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INDIANAPOLIS



MONUMENTAL



11.07.2015

FULL MARATHON & HALF MARATHON

5K

KIDS FUN RUN

 **Franciscan**  
ST. FRANCIS HEALTH

**APEXBENEFITS**

*Lilly* | DIABETES

October 13, 2015

Dear,

Less than four weeks! This week we bring you some important announcements about deadlines, sellouts, honorary starters and exciting partnerships!

**Issue Highlights:**

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## Upgrade/Downgrade Deadline Extended!

**The Marathon is nearly at capacity but we don't want anyone to miss out!** In order to accommodate as many monumental as runners as possible, we have extended the upgrade/downgrade deadline until **Tuesday, October 20**. If you want to make this change

to your registration, e-mail our Participant Relations Manager, [camille.estes@monumentalmarathon.com](mailto:camille.estes@monumentalmarathon.com).

Even with this extension, the marathon is on the brink of sellout with only a few hundred spots left. If you want in - the time is now!

The Half Marathon will also very likely sell out this year - we're at over 90% capacity already!

**REGISTER NOW**

Already registered? Congrats! [Click here to confirm on eventbrite](#)

## New Expo Speaker: 4 Time Olympian Joins the Line Up

Kris Freeman was born in Andover, New Hampshire. His love for skiing began when he was very young and his dedication to the sport grew over time. This dedication allowed him to reach a personal goal to be the number one cross-country skier in the United States and the reigning national champion. Kris' life changed in an instant when he was diagnosed with type 1 diabetes at age 19-just prior to competing in his first Winter Olympics. But that diagnosis did not stop him from chasing his dreams.



Over time he learned to carefully manage his diabetes with the help of physicians, coaches, family, and friends. And because of that hard work, his personal journey with diabetes has now included participating in the last four Olympics and logging some of the best event finishes for a U.S. skier ever.

Kris will speak at the IMM Health and Fitness Expo on Friday, November 6. [Click here for the full line up and expo info.](#)



Kris Freeman

## Honorary Starters Announced for Race Morning!

## Marathon & Half Marathon - Mayor Greg Ballard & First Lady of Indianapolis Winnie Ballard

We're excited to welcome back Mayor Greg Ballard and the First Lady of Indianapolis Winnie Ballard as honorary starters for the 2015 Indianapolis Monumental Marathon and Half Marathon! Mayor Ballard has been in office for all eight runnings of the IMM, and has attended the event every year. We'd like to thank him for his public service and continued support of the Monumental!



## 5k - Ryan Vaughn, President of Indiana Sports Corp

Ryan Vaughn, President of Indiana Sports Corp, will be the honorary starter for the Indianapolis Monumental 5k. Vaughn has served on the boards of Visit Indy, Downtown Indy, Super Bowl XLVI Host Committee, Super Bowl LII Bid Committee, and the Indiana Host Committee for the 2015 NCAA Final Four. Ryan works with the Indiana Sports Corp to further their mission of creating positive impact by hosting world-class sporting events, building civic pride, driving economic impact and media exposure, and encouraging opportunities for youth.

## Help Fight Childhood Obesity in Indiana

[Team Monumental Kids](#) is in full swing in their effort to fight childhood obesity in Indiana by supporting Monumental Kids Movement! Show your support by [visiting the everydayhero page](#) and donating to this worthy cause.

Want to know more about Monumental Kids Movement? Check out the video below:



Monumental For Our Kids

[VISIT TEAM MONUMENTAL KIDS](#)

## Things To Bring: Medals & Shoes!

We know that runners love to give back! We've got two great opportunities for you to do just that at our expo:



### [Medals4Mettle](#)

is a non-profit organization that facilitates the gifting of marathon, half marathon, and triathlon finishers' medals to children and adults dealing with chronic or debilitating illnesses and have demonstrated similar mettle in bravely facing these challenges. Through donation, your medal will be awarded to those who might not be able to run a race, but are in a race of their own to continue to live their life.

For more info or volunteer opportunities contact Sally Powell at [Sally.Powell@medals4mettle.org](mailto:Sally.Powell@medals4mettle.org)



[Back on My Feet Indianapolis](#) is partnering with [ShoeBox Recycling](#) to collect and recycle your old shoes! Every pair that is recycled helps Back on My Feet Indianapolis raise funds to continue to promote independence in the Indianapolis homeless community. The shoes are then shipped to various locations all over the world where there are men, women and children in need of shoes. We accept: all types of wearable pairs of men's, women's and kids shoes in all shapes, sizes and colors, including athletic shoes, cleats, work boots, dress shoes, casual shoes, sandals, heels, and flats; anything as long as they are gently used and re-wearable. Unfortunately, we are unable to accept: ski boots, heavy winter boots, roller skates/blades, ice skates, flip-flops/crocs, bedroom slippers and single shoes.

## Perseverance Pack: Spots Still Open!

We still have a few spaces open in the Perseverance Pack!

This all-new, FREE, program is designed for those who know a marathon is a distance and not a time!

Perseverance Pack members will be invited to a pre-race meeting on Friday, November 6th at 3 p.m. at the Indiana Convection Center (site of the IMM Health and Fitness Expo). There will be a special welcome from our Executive Director, Blake Boldon, and you'll get to meet and greet your pacers, plus receive last minute tips from Pace Team Coordinator Matt Ebersole. Our Perseverance Pack Coordinator and experience coach Lesley Stoeffler will also be in attendance to address any of your concerns. There will also be an optional "shake out" run/walk session around downtown before the Pasta Dinner!



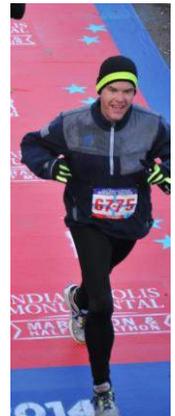
[CLICK HERE TO LEARN MORE & SIGN UP](#)

## Want to Share Your Story?

We have as many Monumental Stories as we have participants - and we want to feature yours! Has running changed your life? Are you overcoming an obstacle to run our race? Share your story and be featured in one of our upcoming newsletters and on our website!

E-mail your story to: [rhi.johns@monumentalmarathon.com](mailto:rhi.johns@monumentalmarathon.com)

[Click here to read the Monumental Story Archive](#)



## New Partnership: Michelob Ultra!

**SUPERIOR  
LIGHT BEER**

**GOOD LUCK  
TO ALL RUNNERS!**

This year you can celebrate your accomplishment,  
& cheer on other finishers in the  
Michelob Ultra Beer Garden!

EXPLORE MORE at [MICHELOBULTRA.com](http://MICHELOBULTRA.com)

We're excited to announce a new partnership with [Michelob Ultra, Superior Light Beer](#). Stay tuned for exciting news about The all-new Michelob Ultra Post Race party AND ways to win Broncos and Colts tickets for the following day, Sunday 11/8. #liveultra

## Don't Forget Your....



### Medal Engraving

We're once again teaming up with PR Medal Engravers to provide on-site medal engraving. Personalize your very own finisher medal with your name and time. Pre-purchase during registration for \$15 or on race day for \$20.

\*Pre-purchased orders will be provided to PR Medal Engravers so you can proceed straight to the engraving booth after the race. [Click here to order.](#)

### Commemorative 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). Purchase at registration and they'll be ready for you at the expo! Only \$65!

Already registered? [click here to add to your order](#) .

[PURCHASE JACKETS, ENGRAVING, PASTA DINNER TICKETS & MORE AT OUR EVENTBRITE MERCHANDISE SITE](#)

Race day will be here before you know it! Make sure to stay tuned for all of our important upcoming announcements. Enjoy your last few long runs, embrace the wonderful fall weather - and then get ready to race!

Important Deadlines:

**10/18** - Last Time to submit time verification for preferred corral placement (can be updated at the expo)

**10/20** - Last Day to Register with custom name on Bib Number & **Upgrade or downgrade**

**11/3** - Online Registration Ends\*

*\*Sellouts expected in full and half marathon prior to registration closing!*

Don't miss your chance to #BeMonumental!

[Register for November](#)

[Confirm Your Registration With Eventbrite](#)

Happy Training!

**Blake Boldon**  
**Executive Director**  
**Indianapolis Monumental Marathon**



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