



Monumental Story #13 - Learning to #BeMonumental

May 7, 2015

Dear ,

It's only six months away! The 2015 IMM will be here before you know it, and today is the ideal time to sign up because...

Spring Pricing Ends Tonight!

This is your chance to sign up for Indiana's largest and fastest marathon for only \$80, half for \$65, and 5k for \$30 before prices increase! Sign up, save, and lock into a full six months to #BeMonumental with us!

 **Register for November**

*Remember! If you sign up before the price increase we'll e-mail you a promo code for a \$5 discount on the [Monumental Mile!](#)

[Click here to Confirm Your Registration](#)

Do you Have a Story?

We're looking for Inspirational Journeys to Share

We are always amazed by our participants' accomplishments, strength, and transformations. We're currently looking for inspirational stories from individuals who will be participating in the Monumental Mile and Monumental Marathon / Half to share in next year's video production.

This could be a weight loss journey, or overcoming an illness, or some other Monumental feat. If you think you have a story that

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Ready to Start Training?

Start with ONE Mile!

rhi.johns@monumentalmarathon.com - we look forward to hearing from you!

Want to see what we're talking about? Check out our production from last year, "[Because I Can](#)" - **recently nominated for two Emmy Awards!**



Special Speaking Engagement

[Executive Director at Indy AMA Event](#)



Our very own Blake Boldon will present as guest speaker at the Indy AMA Signature Lunch Series with "Monumental Marketing: The Rise of Indiana's Largest Marathon". He'll share his experience and insights



Named "One of the 'Best Mile Races in the U.S.'" by Shape.com, The Monumental Mile will take place on **Thursday, June 4, 2015**. Whether you're a first time participant or a seasoned road racer, this is your chance to experience all the amenities of a full road race in 5,280ft. Run straight down Meridian Street to the party on Monument Circle. Enjoy post-race festivities, age-group awards, and a performance running tank - all included with your registration price!

New this year - The Non-Competitive Community Mile allows friends and families to participate together!

Schedule:
Packet PickUp - 5:00pm
Open Female - 6:30pm
Open Male - 6:35pm
Community Mile - 6:40 pm
Master Female - 6:50pm
Masters Male - 7:00pm
Youth Female - 7:10pm
Youth Male - 7:20pm
Elite Female - 7:30pm
Elite Male - 7:40pm

Already Registered?

There's Still Time to Add On Exclusive Pre Purchases

We have some fantastic add-on purchases available at registration! **If you've already registered** and don't want to miss out - check out our [Monumental Merchandise Form here!](#)

This is also the place to add on Medal Engraving &

- ◆ Building mission-specific messaging to engage an array of valuable partners and earn community support
- ◆ Promoting an event to a niche national audience while simultaneously becoming a stalwart event on Indy's community calendar
- ◆ Connecting with millennials through an authentic voice by creating an innovative event experience on race day and with year-round communications

Time: 11:00am - 1:00pm

Place: Marrot Apartments, 2625 North Meridian Street



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

Monumental Story #13 - Rose Scovel

Learning to #BeMonumental

The following Monumental Story was submitted by 2014 Monumental Runner Rose Scovel. Since starting to run in 2008, Rose has since ran 45 half marathons, several marathons, become the Indiana State Representative for Road Runners Club of America and is the team captain for the Indy Racers section of Indy Runners. This is the story of her relationship with the Monumental Event.

I started running and racing in the fall of 2008. My first race was right before the first Monumental and it was a 3-mile costume run on the downtown canal. I had been invited by my friend, who was encouraging me to be active following my Type II diabetes diagnosis in August, at age 32. I didn't know races existed, and I certainly didn't know about the Monumental, but that all changed pretty quickly. After my first race I was pretty much hooked on racing (even though I was a slow walker) as a way to encourage me to keep being active. By the end of 2008 other friends had challenged me to walk the Mini Marathon in May. I did and I was so excited that I could finish...maybe too excited. I signed up for the 2009 Monumental Marathon and started adding running to my walks.

Pasta Dinner Tickets!

Newly available - Carb Boom! Variety Packs



Train like you race! Pick up a 6 or 24 pack of Carb Boom! gels to test out on your training runs to be ready for race day! Available at [registration!](#)

Alanic Heather Performance Jackets



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!**

I knew it would be hard for me to make the 6:30 time limit for the full, but I thought I could do it. I was training on my own. I had some vague notion that I needed to do a 20 mile run/walk before the race, but not too close. I did that. I wasn't sure what I needed for nutrition, but I had some gels with me. I started that morning with the 6:30 pace group. By mile 11 I knew I was out of my league and by mile 15 I was so fatigued I dropped out. It was *not* #Monumental. Or it was a monumental failure.

Later I started running with Indy Runners and spent 2010 running half marathons, including the Monumental half. It was a great race and I really liked everything about it. I decided I needed to try for the marathon distance again, but decided to do Rock & Roll San Diego in 2011. I had learned more and was better prepared. The race had an 8:00 time limit so it was a bit flexible. I finished! 7:09, but I finished. I didn't need to do another marathon...or did I?

In 2012 I registered for the Monumental marathon again. I decided I needed to avenge the DNF and make good on finishing Monumental. But it didn't happen. In May I stress-fractured my foot running two half marathons and a 25K in eight days. Then in July I earned a compensatory hip injury from trying to come back too much, too soon. I ran the 5K at the Monumental as that was the distance I was able to cover at the time.

2013 came and it was time to #bemonumental. I trained well. I sought the counsel of a sport dietician to learn race day nutrition. And I finished. And it was monumental. I finished in 6:17, taking more than 50 minutes off my time. I had run the first 19 miles before walking. I was so happy. And I never needed to run another marathon. But then...I saw that there was a Team Diabetes for the Chicago marathon.

I trained well, I had a coach, I had a race nutrition plan. And I had a terrible day, ending at mile 15.4 with low blood sugar. I hadn't eaten enough in the days leading up to the race. I regrouped and decided to run the full at Monumental rather than the half marathon. Goal was the same as for Chicago...get under 6:00. And I did. It was monumental - a 5:46 finish, another 30+ minutes off my marathon time.



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.

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

Is it Time for a Running Break?



Running physiology in its most simple terms is stress + rest = improvement. Make no mistake that to be your best there must be a great amount of stress in the form of training quality and volume. However, without the correct balance of rest your body cannot adapt to your work and at best you stop improving and at worst end up physically injured or



Spring of 2015 has brought half marathons 40-45 (will be at 52 by early June) and a new half marathon PR of 2:32:32 at the Indianapolis 500 Festival Mini Marathon and breaking 3 hours at the Flying Pig half for the first time. More to come...

I love the Monumental marathon, half marathon, and 5K. I have run all the distances. It's a great race at every distance. And even though it sometimes takes a while (a few years, even!), it is a great opportunity to #BeMonumental.

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

Volunteer of The Month

Andy Johnson



We would like to recognize Andy Johnson as our volunteer of the month. Andy's first experience with the IMM was in 2012 as founder of Running for Joy, an IMM partner dedicated to running and raising funds for Joy's House, an adult day service organization in Broad Ripple. This past year he also volunteered at the Health & Fitness Expo helping with packet pick-up and in Andy's words he, "had a blast."

Andy has enjoyed being a part of the IMM so much that he has decided to run the full marathon in 2015. He said the IMM has been such a great experience because, "The IMM folks are so dedicated to the community and supporting local non-

profits, they made it easy to organize a run for a cause team. They have a passion for their event, are committed to making it fun for all the participants and they each have a love for running. You can't help but get energized when volunteering with the IMM."

In addition to volunteering for the IMM and Joy's House he also enjoys volunteering for Indy Runners on occasion.

Thank you Andy for your continued commitment to the IMM!

If you would like more information on becoming a Monumental Volunteer

mentally fried.

Most of your training week will be resting and recovering. What constitutes rest will vary from runner to runner. For many, a day off or an easy 3-4 miles will be an ideal recovery day. On the elite level a low intensity 8-12 miles in the morning and another easy 4-6 miles in the evening for a 12-18 mile day will do the same thing. Knowing how much recovery you need to get full training benefit from previous work and to be ready for the next hard session or race is very important to know.

Let's talk about longer periods of rest that you should consider once or twice a year. Running is a sport of passion and enthusiasm and without these in abundance running is simply no fun. A planned break of a week or two once or twice a year can safeguard against physical breakdown but perhaps more importantly allow for emotional and mental recovery and rejuvenation...

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



our, Community Outreach Manager, Casey Collins, at casey.collins@monumentalmarathon.com



We hope you take advantage of this special opportunity to register for November AND give your training a jump start with a discount for the Monumental Mile! Register and get moving - November will be here before you

know it!

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



[Confirm Your Registration](#)

Happy Training!

Blake Boldon
Executive Director
Indianapolis Monumental Marathon

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