



Monumental Story #10- Determination: From Zero to 13.1

February 7, 2015

Dear ,

We hope your 2015 is off to a great start! While November 7th may seem like a long way away, we're already making the preparations necessary to make it an incredible year.

This e-mail brings you a special opportunity to **win a FREE hotel room** the night before the race at the prestigious [Columbia Club](#) in downtown Indy, as well as some exciting news about the [Apex Monumental Challenge](#), an incredible Monumental Story, and more!

Win a FREE HOTEL ROOM For Race-Eve!

Help Us Improve by Taking our Post-Registration Survey & Win!



We're always aiming to improve and we know that our BEST feedback comes from you! To help us make 2015 the best Monumental yet please take a few minutes to fill out this short survey to let us know your thoughts.

[Register Today!](#) If you **fill out the survey by 02/28** you will be entered to win a FREE night stay at the [Columbia Club](#) the night before the Monumental Marathon. There's no better way to ensure a stress free race morning by staying right downtown and walking to the start line! **The winner will be announced by 5pm on Monday, March 2.**

[CLICK HERE TO TAKE THE SURVEY](#)

*No Purchase Necessary. Void where prohibited. Chances of winning depends on number of eligible entrants. One prize available.

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Can't Wait Until
November to
#BeMonumental?

[Register for the
Monumental Mile!](#)

Inaugural Apex Monumental Challenge Winners!

Press Release Issued Yesterday Detailing Wellness Initiative Results



Yesterday, we issued a press release detailing the results of the first [Apex Monumental Challenge](#). Winning Companies were as follows:

Small Business	Medium Business	Large Business
1st - MyCOI	1st - Borshoff	1st - Wayne Township School District
2nd - USA Track & Field	2nd - National Bank of Indianapolis	2nd - Simon Property Group
3rd - Matchbook Creative	3rd - Emmis Communications	3rd - Steak'n Shake Enterprises, Inc

Enrollment is currently open for the 2015 Apex Monumental Challenge, and any employer with offices in central Indiana is eligible. For more information on enrolling your organization, email challenge@monumentalmarathon.com - there is no cost to enroll!

[To read the full Press Release, click here.](#)

Monumental Story #10 - Allyson Collins

Determination: From Zero to 13.1

The following Monumental Story was submitted by 2014 Monumental Runner Allyson Collins, an is unedited.

I have gone back and forth several times as to whether my story was worth sharing or not. There are so many people with so many incredible stories and mine is really just one of many. If my story inspires one person, then it is worth taking the time to write, so here it goes.



September 5, 2010 is a day that I will never forget. It was our first day in Tennessee for our annual motorcycle trip to the Tale of the Dragon. We were less than a mile from our campground when an RV came across my lane on a blind curve. I had nowhere to escape and we collided. I remember lying on the ground, looking at my beautiful bike, not understanding why I felt so hot and couldn't move. It turned out that the RV had run over my

lower left leg and my back, hips, pelvis and right ankle were broken. The exhaust from his idling RV was why I had been so hot.

A groggy couple of days passed and I finally awoke to learn what had happened. I told my family right then that I would get back on a motorcycle again. I had never been a runner before, so that wasn't even a thought. They didn't tell me that the

Named one of the "Best Mile Races In the US" by Shape.com, the 2nd annual [Monumental Mile](#) will take place on Thursday, June 4. Run straight down Meridian Street to the party on Monument Circle! Kick start your training and [Register Today!](#)



Downtown Hotel Block Open!

Book Early for Race Morning Ease



Our downtown hotel block is now open for booking! Stay at one of our partner hotels right in downtown for ultimate convenience on race morning. Don't wait - our block has sold out for three consecutive years!

[BOOK YOUR STAY](#)

and 10 days in rehab and roughly three and a half months of outpatient therapy. I decided to go back to work 4 months later - two months earlier than anyone thought.

I tried several times that following year to get back into my workout routine, lifting weights, cycling, etc. I was pushing myself too hard and would get knocked back down and give up working out for a while. I finally hired a personal trainer who helped me get back to a normal routine.



Fast forward to 2014 and working with a new company that encourages healthy choices. They decided to join the Monumental Challenge as part of the Apex Monumental Challenge - by the way, we won in our division this year and placed second overall! I thought that signing up for the Monumental half would be a challenge to work up to and give me a reason to start running. My first run was the Monumental Mile. I made myself run the entire mile and was thrilled that I made it! My husband thought I was hurt when he saw me crying at the finish line!



I used a few apps on my phone to help me train, but honestly had not gotten up to even 10 miles by November 1st. As someone who always follows through, I lined up that morning. The thought running through my head, What on earth are you doing? I started running, and I ran, and I ran. I kept looking at the mile markers and saying, Now you can run to the next one. I ended up making friends with another Allison, a member of the Half Fanatics, and we ran together for a while. I did not stop running until after mile 11. I was afraid if I stopped running, I wouldn't start again and then I felt like I'd made it that far, couldn't I make it 2.1 more miles? No, but I did a combination of walking and running those last two miles.

I was crying and smiling as I ran through the finish line at 2:54:31. I thought it would take me well over three hours to finish. I couldn't be more proud of myself for being

determined and actually running (most of) my first half marathon.

Volunteer of The Month

Accolades for the Monumental Marathon

Best Marathon In Indiana!

We were recently named the Best Marathon in Indiana by Trip Advisor on their Vacation Home Rentals blog, "The Best Marathon in Every State" To see all the results, [click here.](#)

Coach's Corner With Matt Ebersole

February Matters - Make it Count!



Thinking about racing this spring? If so, be sure to make

February count. If you recall last winter and all the cold days with bad footing due to the inordinate snowfall and slow melts you know it was a very trying period to train. Fast forward to a beautiful day in early May and you would find me a bit surprised how much faster the times were at the Mini versus one year prior. The weather in 2014 on race day was 55 at the start and 57 at the 2:00:00 mark compared to 60 and 65 the prior year, but that did not seem like enough to counter the earlier prolonged training conditions.

You can see the comparative numbers

Maureen Borto

We would like to recognize Maureen Borto as our volunteer of the month. Maureen began volunteering with the IMM during the summer of 2013 when she joined the Monumental Advisory Committee. In addition to serving as the co-chair of the advisory committee she has been the lead volunteer of food distribution at the finish line for the past two IMM events.

Maureen enjoys endurance sports and has run numerous half marathons and 5 full marathons, including the IMM. As an educator she enjoys the IMM because of its benefits towards public education.



With Maureen's combination of excitement for the race, education, and the city of Indianapolis she has been an exemplary volunteer for the IMM. Thank you Maureen for your continued commitment!

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

We hope you're progressing through your training! As you train, recover, and explore, use the #BeMonumental hashtag to connect!

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

REGISTER NOW

[Confirm Your Registration](#)

Until next month,

Blake Boldon
Executive Director
Indianapolis Monumental Marathon

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below but to highlight what happened was that up front the race was much faster. It took 30 seconds per mile faster to make the top 20. I sent the numbers for the top finishers to a few of my runners including Dan Ball my de facto statistician for Personal Best Training. As usual he looked into the trend a bit further and we saw that the much faster race at the top quickly transitioned to a much slower race towards the middle and back. You can take a look at the numbers and draw your own conclusions but these are mine.

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



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