



Monumental Story #12 - Running for Relief

April 7, 2015

Dear ,

Spring is here and so is racing season! We hope the warmer weather and extended daylight hours are getting you out the door for some fantastic training. Now is the perfect time to plan your fall races so don't wait - our **spring pricing ends one month from today**.

Our big announcement this month is that the [Apex Monumental Challenge](#) AND the [Monumental Mile](#) will now encourage family participation! Read below for the details and much, much more.

Exciting News for Apex Monumental Challenge

Health & Wellness Program Now a Family Affair



After a successful inaugural year in 2014, the Apex Monumental Challenge is back and open for enrollment for a bigger and better year! This employee based, health & wellness program focuses on participation rather than speed, with companies earning points by completing or volunteering at Monumental Races throughout the year.

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All the Amenities of a Race, in 5,280 Ft

Kick Start Summer with the Monumental Mile

To better serve the community as a whole in 2015, **points can now be earned by family members of a participating company by either participating or volunteering.**

Children participating in the Kids Fun Run will also earn half a point.

"Several companies asked how they could involve the families of their employees and the idea just makes sense," says Blake Boldon, Executive Director of the IMM, "This initiative has already positively impacted the wellness of the Central Indiana working community. Now thanks to forward-thinking business leaders we'll be doing more work toward our mission of improving the health of Indy's kids.

Running can be a lifelong habit and we're expanding the program to encourage families to participate together. "



Leading by Example: Apex Benefits CEO John Gause Participates in the 2014 Monumental Mile with his son.

The first chance to earn points for your company will be the Monumental Mile on Thursday, June 4. **New in 2015, we will be adding a "Community Division" Mile run** - run with your significant other, kids, or friends regardless of race division!

Once again we would like to congratulate our 2014 winners MyCOI, Borshoff, and Wayne Township School District. We encourage you to get your company involved! **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!

For more information on the Apex Monumental Challenge, [click here.](#)

We're All Over This Spring!



Are you ready for the Monumental Mile? Register today to participate in the coolest thing downtown this June! Run straight down Meridian Street to the finish line at Monument Circle for the post race party!

New in 2015 will be the creation of the **Community Mile** - complete the mile with friends and family regardless of age/gender division! More details and a full schedule will be released soon.

Registration is only \$15 until May 1 so don't delay!

[Click here to register](#)

Two of our Favorite Spring Races are Coming Up!

**Kentucky Derby Festival Marathon:
April 25**



This Boston Qualifying loop course starts and finishes in downtown Louisville, run

Look For Us At Your Favorite Races

We'll be out and about at the following expos in the next two months. We love it when you come by to say hello! Click on each name for full Expo details. **Visit us to enter to win special prizes!**



April 23/24 - [Christie Clinic Illinois Marathon Health & Fitness Expo](#)

April 23/24 - [Kentucky Derby Festival Race Expo](#)

April 30/May 1 - [500 Festival Mini-Marathon Expo](#)

May 1/2 - [Cincinnati Flying Pig Marathon P&G Health and Fitness Expo](#)

through Churchill Downs historic track, past Museum Row and through the nation's largest Victorian Neighborhood. Join them for the Post-Race Party on the Waterfront, featuring live music. Beat your personal record during the Marathon or miniMarathon this year and have a chance to swing at Kentucky Derby Festival's very own PR gong. You've never seen a gong as cool as this one! Set your PR, swing for the fences with a custom Louisville Slugger bat, and make it known that you've got what it takes to break records by taking pictures and sharing them online using #KDFMarathon.

Come Out for Some Fun - Get a Great Discount!

Exclusive Deal for the Monumental Mile at Great Indy Eleven Event



Come and join us and Indy Eleven for "Sports of All Sorts" - an evening celebrating Sports & Fitness in Indianapolis. On **Saturday, May 16th** Indy Eleven will take on Minnesota United FC at Carroll Stadium on West New York Street - and we want you to be part of the action!

As an exclusive offer to Indy Eleven fans, find us between **6pm & 7:15pm** in the Honda Fun Zone to **register for the Monumental Mile at a 50% discount - ONLY \$10.**

[Click here for tickets to this exciting event!](#)

Monumental Story #12 - Ashlee Haviland

500 Festival 10-Miler Presented by OrthoIndy: April 11



Are you gearing up for the #IndyMini or another spring distance race? Come and join the fun on April 11th at the **500 Festival 10-Miler**, presented by **OrthoIndy**. Put your training to the test and consider it your very own dress rehearsal for race day. It's the perfect opportunity to have fun, enjoy the crowd, and get your mileage in! For more information on the upcoming 500 Festival 10-Miler on Saturday April 11 at White River State Park, [click here](#). Events are open to everyone and you do not have to be registered for the OneAmerica 500 Festival Mini-Marathon to participate.

Running for Relief, Beating Fibromyalgia

The following Monumental Story was submitted by 2014 Monumental Runner Ashlee Haviland and is unedited.

I. Am. A. Runner. In January 2011 I decided that I wanted to pursue running a full marathon. Historically, in college and in high school, I had been a short distance runner, mostly sprints and hurdles. My 5' 3" frame wasn't ideal for high hurdles, but it was my favorite event so I competed anyways. After some nasty spills and falls, the nerve damage was too extensive to continue hurdling so I retired my short distance running career. So when I decided in 2011 that I wanted to run a marathon, I may have been slightly out of my mind. I thought I would be able to take short breaks when the tingling in my feet started and be able to walk out the pain and start again. In the summer of 2011, I began experiencing all over body pain and soft tissue tenderness. I was extremely tired regardless the number of hours I slept or if I could even sleep at all. Sitting wasn't comfortable, lying down wasn't comfortable, and at times walking was nearly impossible. The pain worsened by fall and at the end of a work day, I could barely take one more step to get myself up the stairs for bed.



After several doctor visits and ruling out possible vitamin D deficiencies and Rheumatoid Arthritis, in January 2012 I was diagnosed with Fibromyalgia. At the age of 25 I felt like an 80 year old woman who struggled to walk and just get through the daily activities of working and caring for my family. A year had passed and I wasn't near of completing my goal of a full marathon, let alone just meeting the daily goal of getting out of bed pain free. The doctor said that I needed to exercise to feel better. Daily pain management was the only way to eventually work up to any form of exercise. Some days were better than others, and most days were much of the same, just battling the pain and the mentality of being in pain on a regular basis. I was adamant about not taking an addictive pain management prescription, so only a few medicines were available to help. I also needed to change my diet, manage my sleep, and stress levels. I needed a whole life change.

The life change didn't come easily, but I took one day at time. After having a diagnosis, it was easier to manage and treat my symptoms. Day by day some symptoms subsided. A few times I had bad flare ups but in the spring of 2013, life was getting better. Walking wasn't as painful, I had finished graduate school, which eliminated a lot of stress, and I had support of my family to help me with the things I needed to accomplish. On the list of things needed accomplishing was the full marathon. I knew that I wasn't ready for a full quite yet. So I began to train for a half marathon. I decided on the Monumental Marathon because it was relatively flat course and that it was later in the year when the heat

Stylish New Apparel

Look and Feel Your Best With Monumental Apparel



Available exclusively at [registration](#), these new Alanic 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!**



Also available for purchase are unisex Featherlite Visors. Moisture wicking material will keep you dry while minimizing glare. Only \$18 at [registration](#).

Want both? Purchase the Jacket/Visor combo for \$80.

Already registered but want to add to your order? Go to our official [Monumental Merchandise form](#).



Some days I simply didn't have the energy to train. I would run two miles and just wanted to stop and sleep in the middle of the road. Some days I could get six miles in and then need to go home and sleep. Energy was my constant battle. The pain was subsiding, except when I would overdo it on long, nine mile runs. I thought to myself many times, "There is no way I am going to be able to do 13.1 miles and still be alive". My husband stepped up as my biggest encourager. He would ride next to me on my pink bicycle with a basket (his bike was broken) while I would run. He would keep my pace, ask me my goals for the run and make sure I met them. He would

encourage me and remind me that I could run 13.1 miles and finish.

I woke up on November 2, 2013 with a goal to finish all 13.1 miles and in less than 3 hours. No one knew what I was running for, but I was celebrating the fact that not only was I walking again, but running 13.1 miles with Fibromyalgia! I finished the 2013 Monumental Half Marathon in 2:41! It would take me two weeks to recover and be able to function again.

That first race in 2013 paved the way for 4 more half marathons in 2014. November 1, 2014 my race season came to a close for the year with competing in the Monumental Half Marathon again. My goal this year was to beat my 5k pace and hopefully finish in less than 2:41, while I did beat my 5k pace, I finished in 2:43. I am not disappointed in my time, I am elated that I was able to finish my 5th half marathon! My goal for 2015 is to run in 5 more half marathons, and enter the Monumental Race as a full marathon competitor! Hopefully my story can encourage those suffering with chronic pain that there is relief. Mine is running. I. Am. A. Runner.

We love to hear from you - if you would like to submit your monumental story, email rhi.johns@monumentalmarathon.com

Volunteer of The Month

LeeAnn Barnard

All items purchased will be available at packet pickup at the 2015 Monumental Marathon Health and Fitness Expo. **Visors will be available at the Monumental Mile.**

Coach's Corner With Matt Ebersole

Take What the Day Offers - Reducing Race Day Stress



With most of the important spring races coming in the next few weeks it may be a good time to simplify your focus to perform your best. It is normal to think primarily in terms of time or place goals, particularly with races of importance. The internal and external pressure that affixes to these expectations can be motivating or debilitating depending on your personality. If you tend to let these goals and accompanying expectations become so heavy they inhibit your performance, I encourage you to simplify what you allow to run through your head during race week.

By all means prepare your best with your challenging goals in mind but when it comes to race day focus on taking what the day offers. Let's take a quick inventory of what you can and cannot control. This is a worthwhile exercise because the uncontrollable variables are what create

We would like to recognize LeeAnn Barnard as our volunteer of the month. LeeAnn's first volunteer experience with the IMM was in 2013 at the Health & Fitness Expo helping with packet pick-up. Since then she has volunteered at packet pickup for the Monumental Mile and was an Ask Me volunteer at the 2014 Health & Fitness Expo.

Not only has LeeAnn volunteered for multiple events but she has also been a participant. In 2014 she completed her first half marathon at the IMM. LeeAnn chose the IMM as her first half after seeing the connection and camaraderie runners had for each other as well as the enthusiasm they had for the race in 2013.

In addition to volunteering for the IMM, LeeAnn volunteers regularly for IMM Run for A Cause partner, Easter Seals Crossroads, Minnetrista Cultural Center, and Indiana Public Radio.



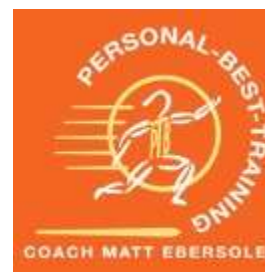
LeeAnn Barnard

Thank you LeeAnn 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

most of the havoc in a runner's mind on race day.

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



While it might seem far away, November will be here before you know it - we're a mere 7 months away and it's time to finalize your fall racing calendar.

Registering this spring is your best way to ensure success with ample time for motivation and training, and it also offers some impressive savings! Don't delay - **our spring pricing ends on May 7th.**

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



[Confirm Your Registration](#)

Until next month,

Blake Boldon
Executive Director
Indianapolis Monumental Marathon

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