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INDIANAPOLIS



MONUMENTAL

NOVEMBER 5, 2016

FULL & HALF MARATHON | 5 K | KIDS FUN RUN

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March 5, 2016

Greetings!

March comes in like a lion with a roar of exciting news! Read below about early bird savings on our new event, a chance to win a hotel stay downtown, and much more!

You will continue to receive these newsletters, whether or not you have previously registered. You can always confirm your registration with your [eventbrite account](#).

Issue Highlights:

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Indianapolis Half Marathon Prices Going UP!



Last Chance for the Lowest Advertised Prices in Years!

Registration for your hometown half marathon and 5k is officially open! The 21st Annual Indianapolis Half Marathon and 5k will take place on Saturday, October 8, 2016 in historic Fort Benjamin Harrison State Park.

Save **\$10 on the half marathon**, and **\$5 on the 5k** when you **register before tomorrow at 11:59 p.m.** Don't miss this great special and savings as we celebrate the 21st birthday of the Indianapolis Half.

Indy Half Registration

Now Available at Registration: IN Training Shirts!

Show everyone what you're training for with these IN training shirts! Add them on to your registration, or [purchase at the merchandise store here](#). First orders start shipping on April 1!



Registration Celebration: Win a Hotel Stay Downtown!

Enter to win a free hotel stay downtown on 11/4 for the Indianapolis Monumental Marathon, Half Marathon, and 5k!

We're thrilled to bring you two opportunities to race this fall! To celebrate, we're giving away a **free** hotel room the night before the Indianapolis Monumental Marathon, Half Marathon, 5k and Kids Fun Run to one of our friends that plans to join us for both events.



Here's how to enter:

1) Be registered by midnight on March 6 for a race at **both** the Indianapolis Half Marathon and 5k on 10/8, and the Indianapolis Monumental Marathon, Half Marathon and 5k on 11/5.

2) Tell your friends your fall running goals in a **Facebook (@MonumentalMarathon) post or Instagram (@IndyMonumental) post** AND tag us (by no later than midnight on 3/6!).

Winner will be announced on Friday, March 11.

[Indy Half Registration](#)

[Monumental Registration](#)

No purchase necessary. You can also enter by sending a postcard addressed to the Indianapolis Monumental Marathon with Name, address, and e-mail to 202 E. Market Street, Indianapolis, IN, 46204 (must be received by 3/11) **and completing step 2 above.*



Hotel Block Now Open!



The hotel block for the Indianapolis Monumental Marathon is now open! Book through us to get the best deals right next to the start (and finish!) line in beautiful downtown Indianapolis.

[Click here to book your stay!](#)

Monumental Story: Dave Stevens

The Stevens family is one of runners! In this year's Indianapolis Monumental Half Marathon, both of Dave's sons set new course record for their age group. Read is story of "Five Reasons why Your Kids Should Run the Monumental". This story was published in Marathonfoto's most recent edition of [International Endurance Events Magazine](#).



"Reason # 1: You'll taste things you never imagined.

Before my sons started running half marathons, do you know what running "tasted" like to me? It tasted like "victory." Every time I completed a race, I could brag to my kids I had made a super-human effort that was the stuff of legends - but once I let my kids start running the Indianapolis Monumental Half Marathon, running tasted less like "victory" and more like "humble pie." In last year's event, Christian set a new course record for the 13-15 year old age group with a 1:16. Collin broke his own course record in the 12 & Under age group with a 1:35.

The only course record I own is the 50 & Over age group... Among people who live in my house. The boys laugh every time they beat me, so they laugh every race."

[To read more of the story click here](#)

Coach's Corner with Matt Ebersole

Get the Most Out Of Your Long Run

Long runs are the cornerstone of marathon and half marathon training and are a regular component of your running week. Because long runs are done with frequency and comprise a good percentage of your weekly mileage they warrant thoughtful consideration to make sure you are getting the most from them. The two primary questions to be addressed are how far and how fast? The focus of this post will be on how fast or more precisely how hard.



Really, the specifics are up to your imagination, but the primary objective is to get your legs to ask the same question they will late in the race with similar urgency, "What are you doing to me?" Sure, some of your long runs should just be nice and relaxed but with regular quality injections into the others you will be racing faster soon!

[Click here to read on...](#)



Matt Ebersole is the founder & coach of Personal Best Training. Matt has coached over 7,000 athletes since 1991. Coach Ebersole has served as the IMM Elite Athlete and Pace Team Coordinator since 2013.

Volunteer of the Month: Lyndsey Estes



We would like to recognize Lyndsey Estes as our volunteer of the month! In 2015 she worked with staff to take onsite registrations at the two day IMM Health & Fitness Expo. On event day she oversaw the Will Call area as well as helped with event clean-up.

Running has always been a family affair for Lyndsey which is why she loves to be involved with a sport that creates such a tight knit and supportive community. She also enjoys meeting people from all different walks of life who participate.

Thank you Lyndsey for your continued commitment to the IMM!

If you would like to nominate a Volunteer of the Month, please contact casey.collins@monumentalmarathon.com

Two Partner Events: Get Out and Run!

Save \$5! Big10 Hoops Day 5k

Save on your registration with the code B1GSERVE and run the Big10 Hoops Day 5k on **Saturday, March 12!** This event is open to all who like to run or even walk. Whether you are a competitive or casual runner, a walker not afraid to push a stroller 3.1 miles, a Big Ten Alum looking to show your spirit or just someone who enjoys a good street party, you'll have a blast at the Big Ten Hoops Day 5K!



This event starts and finishes outside of Bankers Life Fieldhouse. The Big Ten Hoops Day 5k will give you the opportunity to see the city as the race winds through the streets of downtown Indianapolis and passes different Big Ten school-themed eateries and the city's greatest sports venues and attractions.

[Click here to register!](#)

Hear Indiana: Talk Walk Run

The Hear Indiana Talk Walk Run is a 5k-10k-Kids Run & Carnival taking place on April 30, 2016 at Fort Harrison State Park in Indianapolis! The race offers a scenic course for walkers, joggers, and sprinters alike (competitive 10k and 5k available, plus non-competitive 5k). If you'd like, you can choose to fundraise to support HEar Indiana programs for children with hearing loss and their families. With today's technology (e.g., hearing aids, cochlear implants) most deaf children can listen, speak and read as their hearing peers. [Click here to Register](#)



We're already a whole *third of a year* to the next Indianapolis Monumental Marathon, Half Marathon, 5k and Kids Fun Run. Register now and get ready for fall.

[Monumental Registration](#)

[Click here to confirm your registration on Eventbrite](#)

Be Monumental,
Blake

Blake Boldon
Executive Director
Indianapolis Monumental Marathon



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