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July 7, 2015

Dear,

Summer is heating up and so is Monumental training. We're only four months away from the Monumental Marathon! This month we bring you some exciting new ways to make every step count in training, as well as Coach's Corner, Volunteer of the Month, and a remarkable Monumental Story.

[New Way to Support Your Favorite Cause](#)



**We're excited to bring you a new and exciting way to fundraise for your favorite cause by partnering with everydayhero!**

everydayhero's website makes it simple for you to select a charity, set goals and create a beautiful webpage to track you progress. Share your page with friends and make every step count in your Monumental Marathon!

By teaming up with everydayhero, we want inspire you to #BeMonumental by giving you the opportunity to support the cause that's closest to your heart. Click below to learn more and to get started!

[\*\*GET STARTED WITH EVERDAYHERO\*\*](#)

[\*\*LEARN MORE ABOUT RUN FOR A CAUSE\*\*](#)

## New Fundraising Team: Team Monumental Kids

**Support Monumental Kids Movement with Team Monumental Kids.**

Fight childhood obesity in central Indiana by signing up for the Monumental Marathon as a member of Team Monumental Kids! Your donations provide the opportunity for students to participate in the 9-



week Monumental Kids Movement program and continue to learn about the benefits of exercise, proper diet, and healthy living before participating in the Monumental 5k on race day. Great incentives for motivated fundraisers!

[LEARN MORE ABOUT TEAM MONUMENTAL KIDS  
& HOW TO EARN A FREE HOTEL STAY IN 2015](#)

## Apex Monumental Challenge Update



**After the Monumental Mile**, three companies have emerged as leaders in the Apex Monumental Challenge:

**Small Employer** - Youth for Christ

**Medium Employer** - Borshoff

**Large Employer** - Franciscan St. Francis Health

It's not too late to enroll your company! The Apex Monumental Challenge is open to all central Indiana employers and is *free* to enroll.

[LEARN MORE ABOUT THE APEX MONUMENTAL CHALLENGE](#)

## Monumental Story: Samantha Smith

This month's story comes from Samantha Smith, who's remarkable journey of running, grief, and healing is truly worth a read.

"I run because others can't. I run because I had always taken health and ability for granted until my 24-year-old, professional basketball playing husband got diagnosed with a rare form of cancer and later collapsed and died for 22 minutes. I run because life can change in a matter of seconds."



[Click here to read the full story](#)

## Coach's Corner with Matt Ebersole

### **IMM Training Plans: % of What?**

*A question I have received regarding the Monumental Training Plans is "Percentage of what?" Here is the answer.*

**[Click to read all about it on Matt's blog](#)**



## Volunteer of the Month: Bob Maas



We would like to recognize Bob Maas as our volunteer of the month. Bob first volunteered for the IMM in 2012 at the Health & Fitness Expo. He has since returned to continue helping with packet pickup in 2013, 2014, and both Monumental Miles.

Bob enjoys being a part of the IMM because for him it's fun to see the excitement and anticipation shown by the participants as they pick up their packets. He also said, "I am encouraged by the energy and commitment demonstrated by the IPS students who help the volunteers and who participate in the events."

Thank you Bob for your continued commitment to the IMM!

## In Case You Missed the News...



Mentoring Women's Network will be hosting their inaugural Pass the Torch for Women Relay Event this August. Click below to learn more about the event and see why we should continue to empower women in the community.

#passtorch4women

[Click to Learn More](#)



The Monumental Gear Store is relaunched with new items, accessories, and deals to keep you looking as



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