



Monumental Story #14- Five Years In the Making

June 7, 2015

Dear ,

The Monumental Running Season is officially under way! After Thursday's Monumental Mile, we hope you're ready for a summer full of training.

Our current prices go up on June 30! As a special incentive, **everyone registered before the price increase will receive a FREE training plan courtesy of Personal Best Training!** We've got you covered from here until November!

In celebration of the upcoming racing season, here's a short video from [RTV6](#) about the Monumental Mile, and how your participation makes an impact on public education.



Record Setting Night at the Monumental Mile!

[Course Details & Participant Details](#)

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Thank you, Thank you,
Thank you!

They Helped Make it Happen!

We would like to thank all the vendors, volunteers, volunteers, and organizations that came out to make the Monumental Mile a success! Thanks to:



A huge thank you and congratulations to everyone who participated in the Monumental Mile! We had a great evening full of fun, food, fitness, music, and more!

The Elite Men's mile was won by defending champion Frezer Legesse in 4:03.6, edging under his own course record of 4:03.8. Legesse lives and trains in Bloomington, Indiana. American record holder and IU grad Molly Ludlow won the highly competitive Elite Women's division in 4:32.3, shattering the course record of 4:43.8 set by Liudmila Stepanova last year.

We set one of our own records by making our biggest donation to local public education to date - a total of \$140,000. Organizations receiving donations were: IPS Education Foundation (\$110,000), Simon Youth Foundation (\$25,000), and Teachers' Treasures (\$5,000).

We hope you joined and had a fantastic time getting 5,280ft closer to November!

[To read our full press release, click here.](#)
[Additional coverage by David Woods of the Indianapolis Star here](#)

The winner of each division are as follows (picture below)
 Youth Male - Omar Santos, 4:51.2 - Course Record
 Youth Female - Shayla Traas, 5:35.1 - Course Record
 Open Male - Thomas Frazer, 5:09.9
 Open Female - Kristina Tabor, 5:23.1 - Course Record
 Masters Male - Mike Cole, 4:43.2 - Course Record
 Masters Female - Lucie Mays-Sulweski, 5:26.9 - Course Record

[For results, click here!](#)

- Brad Brown & [RTV6](#) , for some great event coverage!
- Brown Mackie College for the use of their space for our start line
- [Marathonfoto](#) for FREE event photography!
- [St Francis Health](#) for medical support on the race course
- [NUVO](#) for making this great slideshow!
- [South40](#) for music all evening
- [Gomez BBQ](#)
- [Retro 101](#)
- [USATF](#)
- [Michelob Ultra](#)
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- [Personal Best Training](#)
- [The Runners Forum](#)
- [Indiana Sports Corp](#)
- [B105.7](#)



Upcoming Events and Activities You Don't Want to Miss

P&G Gymnastics Championships

The P&G Gymnastic Championships tumbles into Bankers Life Fieldhouse and Indianapolis on August 13 & 16. Past event champions include Olympians Gabby Douglas, Aly Raisman, Jordyn Wieber, Nastia Liukin, Shawn Johnson and Sam Mikulak and current two-time World Champion Simone Biles.

Single-Session Tickets are on sale now! Visit [PGChamps.com](#) to purchase tickets and for more



Monumental Story #14 - Easter Seals Crossroads

Five Years in the Making

The following Monumental Story was submitted by one of our tremendous charity partners, [Easter Seals Crossroads](#) about one of their inspiring members, Pamela.

Finding the confidence to sign up for a 5K, half marathon, or full marathon is one thing a lot of people are still looking for, but this confidence is just one of the many beautiful characteristics Pamela possesses. Pamela has participated in all kinds of races such as the Walk to End Alzheimer's, JDRF Walk to Cure Diabetes, the OneAmerica 500 Festival Mini-Marathon, and many others. This year Pamela has decided to compete in the Indianapolis Monumental Marathon 5K. Pamela's story would be much different without these opportunities to walk, but now she cannot wait to participate in another race with the help of Easter Seals Crossroads. Pamela has been receiving services from Easter Seals Crossroads for two years and is an avid participant in the Adult Day Services.



The inspiration for Pamela came from her parents who had both passed away from kidney disease. "I saw them go way down with it so I told myself I would take good care of myself and take long walks and exercise and diet and so on. I was 400 pounds and lost a significant amount by diet and exercise," she explained. Pamela began training three years ago, first with a friend and then on her own for the last two years. Pamela enjoys walking alone, but doesn't mind the company

information. See the nation's best gymnasts this August in Indianapolis!



Intro to Yoga Workshop

Our friends at [Invoke Studio](#) have a great beginners yoga class for those wanting to learn in a fun, relaxed atmosphere. For \$55 the workshop includes: 4 weekly class sessions, as well as 2 weeks of unlimited yoga, Pilates mat, Bar Effect™ and core sculpt classes

This four-class series is designed for brand new yoga students, or those that would like to review the fundamentals of yoga.

Registration is limited, [click here for more information.](#)



Coach's Corner With Matt Ebersole

The Irreplaceable Training Benefits of Racing



on the trails at both IUPUI and Butler University. She enjoys the long walks and loves the scenery, especially the fountains at Butler.

A normal day for Pamela begins with a trip to the gym to lift weights, walk on the treadmill, and bike - sometimes at 9:00 a.m. She continues the day at Easter Seals Crossroads where Pamela says they "have fun and enjoy life!" Pamela explains that she is able to participate in a variety of activities, "We go out into the garden and plant flowers and tomatoes and herbs. We go out and play basketball and take walks around the block." Her favorite of these activities is walking with the other clients in the Adult Day program. It sounds like the training never stops for Pamela!

There is nothing holding Pamela back as she looks forward to the Indianapolis Monumental Marathon 5K. She says, "I love walking for Easter Seals Crossroads. You see, my sister was scared the last time when I did a race by myself, but now she's cool with it. Now I can go on and just have fun. She waits for me when the race ends and I hold up my medal!" Pamela loves power walking and plans to do it for this race. She explained, "I'm training now to walk around so I'm not so tired". Her goal is to walk the entire race without stopping.

Pamela has some words of encouragement for anyone who is a competitor or is thinking about racing, "Don't give up. Keep going because it took me five years to walk. I was around 400 pounds and I lost a significant amount by diet and exercise". Pamela brings a smile to everyone's face at Easter Seals Crossroads. She is always a pleasure to be around and makes it a priority to never let anything get in the way of her walking.

We love to hear from you - if you would like to submit your monumental



**Easter Seals
Crossroads**
dis|ability services
Our emphasis is on *ability*.

story, email rhi.johns@monumentalmarathon.com

Volunteer of The Month

Angie Smitherman

We would like to recognize Angie Smitherman as our volunteer of the month. Angie has volunteered at the last five Indianapolis Monumental Marathons as well as both Monumental Miles. She has contributed in a variety of roles including packet pickup at the Health and Fitness Expo, helping at a water station, and the finish line!

In a recent post season review meeting, one of my runners expressed their realization that they would race better if they actually practiced racing as part of their training. Exactly! I have been amazed at the number of runners who assign no value to racing unless it is a marathon or half marathon goal race. As this is the time many begin to refocus on preparing for fall it seems like a really good time to lay out the reasons that actually racing may make you a better racer when it matters most.

1) Improving Running Economy, the energy cost of running a given pace, requires work at and above race effort. I know a t-shirt and a post-race Popsicle make this kind of hard work much more enjoyable than doing it in a workout. How many times can you really put forth 10 kilometers of maximum race effort in training? I would bet not many.

2) What happens when you pin on a race number? Some people lose their minds and do things they know are crazy...

To read the rest of the article,

[CLICK HERE.](#)





IMM Volunteers Angie Smitherman (Right) & Emilie Britt (Left) at the Monumental Mile

Along with volunteering Angie is also an annual participant of the IMM with the 2008 IMM being her first full marathon. Angie said, "That finish line was the exact moment I decided to become a runner and am now an ultra-runner."

In addition to volunteering for the IMM Angie also volunteers for with IMM charity partners Girls on The Run Central Indiana and Back on My Feet Indianapolis.

Thank you Angle 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

Nuvo SlideShow

[#MyMonumentalMoment](#), [#MonumentalMile](#)

Miss out on the fun? Just check out the [#MyMonumentalMoment](#) and [#MonumentalMile](#) hashtags on Instagram and Twitter to see what people were sharing!

Huge thanks to Nuvo Promo for putting together this [slideshow](#) of pictures from the event. If you used the hashtag, you might be featured in an upcoming issue!



We hope you take advantage of this special opportunity to register for November AND get exclusive access to Monumental training plans!
Keep posting and tweeting with #BeMonumental to help us keep up with your training!

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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