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August 5, 2016

Greetings!

The Olympics are here! We're excited to announce that we will have a 2016 Olympian and two other renowned speakers join us at the 2016 Monumental Health & Fitness Expo. Read below for the official announcement, news about our free Training Clinic, new shirts, and much more!

Not registered? Don't wait - we've sold out four years in a row! [Click here to register](#)

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

Three Expo Speakers Announced!



We are thrilled to announce three incredible speakers joining us at the Monumental Health & Fitness Expo this year: 2016 Olympic Marathoner Jared Ward, one of America's best coaches, Indiana Native Ryan Warrenburg, and one of the best doctors in America, John J. Ratey, MD.

Husband, Father, Olympian. [Jared Ward](#) became a member of Team USA for the 2016 Olympic Games when he placed third earlier this year at the US Olympic Team Trials Marathon. Ward was a high school standout in Utah and 4x All-American at Brigham Young University before transitioning to a professional career in running. A 3x U.S. Champion, Ward was named "2015 Most Outstanding Male Athlete" on behalf of USATF Long Distance Running. Before you meet him at the expo, be sure to cheer him on during the Olympic Marathon on August 21.

[Ryan Warrenburg](#) is a native of Franklin, Indiana where he was a 2002 graduate of Franklin Community High School. He attended Arizona State where he was a 2x All-American. After graduation, he became a resident athlete in the ZAP Fitness-Reebok program, where he won the 2007 USATF Club Cross Country title. Ryan is now in his sixth year coaching at ZAP Fitness-Reebok. During this time ZAP has had 3 appearances for Team USA at the World Championships, 8 Club Record Performances, over 2 dozen Top Ten finishes at USA Track & Field Track and Road Championships and 14 athletes qualify for the U.S Olympic Team Trials.

Consistently named one of the Best Doctors in America by his peers, [John J. Ratey, MD](#), is an Associate Clinical Professor of Psychiatry at Harvard Medical School, Research Synthesizer, Speaker, and best selling author. He has published over 60 peer-reviewed articles and written 11 books published in 15 languages. With the publication of "Spark: The Revolutionary New Science of Exercise and the Brain", Dr. Ratey has established himself as one of the world's foremost authorities on the brain-fitness connection. He has embarked on a world-wide mission to re-engineer schools, corporations, and individual lifestyle practices by incorporating exercise to achieve peak performance and optimum mental health. A highly sought after speaker, Dr. Ratey has lectured extensively on the subject throughout the US, Canada, Asia, Australia and Europe.



Expo speakers will also include a crowd favorite course preview from our founder, Carlton Ray, last minute insights from our training guru and Pace Team Coordinator Matt Ebersole and Medical advice from the experts at Franciscan St. Francis.

A full schedule will be released in the coming weeks.

Join Us For A Free Training Clinic!



You are invited to the second annual Monumental Training Night! We hope that you (and a guest) can join us for an evening of information and introductions. This year we've relocated to Franciscan Health at the YMCA at CityWay.

When: Wednesday, August 17, 6:00 p.m. - 8:00 p.m.

Where: Franciscan Health, YMCA at CityWay, 430 S Alabama St., Indianapolis, IN 46225

PH: (317) 528-CITY (2489) Free parking!

Don't Miss This!

- Training Tips from Elite Athlete and Pace Team Coordinator [Matt Ebersole](#)
- Tours of Franciscan Health and YMCA at City Way
- Get information on various training programs around town including Personal Best, Indy Runners, and the YMCA

- Chance to buy [Monumental Gear](#) at exclusive discounts!
- Free gift for all who attend

[CLICK HERE TO RSVP](#)

Password: IndyMonumental

You must RSVP by August 14 to secure your spot!

More Tech Shirts!



Let everyone know what you are training for in our new CNO Financial Indianapolis Monumental Marathon logo IN Training shirt! Gray, short-sleeve, entry level moisture wicking fabric with full color logo on the front with the IN Training logo on the back.

Order one today at registration or add one on at the [CNO Financial Indianapolis Monumental Marathon Merchandise Store!](#) Only \$22 and ships weekly!

Indianapolis Half Marathon

Don't Wait - Free Quarter Zip to the First 3000 Registrations!

The Indianapolis Half Marathon, 5k, and Kids One Mile is quickly approaching! Shirts have been ordered - **make sure you're one of the first 3000 to sign up for the half marathon to make sure you get your quarter zip with your registration!**

[Indy Half Registration](#)



FREE gender specific, performance material, quarter zip for the first 3,000 half marathon registrants!

Monumental Story: Brian Duffey

Begin with One Mile

In 2013, weighing 210 pounds, and no longer wanting to put it off for "tomorrow" I made a promise to my daughter, but most importantly to myself, to run at least one marathon with her. So on May 4, 2013, I committed to the ride of my life. After watching my daughter complete her first 500 Festival Mini-Marathon, I went home and began my own journey, jogging 1 mile (at 13 minute pace).

After my summer break, I came back to school in the fall weighing 162 pounds, averaging 50 to 60 miles a week with an average pace of 9 minutes. I would not only run before and after school, but use lunch breaks to continue my training. My students would see me leave and return asking me "how far?" During one of my runs, I wanted to get the students involved so I came up with a running program in which the students, collectively would run across America (RAAm).



The beginning of the story had me as a physical education teacher sharing a passion for health and fitness with my students, parents, and staff. Since then, my principal has participated in four 5K races, school #83 staff members participated in over a dozen 5K races and one of our teachers participated in 2 half marathons and one triathlon. It all started with a single step at the 2014 Indianapolis Monumental Marathon.

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

Coach's Corner with Matt Ebersole

Training Through the Ridiculous

Now that the weather has all of our attention, here are a few tips to help you survive the remaining high heat index days.

1) When a warmup is needed, keep it to the minimum required to be prepared for the workout. Typically, we like to front load the day's mileage in the WU, but in these conditions it is taking away from the workout effectiveness.

2) As we do on race day, let's think of replacing water, salt, and sugar (if duration necessitates) in terms of an intravenous drip. A little bit more often is absorbed much better than more at less frequent intervals. Ideally, 6-8 ounces of fluid every 20:00.

3) Sodium is necessary for water to be absorbed. Drinking an ideal amount is only part of the equation, we have to make sure it is being readily absorbed.

[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: Arsenal 5k Committee

In 2000 the Arsenal 5K Committee established the Arsenal 5K Run/Walk as a creative way to get IPS Harshman Middle School students active and interested in healthy living. What originally started as a small back-to-school event has grown into a Saturday race that brings together the community while raising money for scholarships. The 3.1 mile race through the historic Arsenal Tech Campus also gives the community an opportunity to meet students and enjoy the beautiful grounds. Race proceeds have generated over \$40,000, which have provided individual scholarships for near east-side seniors and club scholarships for Arsenal Tech clubs.



When: 9:00 a.m., **September 17, 2016**

Where: 1500 E. Michigan Street, **Arsenal Tech Stadium**

Register on-line: arsenal5k2016.eventbrite.com

Cost: \$20, Kids run free but must register

Event Sponsors Needed:

5K Training: Free, Couch to 5K begins August 22

Volunteer Opportunities: Packet Pickup, Registration, Course Marshall, Refreshments

Post-Race Party for ages 21+ at the **Tick-Tock Lounge** East 10th Street, 26202

Questions: **Emily Angel Eads** eangel86@gmail.com or **Tessie Lloyd-Jones** tesskim.lj@gmail.com

If you would like to nominate a volunteer of the month, please contact rhi.johns@monumentalmarathon.com

Back To School Kick Off

M.S.D. of Wayne Township kicked off back to school last week with their Opening Day celebration. The celebration included the presentation of their trophy for defending their title and winning the large business category of the [Apex Monumental Challenge](#) in 2015.

Included in the presentation was a \$2,000 donation from the Indianapolis Monumental Marathon, in support of local public education.

The Apex Monumental Challenge is a free, participation based, corporate health and wellness program open to all Indiana employers. For more information and to get your company involved, e-mail challenge@monumentalmarathon.com



Can you believe we're only 3 months from race day? Neither can we! Stay tuned for some big announcements in the coming weeks!

Monumental Registration

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

Be Monumental,
Blake

Blake Boldon
Executive Director
Indianapolis Monumental Marathon



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