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INDIANAPOLIS
MONUMENTAL

NOVEMBER 5, 2016

FULL & HALF MARATHON | 5K | KIDS FUN RUN

PRESENTED BY
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April 5, 2016

Greetings!

Spring is here and we're just seven months from race day! Read below for the reveal of our all-new tank top designs for the Monumental Mile, a new way to win a FREE hotel stay on race weekend, another inspiring Monumental Story and **where to come visit us at race expos this spring!** Remember, [register early for the best prices!](#)

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:

[Monumental Mile News](#)

[Hotel Rooms for Indianapolis Half Marathon](#)

[Rave to Win a FREE Hotel Stay](#)

[Spring Expo Announcements](#)

[Monumental Story: Daniel Coons](#)

[Coach's Corner](#)

[Volunteer of the Month: Rose Scovel](#)

[Alissa Moody: Campaign for Woman of the Year](#)

[Help Friends Of Broad Ripple Cross Country](#)

Mile Tank Designs are Here!



The final designs are in for the Monumental Mile tech tanks! Featuring a special "throwback" design as a tribute to the singlet worn by Sir Roger Bannister in the first ever sub-four minute mile, these tanks are gender specific with sublimated printing (read: no icky-sticky-feeling ink!). High performance wicking material will keep you dry as you train all summer.

Get your guaranteed size today when you register for only \$20 for the Monumental Mile - bringing you 5,280 ft closer to your next goal on Thursday, June 2!

[Register for the Mile](#)

Indianapolis Half Marathon - Book Your Stay



Traveling From Out of Town for the Indianapolis Half?

You can now book your room for the Indianapolis Half Marathon with our first official hotel partner, Drury Hotels! [Book at this link](#) to access our block of rooms.

Not registered yet? Sign up now before prices go up!

[Indy Half Registration](#)

[Rave to Win: Tell the World What Makes Us Monumental!](#)

Help us spread the word by sharing your Monumental experiences on RaceRaves.com! Post your review(s) by Sunday, April 17 for a shot to win an exclusive Monumental Prize package (retail value \$90). Run all three events? Review them all for a chance to win a FREE night's hotel stay near the start line of the Indianapolis Monumental Marathon!



RaceRaves makes your racing life better with their easy-to-use race finder, plus a personal dashboard (Staging Area) where you can track your past races and create a wish list of future races. [Sign up](#) for a free account to begin raving, or click [HERE](#) for all the details.

Come See Us!

We'll be out and about this spring across the area at some of our favorite race expos. Stop by the booth and **register at a discount** (and save on the processing fees too!).



You never know who will drop by!
Last year, marathon training guru [Hal Higdon](#) visited.

Date	Race	Location
Fri. 4/8 & Sat. 4/9	Go! St Louis	Chaifetz Arena (Saint Louis University) 1 S. Compton Ave. St. Louis, MO 63103
Thurs. 4/28 & Fri. 4/29	Christie Clinic Illinois Marathon	University of Illinois Activities and Recreation Center, 201 East Peabody Drive, Champaign, IL 61820
Thurs. 4/28 & Fri. 4/29	Kentucky Derby Festival Marathon	Kentucky International Convention Center, 221 S 4th St, Louisville, KY 40202
Fri. 4/29 & Sat. 4/30	Flying Pig Marathon	Duke Energy Convention Center, 525 Elm St, Cincinnati, OH 45202
Thurs. 5/5 & Fri 5/6	500 Festival Mini Marathon	Indiana Convention Center, 100 S Capitol Ave, Indianapolis, IN 46225

Monumental Story: Daniel Coons

Running to Adopt

Daniel Coons is running a Marathon-athon to help offset the costs of international adoption. An excerpt of his story are below, you can [read the full story here](#).

I was involved in athletics in high school and played tennis year around, yet I really did not like running. Despite being an athlete, when I took a physical for sports my senior year, my heart rate was over 100 bpm - and I decided that was not acceptable. So, I started running.

My wife and I have been married for 8 ½ years. Our family has grown from just the two of us to include two boys (5 and 3 currently), and a third boy on the way this May!! We knew we wanted a big family early on and we also knew that we had a strong desire to adopt. We have baby #3 on the way, so perfect timing, right?

Therefore, I am doing a Marathon-athon. We are hoping for sponsors of a dollar per mile to help us on our fundraising journey.

If you want to learn more about our family and our story, please visit our website at www.youcaring.com/coons and look there for details on how to follow along with me on race day. We would appreciate any support, whether emotional or financial. Thanks for reading! I am excited to #BeMonumental



Coach's Corner with Matt Ebersole

Chasing Confidence

The important spring races are close at hand. As they approach you have an undeniable need to prove your fitness.



Oddly enough the very act of proving fitness in training is on the short list of the surest ways to ruin your big race. Your training should be a body of evidence with some highlights that demonstrate you are in the range of your

goal.

[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: Rose Scovel



This month we would like to recognize Rose Scovel as volunteer of the month! Rose is a regular contributor to the Monumental Blog and an all-around friend of the Monumental.

Rose began running eight years ago and fell in love with half marathons. She has finished 54 half marathons, 4 marathons, 5 100-mile or longer bike rides, and a half Ironman. She is the race team captain for Indy Runners and the Indiana state representative for the Road Runners Club of America. Rose also volunteers with her church, St. Paul's Episcopal Church in Indianapolis. When she's

not training or volunteering, Rose is the Director of Capacity Building for the Indiana Association for Community Economic Development.

Check out Rose's most recent blog "[10 Ways To Be an Endurance Junkie \(Without Going Overboard!\)](#)", and read her post from last year on the "[Top 5 Reasons to run \(only\) one Mile](#)".

If you would like to nominate a contribute to our blog please contact rhi.johns@monumentalmarathon.com

Alissa Moody: Nomination for Leukemia and Lymphoma Society Woman of the Year

Editor's Note: The Indianapolis Monumental Marathon is proud to help the campaign of Alissa Moody for Leukemia & Lymphoma Society's (LLS) Woman of the year. We have a long standing relationship with Team in Training, the flagship fundraising program for LLS.

Donations to this campaign further their cause of supporting blood cancer research. Alissa's husband, Aaron, was a founding board member of the Monumental Marathon and was instrumental to our early success.

Alissa Moody

"It was always my passion in life to become a pediatric Physical Therapist. After earning my degree, I had the privilege of working as an outpatient Physical Therapist at St. Vincent's Pediatric Rehabilitation Center followed by serving 10 years as an inpatient Physical Therapist at Riley Hospital for Children. My primary focus was working with patients on the oncology and stem cell transplant units, and I quickly saw my dreams turn into a reality.



The unbelievable drive and fight that I witnessed from my patients inspires me to live life to its fullest. I remember my patients, both those who have survived and those who have passed, daily. As of last year, I started another rewarding job of staying at home and being a mom to my two young children. I want to teach them to live out their dreams and find their passion for life.

Please join me in supporting The Leukemia & Lymphoma Society (LLS) by making a donation to my fundraising campaign for Woman of the Year."

[Click here to Visit Alissa's Campaign Page and to Learn More](#)

Help Wanted for Friends Of Broad Ripple Cross Country



Are you an engaged, enthusiastic looking for a great way to give back to the local running community and foster enthusiasm in running youth? The Friends of Broad

Ripple High School Cross Country are looking for a Volunteer Coordinator who:

- Is excited about helping H.S. runners
- Enjoys getting others involved
- Is Organized

This position will require a couple hours of time each week during Cross Country season

Interested? - contact Jeff Kimbell 317-997-4530

We hope you have a great kick off to the new season and are ready for six GREAT months of training. Keep us (and the thousands training with you) up date by using the #BeMonumental hashtag!

Monumental Registration

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

Be Monumental,
Blake

Blake Boldon
Executive Director
Indianapolis Monumental Marathon



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✉ Forward to a friend

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