



## Monumental Story #11 - Promises Kept

March 7, 2015

Dear ,

March is Nutrition Month and with it we bring you a big announcement about our new race nutrition plan and aid stations sponsors. We're thrilled to bring you a new, exciting way to meet your goals and be your best in 2015!

As always, we also feature some helpful advice in Coach's Corner, and share with you our Volunteer of the Month and an incredible Monumental Story.

### Contest Winner Announced!

Thank you for your helpful feedback!



We had a huge response to our 2015 pre-event survey and would like to thank every person who took the time to help us improve your experience. Your feedback is integral to the success of our event!

We would like to congratulate **Karen Louis** as the winner of the free hotel stay at the Columbia Club! Congratulations and thank you, Karen!

We'll be using your responses to make 2015 better than ever.

### BOOM!

New Nutrition Plan & Partner at the 2015 IMM

### In This Issue

[And the Winner is...](#)

[Boom!](#)

[Looking Monumental](#)

[Nutrition Info](#)

[Upcoming Mile](#)

[Coach's Corner](#)

### Stay Connected

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Look as Monumental as You Feel

New Gender Specific Jackets Available at Registration

Only available at pre-purchase, these new Alanic



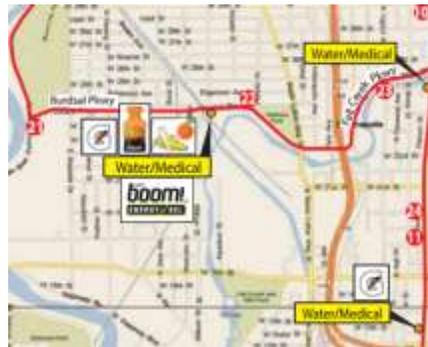
We know how important on course nutrition is to you, and we've made every effort to make this area of our event the best it's ever been in 2015. A new partnership with [Boom! Nutrition Inc.](#) will see our aid stations stocked with Carb Boom! Energy Gels - the new official energy gel of the IMM.

Carb Boom! Energy Gels are the best tasting and best performing energy gel for athletes, and deliver unbeatable endurance performance. Made with real fruit, and with a high ratio of complex carbs to simple sugars, they deliver a steady energy release without the spike and crash that high concentrations of simple sugars can cause.

Carb Boom! Energy gels are made with no added sugars, and no artificial flavors, colors or sweeteners. **They are gluten free, dairy free, soy free, and vegan!**

Now that you know what to expect on race day, we encourage you to use Carb Boom! Energy gels throughout your training and leave nothing to chance on race day.

Click on the map to see our updated on-course nutrition plan!



## Monumental Story #11 - Richard Van Patten

### Promises Kept

*The following Monumental Story was submitted by 2014 Monumental Runner Richard Van Patten and is unedited.*

In 1982, while watching the Boston marathon with my girlfriend, I casually mentioned/proposed to her that "if she married me I would run a marathon for her", She laughed but made me the happiest man in the world by saying "Yes!" We were married on

Heather Performance Jackets are designed for training but look sharp enough to wear all day.

Moisture wicking fabric keeps you dry, while zipper pockets keep all your belongings in place. This jacket **features gender specific sizing** (including Women's XS) and **only \$65.**

[Purchase at registration](#) and it will be waiting for you at the expo!



**\*Already registered and want to add one? [Click here.](#)**

### What's the Big Deal About Nutrition?

#### Research Shows Nutrition Plan Critical to Marathon Success

Whatever your goal this November, a strong nutrition plan will help you achieve it. We've used your feedback and the latest knowledge on marathon fueling to help ensure your success.

Read up on some of the science of marathon fueling with [this Runner's World Article.](#)

was born. I again was the happiest man in the world.



Unfortunately our careers kept us busy and I had forgotten about my jokingly made promise. Fours after we were married, my wife was diagnosed with Breast cancer. She bravely fought this dreaded disease for 6 more years, until all possible treatment options were exhausted.

As my beautiful wife laid in bed at the hospital in her last hours. She looked up at me with her beautiful smile and said jokingly, (She always had a wonderful sense of humor) "You never did run that

marathon, did you" Oh man, I could feel the entire weight of the world just drop on my shoulders! I was devastated, though as I mentioned, she was saying it a jovial way. But I had made that promise and always always fulfilled a promise. No matter how long it took, or how difficult it may be. I always kept my promises!

I soon got caught up in her funeral arrangements and then raising our daughter as a single father. I had become a bit depressed, but pressed on. The entire time, gaining weight and sliding further into a depressed state. Not remembering what it was eating at me. I prayed to God to show me what it was. I kept my faith and finally after running into an old friend who called me "Chubs" he said, "Richard, you need to get your mind right, and your physical state better, why don't you start running?" That was it! I remembered!

So that's when I began running. From that day forward I ran and ran until I lost 90lbs from 255 lbs to 165 lbs. I ran my first marathon at another venue finishing with a strong 3:47 at age 50! It was one of the most emotional times of my life. Which brings me back to the Indianapolis Monumental



Marathon. This was my come back marathon after two spine surgeries and an old friend telling me I would never finish! I did and ran a 4:16 with only 6 weeks of training after a year off. Loved this course. Loved the volunteers who are some of the best people you meet and one of the best organized, and planned marathons of the 33 I've run since 2010! Thank you for allowing



**Everything Great About Racing, in 5280ft!**

**Start Your Monumental Racing Season in June!**

Want a training partner this summer? Introduce a friend to the world of running with [Monumental Mile](#) on Thursday, June 4. Enjoy all the crowds, cheers, & post race festivities of road racing in a single mile and get them hooked!

Run straight down Meridian Street to the party on Monument Circle! Kick start your training and [Register Today!](#)



again.

## Volunteer of The Month

### Mike Palmer

We would like to recognize Mike Palmer as our volunteer of the month. Mike is the coordinator of the ham radio team. The group consist of 28 volunteers who are stationed at each aid station throughout the course. Mike is the direct connect between the team of ham radio operators and emergency medical dispatch.

Along with coordinating the ham radio operators the past seven years for the IMM Mike also coordinates them for several other running and biking events. When he's not busy coordinating a group of ham radio operators he is volunteering at endurance events. In total Mike is involved with 14 events around the state of Indiana on a yearly basis.

Thank you Mike and your team of ham radio operators for your continued commitment to the IMM! Your dedicated support helps ensure a safe race day experience for our thousands of participants.

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](mailto:casey.collins@monumentalmarathon.com)



Mike Palmer, N9FEB, receiving the Indiana Radio Club Council 2009 Outstanding Amateur of the Year Award

It's been a long winter, but spring is just around the corner! Temperatures, sunlight, and - of course - training are all set to increase in the next few months. We want to join you ever step of the way. We love to hear from you on our [facebook](#), [twitter](#), and [instagram](#) - connect with us and keep up with all the exciting happenings from here until November!



His days are numbered!

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



[Confirm Your Registration](#)

## Coach's Corner With Matt Ebersole

### Increasing Your Training ROI



You are spending valuable time and energy on your training so it is wise to evaluate if it is giving you the best possible return on investment. We can categorize any workout into one or a combination of four training types.

**1) Endurance**-The ability to keep going. **2) Stamina**-The ability to maintain a pace. **3) Economy**-The energy cost of running a given pace. **4) Speed**-The ability to run faster than race pace. I will start with stating the obvious but hang in there with me for a few more sentences and we will get to the less obvious and more valuable.

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



In April we hope to have even more exciting news, including new ways that we are impacting our community.

Until next month,

Blake Boldon  
Executive Director  
Indianapolis Monumental Marathon

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