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INDIANAPOLIS



MONUMENTAL

11.07.2015

FULL MARATHON & HALF MARATHON

5K

KIDS FUN RUN

 **Franciscan**
ST. FRANCIS HEALTH

APEXBENEFITS

Lilly | DIABETES

December 1, 2015

Greetings!

We hope you had a great long weekend! This Giving Tuesday, we're celebrating Monumental Kids Movement and Team Monumental Kids. This growing program is helping to fight childhood obesity in central Indiana. Check out our 2015 feature video to learn a bit about this inspiring cause, and see below for an inspiring Monumental Story!



Monumental For Our Kids

Issue Highlights:

[Giving Tuesday: Team Monumental Kids](#)

[Monumental Story: Going The Distance](#)

Giving Tuesday: Team Monumental Kids



This Giving Tuesday, fight childhood obesity with Team Monumental Kids! Team Monumental Kids directly supports Monumental Kids Movement, a nine week youth running program culminating with students running the Indianapolis Monumental 5k. The bi-weekly program focuses on educating Indianapolis youth on the benefits of exercise, proper diet and healthy living.

Through support by people like you, the program and entry to the 5k are free to participating students.



[CLICK HERE TO
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Monumental Story: Going The Distance



Brycellyn and Dean Williams have a special connection to the IMM. They were married on the start line at the 2010 event and have returned every year since. Brycellyn has now started a special Monumental Kids Movement program at the school where she teaches, where students train for the Half Marathon.

"It all began when my fiancé tapped Mayor Ballard on the shoulder and asked him to marry us at the start line of the Monumental Half-Marathon on November 6th, 2010.

I immediately began to envision a running program at the school where I teach, Christel House Academy South. My dream came to fruition this last summer when I introduced my students to distance walking and running in a two week enrichment program I called, "Go the Distance!" With the support of the Monumental Kids Movement, I gathered a team of students and staff to train together every Saturday morning from August through race day."

[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

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

Special Offer from Our Friends at Teachers Credit Union



You Don't Run Into This Low Rate Everyday! 3.99% Intro Rate TCU Visa® Platinum Credit Card. No Annual Fee, No Balance Transfer Fee. [Click here to learn more](#)

©Teachers Credit Union. After 12 months, APR (annual percentage rate) on purchases and balance transfers will range from 7.49%-11.49%. Rates are subject to underwriting guidelines. APR will vary with the market based on a Prime Rate. Must be a member of TCU. New members are subject to a \$7.00 membership fee and \$5.00 initial share deposit. Other fees may apply as described in the common features. Contact a TCU Representative for details. Federally Insured by NCUA. Equal Housing Opportunity.

Products to Check Out!

Monumental Gear Deal!	Boom Nutrition
	 A packet of Carb Boom! Energy Gel in Vanilla Orange flavor. The packet is orange and black with a clear window showing the gel. It features a slice of orange and the text 'ENERGY GEL', 'VANILLA ORANGE', 'Carb boom!', and 'NET WT 0.4oz (1.4oz)'.



2015 Holiday Special: Get a sport wick ¼ pull over, the runners duffle bag, and car decal. **An \$85 value for \$75.**
All items receive free shipping until Christmas!

Visit MonumentalGear.com

Your on course nutrition this year was carb boom! energy gels. Carb boom! provides A steady release of energy without a spike and crash that high concentrates of simple sugars can cause.

Visit Boom Nutrition

We hope that you support Monumental Kids Movement this Giving Tuesday! We'll be back next week with another Monumental Story.

Monumental Resolutions are only one month away. Remember, only 1000 specially discounted spots will be available when registration opens on January 1.

Until next week,

Blake Boldon
Executive Director
Indianapolis Monumental Marathon





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