything that happened over the last year I was on my way! Three miles in I knew my goal time was not reasonable. I threw everything out but finishing.

When I got to the split and saw 13.1 left and 26.2 straight a funny thing happened I felt like a runner! And guess what I kept running! My Daughter came with two of my Grandchildren. They were holding signs and cheering me on. How cool is that? Every time I saw them I ran faster!

Around mile 21 I hurt my foot and had to walk some. I wanted to finish strong. I decided to try and run the last mile without walking. When I saw the 25 mile marker I started to run again. I told myself over and over "I have to finish my marathon". As I repeated this the hurt left me.

I realized I was going to finish! I changed to "I am going to finish my marathon". Then I had the revelation. I am a Marathoner! That was my mantra to the finish line. My last mile was the fastest and it was over. Looking back I am amazed how emotion can carry a person.

My time wasn't very good 5:32:05. But if I include my Sister and Daughter who ran every step with me in spirit, that averages out to about 1:40 and change. Now that is a respectable time.

Thank you to the organizers and volunteers and the people cheering everyone for such a great event. And a special thank you to my family and friends who supported me when it was hard and cheered me when it was easy.



Volunteer of The Month

makes it easier to ignore the excuses and distractions that might otherwise cause you to skip a workout and ultimately sabotage your race day performance. (...)

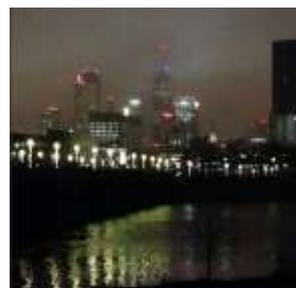
[Read the rest of the blog here.](#)



Find Us on Instagram!

Use [#BeMonumental](#) to connect!

Our [Instagram](#) is a great social hub for Monumental Runners. Posting pictures of running, training apps, or Indy? We want to see them! Use [#BeMonumental](#) to connect with us, and of course follow us [@IndyMonumental](#) for behind-the-scenes at the IMM, important information and more!



YOU are Monumental

[Share with us!](#)

Another week, another

Mary Jane Jones

We would like to recognize Mary Jane Jones as our volunteer of the month. Mary Jane has volunteered with the IMM since 2010 when her first experience was at a water station. Since then she has volunteered at the finish line helping pass out mylar blankets and finishers' jackets as well as at packet pickup for the Monumental Mile.

The IMM isn't just about volunteerism for Mary Jane. The past two years she has participated in the 5k along with volunteering following her finish in the event. Her son has participated in the marathon while her daughter participates in the 5k and is a medical team volunteer following it. She enjoys seeing the participation of the students in the Monumental Kids Movement, hearing the stories of reason and motivation from all participants, and the joy and excitement from all of those involved with the IMM.



In addition to volunteering for the IMM, Mary Jane volunteers at her church, St. Ann Catholic Church, the Southside Animal Shelter, and several other endurance events.

Thank you Mary Jane for your continued commitment to the IMM!
If you would like more information on becoming a Monumental Volunteer or if you would like to nominate a Volunteer of the Month, please contact our, Community Outreach Manager, Casey Collins, at casey.collins@monumentalmarathon.com

As you progress throughout your training year let us share the journey with you! Use the #BeMonumental hashtag in all of your [Facebook](#), [Twitter](#) and [Instagram](#) posts to help us connect. We want you to join in with our Monumental community as you reach for your goals!

Remember, race day is:
Saturday, November 7th, 2015!



[Confirm Your Registration](#)

Get ready for 2015 - it's off to a running start!

Until next month,

Blake Boldon
Executive Director
Indianapolis Monumental Marathon

incredible story! If you have a monumental story you would like to share with us, please e-mail our Marketing and Communications coordinator, Rhi Johns at rhi.johns@monumentalmarathon.com.

***Selected contributors will be given free entry to any monumental race in 2015.**

Indianapolis Monumental Marathon | | admin@monumentalmarathon.com | <http://www.monumentalmarathon.com>
P.O. Box 441447
Indianapolis, IN 46244

CONTRIBUTING SPONSORS

