

INDIANAPOLIS



MONUMENTAL



11.07.2015

FULL MARATHON & HALF MARATHON

5K

KIDS FUN RUN



APEXBENEFITS



November 17, 2015

Dear

In addition to another inspiring monumental story, this week we get to announce the winners in two of our challenges in 2015: the Apex Monumental Challenge and Bob Kennedy's 3Run7 Challenge. Read below to see who came out on top!

**Issue Highlights:**

[Apex Monumental Challenge](#)

[#3Run7 Challenge](#)

[Post-Event Survey](#)

[Monumental Story: Chris Lehman](#)

[3 Ways to Commemorate](#)

## Apex Monumental Challenge Winners

The results are in for the 2nd annual Apex Monumental Challenge! The challenge is a friendly competition between Indiana-based employers in which points are awarded based on participation in Monumental Races throughout the year. Total scores were calculated as a percentage of points earned by participants relative to total employees in the company. Congratulations to all participants! Enrollment for the 3rd annual challenge will open in January.



Small Business	Medium Business	Large Business
1 - Youth for Christ 2 - College Mentors for Kids 3 - myCOI	1 - Borshoff 2 - Viavi Solutions / JDSU 3 - USATF National Office	1 - Metropolitan School District of Wayne Township 2 - Angie's List 3 - Simon

## APEXBENEFITS

Winning organizations receive a traveling trophy, awards luncheon, and intra-company recognition.

[Click Here to Learn More](#)

### More Winners: #3Run7 Challenge!



We certainly had people rise to the challenge this year! We had 18 new age-group records set in the marathon and half marathon:

**MEN'S MARATHON**

AGE GROUP	NAME	RECORD
40-44	Francesco Arato	2:35:46
45-49	Thomas Goldsbv	2:40:19
50-54	Jeff Mescal	2:44:38
55-59	Paul Stoodlev	2:45:13

**WOMEN'S MARATHON**

AGE GROUP	NAME	RECORD
10-12	Nicole Michmerhuizen	2:41:37
50-54	Susan Loken	2:53:12
55-59	Nancy Schubrina	3:17:18
65-69	Jeannie Rice	3:44:22
75-79	Beverly Watt	5:56:52

**MEN'S HALF MARATHON**

AGE GROUP	NAME	RECORD
10-12	Collin Stevens	1:35:47
13-15	Christian Stevens	1:16:44
65-69	Joe Betz	1:33:33
75-79	Frank Bay	1:50:13

**WOMEN'S HALF MARATHON**

AGE GROUP	NAME	RECORD
13-15	Kelsey Tyler	1:33:05
25-29	Jebichi Yator	1:14:12
40-44	Tammy Nowik	1:22:49
45-49	Shannon Knabel	1:28:18
75-79	Ruth Fverson	2:24:15

In addition, Mikey Dickey of Lutz, FL and James Frazier of Fort Wayne, IN won for placing 262nd and 317th in the marathon. Michael Clark of Greenwood, IN and Michale Monaghan of Indianapolis were winners in the half for placing 131st and 317th.

[Visit the #3Run7 Challenge Homepage](#)

## Last Night to Complete our Survey

Please take a few moments to tell us about your experience this weekend. We use [this survey](#) to make improvements in our events and value each comment we receive. Thank you in advance!

Volunteers and spectators are also welcome to fill out this survey.

**By entering your e-mail at the end of the survey you have the chance to win one of two Monumental Prize Packs.**

[CLICK HERE](#)

## Monumental Story: A Monumental Thank You

*From 362lbs to a 3:20 Pacer*

*Our Monumental Story this week is Clint Lehman - who's remarkable running story starts with weight loss and progresses through 10 marathons. Read what keeps him going!*

*"In 2010 when I graduated from grad school I weighed 362 lbs. By 2011 I decided that needed to change and began a journey that would lead me to fall in love with running and lose 196 lbs."*

[To read more of this incredible journey, click here.](#)






## 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](#)

## Three ways to Commemorate your Race!

Medal Engraving	Finisher Gear	Marathonfoto
		
<p>You can now purchase ETAGS to personalize your medal. They ship straight to your door and fit perfectly on the back of your finisher medal. Only \$10! <a href="#">Click here</a></p>	<p>Limited quantities of exclusive finisher gear are still available from Monumental Gear! <a href="#">Check it out here.</a></p>	<p>Have you seen your very own personal photo gallery yet from Marathonfoto? Photographers were all over the course and finish line on race day - search by your bib number and view your pictures! <a href="#">Click here</a></p>

## Carb boom!



On course nutrition at the IMM this year was Carb boom! energy gels. **Carb Boom! Energy Gels**® are made with real fruit and have a high ratio (11:1) of complex carbs (maltodextrin) to simple sugars, superior taste, and no added sugars, and no artificial flavors, colors or sweeteners.

[LEARN MORE](#)

We want to stay engaged all year long. Use the hashtag #BeMonumental in all of your social media posts to connect with us!

Remember - registration will open on January 1 with special Monumental Resolution pricing!

Until next week,

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



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