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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 15, 2015

Greetings!

It might not feel like it outside, but 2015 is quickly coming to a close!

It's nearly time to set your goals for next year and make your New Year's Resolutions - what better way than by making a Monumental one!

This week we bring you a great monumental story about achieving goals after setbacks, a last-minute gift guide from Athletic Annex (including an **Instagram giveaway**), and a way you can support a local non-profit.

Issue Highlights:

[Monumental Resolutions](#)

[Monumental Story: A Healthy Ambition](#)

[Blog: Athletic Annex Gift Guide](#)

[Volunteer of the Month: Laura Jefry](#)

[Vote for Nine13sports!](#)

Just Two weeks Away!



Which will you choose in 2016?

We're a little over two weeks away from Monumental Resolutions! Remember, this is your only chance to save 50% on November registration prices. **There are only 1000 discounted spots available** in the marathon and half marathon at the low, low prices of \$65 and \$50, respectively.

What a way to ring in the new year - registration opens on January 1, 2016 at 12:01 a.m. EST!

Monumental Story: A Healthy Ambition



From a catastrophic bike crash to a heart attack, Phil Warlow had his share of setbacks. A return to running at age 59 has helped him achieve some lofty goals.

"Two years ago, I had a heart attack. I was shocked. I was in excellent shape for a 59 year old male. I ignored all the warning signs. I continued to push myself on the bicycle. I was just too stubborn to listen to my body. I had three stents put in that day.

After that I was wondering what next? The answer was to run a marathon of course. But I figured anyone can run "A" marathon, why not do my first and second marathons the same weekend?"

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

Monumental Blog: Gift Guides & Giveaways!



Still stumped on last minute gifts for your running pals? Our blog this week, courtesy of Athletic Annex, has you covered! Check out the list of great gifts for every fleet footed friend you have!

Plus, don't miss out on their instagram giveaway this week - a chance to win a free spirit tank!

[Read the blog here.](#)



Want to Share?

We're always on the lookout for blogs and monumental stories. Has running changed your life? Are you overcoming an obstacle to run our race? Do you keep a hilarious training blog? 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](#)

Volunteer of the Month: Laura Jefry

We would like to recognize Laura Jefry as our volunteer of the month! In 2015 she served on the Monumental Advisory Committee helping with preparations for event weekend. She also was a Lead Volunteer at the two day IMM Health & Fitness Expo as well as oversaw food distribution at the finish line on event day.



As a fellow runner Laura enjoys the IMM because she sees it as a celebration for

many who have worked hard all year training and preparing for the event!

Thank you Laura for your continued commitment to the IMM!

If you would like more information on becoming a Monumental Volunteer or if you would like to nominate a Volunteer of the Month, please contact our, Community Outreach Manager, Casey Collins, at casey.collins@monumentalmarathon.com

Vote Tonight To Support a Great Cause!



You can vote for Nine13sports in "The Yelp Foundation Gives Local" campaign - ending tonight!

The Yelp Foundation is granting **\$5,000** to the organization with the most votes at the end of the campaign. The second and third place winners will be granted \$3,000 and \$2,000 respectively.

Nine13sports is a 501(c)(3) non-profit organization that promotes health, wellness, and exercise for local youth between the ages of 8 and 18 through their *Kids Riding Bikes* programs. They have created a unique initiative in which we have integrated the traditional bicycle with technology to provide a turnkey product for youth programs, schools, and other community organizations. In addition to individual betterment of health and fitness, their programs promote community, teamwork, and mutual respect for one another designed to foster a lasting impact.

[Voting ends tonight! \(Click here\)](#)



Don't let your friends miss out on the best pricing we offer all year - let them know about Monumental Resolutions and get yourself a training partner all year long!



Until next week,

Blake Boldon
Executive Director
Indianapolis Monumental Marathon



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