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INDIANAPOLIS



MONUMENTAL



11.07.2015

FULL MARATHON & HALF MARATHON

5K

KIDS FUN RUN



APEXBENEFITS



October 27, 2015

Dear ,

With less than two weeks to go, training is winding down and everything is falling into place! This week we bring you all the details of what you need to know before, during, and after your Monumental run - including runner tracking!

Issue Highlights:

[4th Consecutive Sellout](#)

[Where to Park](#)

[Pre-Race Warmup](#)

[Runner Tracking!](#)

[Finish Line Activities](#)

[Official Post Race Party](#)

4th Consecutive Marathon Sellout - Half Marathon and 5k Spots still remain!

For the 4th consecutive year we have sold out in the marathon! We're thrilled to have so many of you joining us on Nov. 7th. **We may be releasing a limited number of spots and a wait list for expo registration is available.**

We still have space available in the 5k and half marathon! **We've already had a record number of registrations in the half marathon, and the space is filling quickly!**

To register for the Half Marathon, 5k, or Kids Fun Run, click below:

REGISTER NOW

[Click Here to join the Marathon Wait List](#)

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

The Morning Of - Get There!

Official Guaranteed Parking : Parkwhiz!

Eliminate race day stress and pre-book your parking with Parkwhiz! No need to worry about finding that perfect spot before your race! Parking is also available for Thursday and Friday at the IMM Health and Fitness Expo.

EXPO
THURSDAY
EXPO
FRIDAY
RACE
DAY

BOOK YOUR
PARKING NOW » [ParkWhiz.com](#)

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Looking for more options? [Check out this map from Downtown Indy](#)

Get Ready with a Warm Up!

Come to the pre-race warmup at the Indiana Convention Center, Expo Hall D starting at 6:30 am for all your race morning needs!

DJ: Come see [DJ Frank Smith III](#) to get your chance to learn the "Naptown Breakdown." Frank will be sure you are up and moving and having a good time before the race begins! He will also keep you informed on important information by making race day announcements.

Pearing's Caf   and Frozen Yogurt: Free coffee samples from Pearing's Caf   and Frozen Yogurt race morning! Be sure to go to Pearing's Caf   downtown location this weekend where they serve a variety of coffee, craft beer, frozen yogurts, smoothies, crepes, and other freshly prepared foods. After the race, bring in your medal to receive 25% off smoothies or frozen yogurt.



Athletic Annex: Stop by and see Athletic Annex to receive free giveaways and do some active stretching before the race!

Endurance House: Endurance House will be partnering with "2Toms Sport Shield" with products that help your skin under the most grueling conditions in a marathon. Stop by and see them to make sure you have everything you need before heading to the start line!

Franciscan St. Francis Health: Stop by the St. Francis booth and receive last minute medical advice and items such as Tylenol and Band-Aids before you head to the race. They will also be providing taping supplies for those who may need Kinesiotape, McConnell tape, or other taping that you may need done.

City Yoga: Enjoy a pre-race warm-up with Christie from CITYOGA School of Yoga and Health. Christie will lead you thru a gentle movement sequence designed to help warm up the muscles you will need for today's race. Yoga movement, light stretching and focused breathing before the race helps you feel more open and relaxed for the start line.



Franciscan
ST. FRANCIS HEALTH



EnduranceHouse
Redefine Your Possible™

During - Runner Tracking Available!

This year we'll be featuring two great ways to track or be tracked! As always, we'll be offering FREE text or e-mail updates for the full and half marathon. [Click here to search for your runner!](#) (Note: Names will be added to the database on a rolling schedule - if you signed up recently, you may not be added yet!

New in 2015: Premium Tracking with RaceJoy!

Download the RaceJoy app & carry your phone for a premium tracking experience. For only \$0.99, you can enable live phone tracking on a map, GPS progress alerts, automatic postings for Facebook & Twitter, fun motivating audio cheers from friends & family! Spectators can receive proximity alerts when you're nearby!



[Click here for both tracking options](#)

Crossing the Line

When you finish the race on November 7, your Monumental experience is far from over! In fact, it's just beginning:

- Receive your [Finisher Medal!](#) (Part 2 of the Four Year Series!)
- Pick up your [Medal Engraving](#): \$15 for pre-purchase or \$20 on race day
- Hydrate with help from our friends at **Aquafina & Gatorade**
- Head to the **Steak 'n Shake** tent to refuel with some chili!
- Have your photo taken! **Marathonfoto** will be on site, taking great photos of you throughout the race.
- Listen to some great tunes! New in 2015, we have a finish line band: [The Knollwood Boys](#) are an Indianapolis-based five-piece rock band. Together since 2010, the band has three albums under their belt, including 'Beyond The Peonies', released in September. Their list of influences and, in turn, cover songs knows no bounds. They've played regionally in Chicago, Nashville, Louisville, and smalltown Ohio. They've played locally at famed Indy venues, The Vogue and HiFi. To see them live is truly an experience.
- Not done yet? There are even more events below, including our official party!



Bring some Cash for:

- Exclusive Finisher Gear! Don't leave the finish line without your exclusive finisher's apparel from our partners at [MonumentalGear.com](#). It will be your chance to walk away with special gear designed only for those who have crossed the Monumental Finish Line.
- Coffee! **A Cup Above Coffee Catering** will be onsite to warm you up! A family owned business that has provided espresso and smoothie bar services since 2005. We are "the coffee shop that comes to you."





Official After Party: Loughmiller's Pub & Eatery!



Official Post-Race Party:

Loughmiller's Pub & Eatery and Michelob Ultra want you to #Liveultra! If you are running this year, get ready to celebrate your amazing accomplishments at the first ever Michelob Ultra Beer Garden! In partnership with Loughmiller's, they will be ready and waiting for you runners when you are done! Have a great race and an even better after party!

Loughmiller's is conveniently located RIGHT before the finish line, where they will be selling \$3 cans of Michelob Ultra all day long! Not running? Get ready to enjoy spectating! Loughmiller's will be opening up race morning right for you! They will be selling cans and keeping you happy spectators! Must be 21 years or older.

Want another chance to #LIVEULTRA?? Join Michelob Ultra and The Fan on October 29th from 7-8:30 at 317 Burger and they will be giving away tickets to the Broncos and Colts game, for Sunday November 8th.

More Ways to Celebrate all Weekend Long

Sunday 11/8: 9:00AM - Recovery Shake Out Run, Pearings Cafe, 6 WestWashington, Indianapolis

Meet in front of Pearings Cafe for a recovery shake out run. The route will be a down and back along the cultural trail to the Old Washington Street Bridge (2 miles total). Finishers will receive a free cup of coffee or hot tea. There will also be steel cut oatmeal, fresh fruit smoothies, breakfast sandwiches, crepes and much more to refuel you after your big race. Please feel free to invite family and friends.



Sunday, 11/8 11:00PM - 3:00PM : Athletic Annex After Party

Join Athletic Annex in their Broad Ripple location (6528 Cornell Ave) the day after the race. Nothing says 'recovery' like food, fun, stories and giveaways! Meet up with runners and share your accomplishments and race day stories!

Knozone



Knozone is part of Mayor Greg Ballard's initiative to make Indianapolis one of the Midwest's most sustainable, livable cities. Through education, resources and tips for taking action, Knozone works with residents and businesses to improve Indianapolis' air quality, making our city a great place to live, work and visit.

While power plants and factories are often blamed for poor air quality, the actions of the average person have a larger effect. In Indianapolis, approximately 45 percent of ozone causing pollution is produced by motor vehicles, while only 12 percent is attributed to power plants and large factories.

To make residents aware of their impact and incite change in Indianapolis, Knozone has partnered with IndyCog to educate Hoosiers not only about the environmental benefits of biking to work, but to provide [safety tips and videos](#), equipping residents with the info they need to adopt cleaner transportation methods.

In the Spring of 2015, Knozone stepped into IPS classrooms to educate students on air quality in Indianapolis and biking benefits and safety. The "IPS & Knozone Cycle Kids" curriculum included lessons in science and physical education. The program equipped students with the knowledge they need to form healthy, environmentally friendly habits.

Knozone is committed to providing free, readily accessible information to help Indy residents make a difference in air quality, improving the lives of Hoosier students, athletes, commuters and future generations.

Knozone is doing its part to keep air quality high for the 2015 Indianapolis Monumental Marathon race day. For more information on how you can improve Indy's air, visit <http://knozone.com/how-you-can-help/>.

Commemorate Your Race Day



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! Available when registering or [click here to add to your order](#)

- it will be waiting for you when you pick up your packet at the expo!

IMM is 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.



[ADD ENGRAVING, PASTA DINNER TICKETS AND MORE AT OUR EVENTBRITE STORE](#)

Remember: online registration closes on November 3 - but we could have a sell out before then!

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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