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June 5, 2016

Greetings!

It's been a very exciting month! Our newsletter for June includes our new logo and title sponsor reveal, a Monumental Mile recap, and important information on the **upcoming price increase for the Indianapolis Half Marathon, 5k and Kids One Mile.**

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

## Huge News: Title Sponsorship Announced!



In case you missed it, we revealed some transformational news at the Monumental Mile! [CNO Financial Group](#) has entered a three year agreement with the Indianapolis Monumental Marathon to be the title sponsor. This news brings a new look, new logo, and new name to our marquee November event: the CNO Financial Indianapolis Monumental Marathon.

The CNO Financial Group's sponsorship brings a valuable partner for furthering the Indianapolis Monumental Marathon's nonprofit mission to educate central Indiana youth on the benefits of exercise, proper diet and healthy living. As title sponsor, CNO Financial Group will be a part of promoting a top-20 marathon with a non-profit mission of promoting healthier lifestyles for children and families in central Indiana.

[Read the Full Press Release here.](#)

[Read the Indiana Business Journal article here](#)

[Coverage from Inside Indiana Business](#)

## Indianapolis Half Marathon: Prices go up this week!

### Price Increase Alert for the Indianapolis Half Marathon and 5k

Prices for the Indianapolis Half Marathon and 5k, taking place on October 8, go up in two days! Save \$9 when you **register before midnight on June 7** for our newly acquired event. If you're training for the either the CNO Financial Indianapolis Monumental Marathon, Half Marathon, or 5k, this event is the perfect training run. Register now and save!

**Price Increase: June 7 at 11:59 p.m.!**



*FREE gender specific, performance material, quarter zip with half marathon registration!*

[Indy Half Registration](#)

## Monumental Mile Quick Recap

The Monumental Mile took place last Thursday was a huge success! Record numbers participated and three event records fell. Congratulations to all participants who joined us for an evening of family fun and celebration on the circle.



## Bright Side Dental & Orthodontics

Full Results

[Age Group Results](#)

[Check out 94 year old Mike Fremont's interview on RTV6](#)

[More Coverage from RTV6](#)

## Monumental Story: Adam Kimble

**Coast to Coast in 60 Days**



*Adam Kimble embarked on a running journey from California to Georgia with a lofty goal, and learned a lot along the way. [Read his full story here.](#)*

On February 15, 2016, I set out from Huntington Beach, CA, with the monumental goal

of becoming the fastest person to cross the USA on foot. In order to achieve that goal, I needed to average 66 miles per day, for 46 days. For any ultrarunner, that's a very daunting task to say the least.

Just days into the attempt, I began to experience some minor pains. Those minor pains quickly turned into full-blown injuries, and I was forced to take a few days off in order to reduce the inflammation and pain in my legs.(...) About a week later, that hope was beginning to fade further and further away. We were too far behind on our total mileage, and my body wasn't bouncing back the way I had hoped. On the flip side, we were receiving greater encouragement from our community of followers than we ever imagined.

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

You can follow Adam on [Instagram](#) and [Twitter: @TheBeardedSole](#)

## Coach's Corner with Matt Ebersole

### Reshuffle Your Race Mix

To be faster or more competitive at your chosen distance you might start by becoming a better runner. I know this sounds redundant and obvious, so let me explain. The two people you least want to have pull up alongside you at 10 miles in a half marathon are a marathoner that you know can hold a pace for hours and someone that just ran a great 5K because you know at the end they have a gear you don't. If you could combine the endurance and stamina of marathon training and the economy and speed of 5K training, you will be a better half marathoner.



By reshuffling your training and racing mix you can have them all. These do not just meet in the middle at 13.1!

[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 Conor Nickel as Volunteer of the Month.

Conor was instrumental in helping with the organization and implementation of Running Club Row and managing the finish line at the Monumental Marathon in 2015. He recently relocated to New York City to work as Event Manager for New York Road Runners, who organize the NYC Marathon, among other events. Thank you Conor for your support!



If you would like to nominate a volunteer of the month, please contact [rhi.johns@monumentalmarathon.com](mailto:rhi.johns@monumentalmarathon.com)

## Looking to Cross Train? Bicycle Garage Indy!

**Bicycle Garage Indy**

WE WANT TO BE **YOUR BIKE SHOP**

North Indy • Downtown • Greenwood **BEST SELECTION. BEST SERVICE. BEST VALUE.**

No matter what kind of riding you might do, Bicycle Garage Indy wants to be your bike shop. BGI has Indiana's largest selection of bikes from Cannondale, Electra, Giant, & Trek. Their exceptional service department works on all types and brands of bicycles. Every bike buyer receives an owner's care package and a comfort guarantee. Whether you're cross-training or just out for some fun, Bicycle Garage Indy is your best choice for all of cycling. [www.bgIndy.com](http://www.bgIndy.com)

We're halfway through 2016 which means we're more than halfway to the 2016 CNO Financial Indianapolis Monumental Marathon! Register now to lock in the best prices 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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#### MONUMENTAL SPONSORS



#### MEDIA SPONSORS

