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INDIANAPOLIS



MONUMENTAL

NOVEMBER 5, 2016

FULL & HALF MARATHON | 5 K | KIDS FUN RUN

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May 5, 2016

Greetings!

Congratulations to the many of you who have completed your spring racing goals! Now it's time to look forward to fall and set your sights high. **Our prices go up in one week**, so make sure you [register early for the best prices!](#)

Remember, we're less than a month away from the official kick off to Monumental training: the [Monumental Mile!](#) [Register](#) the whole family for this unique downtown event on June 2nd!

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:

[Wear Your Monumental Shirt to Win](#)

[Kick off Summer With Just One Mile!](#)

[Indianapolis Half Commemorative Shirts Available](#)

[Monumental Story: Soaring Appreciation](#)

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Wear Your Monumental Shirt to the Mini Marathon Expo !

Tonight and tomorrow we'll be at the One America 500 Festival Mini Marathon Expo at the Indiana Convention Center, and we want to see you there!

This is your last chance to get a discount before our prices go up at 11:59 p.m. on May 12! Save \$10 on a full or half marathon registration (plus no processing fees!) when you register in person.

We'll have a special prize for the first 500 people who come to our booth in a **Monumental shirt**. There's more than 70,000 people out there with one - show us yours!

Two more reasons to drop by:

- Enter to win a drawing for a Commemorative Monumental Jacket!
- We're collecting race medals for [Medals4Mettle](#) - make a donation!

Can't make it to the expo? Make sure you register before **our prices increase at 11:59pm on May 12!**

[Click To Register](#)

Monumental Mile Less than A Month Away

June 2nd will be here before you know it! Register today for this family friendly event that truly has something for everyone.

Remember:

- Strollers are welcome in the Community Mile
- Post race party features a live band; Chamber Music!
- FREE gender specific tank top is



Brad Neal's wife gets tired of seeing this hoodie because it's all he wears - we love it! [Read his Monumental Story](#)



included with registration

Register today to get 5,280ft closer to your next goal!

[Register for the Mile](#)



This just in: the renowned [Chamber Music](#) is our post-race party band!

Indianapolis Half Marathon: New Shirts Available!



Commemorative Indianapolis Half T-shirts Now Available

Show your Indianapolis Half marathon spirit with one of these commemorative t-shirts. Lightweight polyester/cotton blend with gender specific sizing and design! Only \$25 with free shipping (sent out weekly!). [Buy one separately here](#), or add on when you register.

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

Monumental Story: Brandon Ueki

Soaring Appreciation

Brandon Ueki is the inspiring president of [5 Rivers Running Team](#). This article was submitted by Colleen Carr in appreciation of his dedication. You can [read the full story here](#).

Once a year you have the opportunity to experience a "Monumental Race". If you are lucky, once in a lifetime you will meet someone who has a monumental impact on you, for 5 Rivers Running Team that's Brandon Ueki.

In 2013 Brandon took over as president of the Club. As president, Brandon encouraged all of us to challenge ourselves and run a little faster, run a little farther and push our comfort levels. Brandon inspired us both on and off the track. Somewhere along the way, we became more than a running team and we became a running family.

The Air Force had plans for Major Ueki and they weren't in Dayton. Brandon learned the week of the 2015 Monumental Marathon that he would do a tour involving DC and Afghanistan. The team wanted to do something special to show him how much he had impacted us: we were able to acquire spare race shirts for a very special quilt. The quilt turned out amazing and Brandon was truly touched.

Brandon's love of running is infectious. He has made us all better runners, better people and a running family along the way. While he was at it, he made himself a better runner... he qualified and just ran Boston 2017! While he won't be able to run Monumental with us this year, he will be in our hearts pushing us all to PR!!!

[Click here to read the full story](#)



Coach's Corner with Matt Ebersole

It Begins With One Mile

If you are an adult onset runner, especially of the GPS generation, you may have never thought about racing a mile. After all, why would someone pay to run one mile? Good question. Let's see if I can give you a few reasons to race the [Monumental Mile](#).



1) It is one mile straight down Meridian Street finishing at the circle. Traffic is shut

down on what could be considered the main street of Indianapolis, so you can see how fast you can run one mile. How cool is that?

2) There is a race for everyone. There is a race for kids, masters, open, and even a community mile for the whole family. And then the races are topped of with an elite mile.

[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



This month we would like to recognize Judy Hasselkus as Volunteer of the Month.

Not only has Judy participated in EVERY Monumental race weekend since inception, she is a 5-time marathon finisher, a member of Indy Runners, and she's a regular volunteer at many local events. On top of that, Judy has graciously submitted some of our favorite entries to the [Monumental Blog](#).

Thank you Judy, for your continued support of the local running community!

Read her blog entries, "[Top 7 Reasons to Volunteer](#)" and "[5 Things Only Your Runner](#)

[Friends Know About You](#)" for great insights to the running world!

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

Featured Event: Girls On the Run 5k

[Girls on the Run of Central Indiana](#) inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

You can help support this mission on May 14th by running or volunteering at a 5k!



Date: May 14

Time: 9:30 AM

Venue: Saxony

Location: Saxony Blvd., Fishers, IN

[Click here for more information and to register!](#)

Summer will be here before you know it, and it's time to start preparing for fall. We hope to see you and your entire family downtown at the Monumental Mile on June 2nd for the official kick off for the summer training season!

[Monumental Registration](#)

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

Be Monumental,
Blake

Blake Boldon
Executive Director
Indianapolis Monumental Marathon



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