



CNO FINANCIAL GROUP
**INDIANAPOLIS
MONUMENTAL
MARATHON**

NOV. 5, 2016

HALF MARATHON

5K

KIDS FUN RUN

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September 5, 2016

Greetings!

We're only two months from race day and the excitement is growing! **Once again we are trending towards a sellout in the full and half marathon** - don't miss your spot in Indiana's largest and fastest marathon!

Not registered? We've got you covered:

REGISTER NOW

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

Our City, Your Pace



Our City, Your Pace

Our latest video showcases shows both the motivation that brings us together as runners and the beautiful community backdrop that Indianapolis provides as a host for participants of the CNO Financial Indianapolis Monumental Marathon. As you prepare to achieve you goals

this fall, watch for some extra motivation and excitement!

We would like to thank the Indianapolis Museum of Art for hosting the world premiere of our video at National Bank of Indianapolis Summer Nights Film Series, and the Garfield Park Arts Center for showing it at Movies on the Lawn.

Jared Ward: 6th in Rio!

We would like to extend a huge congratulations to Jared Ward on his incredible 6th place finish in the men's marathon at the 2016 Summer Olympics! Jared entered the race with the 66th fastest marathon time in the field and set a new personal best of 2:11:30 in challenging conditions. Congratulations Jared!

Jared will be joining us at the Monumental Health and Fitness Expo. Mark your calendars and book your travel to run with the 6th best marathoner in the world!

Speaking Engagement

When: Thursday, November 3, 5:30-6:30 p.m.

Where: Monumental Health and Fitness Expo

Hear about how to perform your best, no matter the circumstances

Run with Jared:

When: Friday, November 4, 6:45 - 7:15 a.m

Where: Southeast corner of Maryland & West Street (Outside of Convention Hall A)

Meet & greet followed by easy shakeout run on the Indianapolis Canal Walk at 7:15 a.m. - Run with the world's fastest mustache!



Photo Credit - Colett Welch

Indianapolis Half Marathon

Prices go up this week for the Indy Half and 5K!



We're just over a month away from the Indianapolis Half Marathon and 5K! Join us in Historic Fort Ben for the 21st annual running of the event. All new this year: newly designed one-of-a-kind finisher medals and quarter zips to half marathon participants.

[Host Hotel Block Closing Soon!](#) Be sure to book your hotel by the cut off date of September 7th - rooms are going quickly! **[Click here to book your stay](#)**

Save \$10 when you register by Wednesday at 11:59 p.m.!

Monumental Story: Lynn Kendall

You'll Never Run a Marathon

".....If you do what they tell you in physical therapy, and work hard, you should be able to walk pretty well. **You'll never run a Marathon, but you should be able to live a normal life.**"

These words were said to me by my orthopedic surgeon in early November, 1975. I had been involved in a head-on collision that nearly ended my life just 3 months earlier. As bad as it sounds here, I consider the whole incident one of the greatest blessings of my life.

It was about 7 years after the accident before I first tried to run. In my mind, there was probably nothing more pathetic looking than an out of shape man with a limp, trying to run around the block in a pair of cross trainers. Every now and then, I'd "go out for another run". I remember the first time I was able to run half a block. I was really excited and proud, but it really took a toll on my leg and even though I've never been a smoker, I was gasping for air like I just finished a pack.

Then one day in early 1996, I returned to my desk after lunch and found a flyer that had been put there announcing that Indy was going to have their first full marathon that October. It was called the Indianapolis Marathon and it would take place in the Fort Benjamin Harrison area. It was 26.2 Miles! That would be crazy.

If someone asks me on my death bed, what I would call the most defining moment in my life that moment just might be it. My excitement about running was already at an all-time high, and as you would guess, the curse that my doctor put on me years before immediately came to mind. I would do it!

I could call the finish of that race as a great mark of full recovery from the accident that almost took my life, but instead, I consider that day as the birth of a new life for me. I'll never be the same. I learned more about myself and about life in general than I could have ever learned otherwise. I've run many other races since then including over 40 half marathons. Nothing has ever compared to that day.



This year, the Indianapolis Half Marathon and 5K at Fort Ben is celebrating its 21st anniversary. I'm training now and will run in this year's race. It's a beautiful area, and although the course has changed, I'll somehow feel like I'm going back home.

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



Coach's Corner with Matt Ebersole

Bad Math

If my math serves we have 9 weeks to go before the Monumental Marathon and Half Marathon. This is a good time to talk about some of the bad math you will want to avoid in these last 2 months.



Adding

At this point you should be in a nice training rhythm and most likely adding mileage at a gradual, but progressive rate. (...)

Subtracting

There are many possibilities from which to choose, but perhaps the silliest thing runners do is to stop doing what is working. (..)

Balanced Equations

Remember in algebra 1 when you learned how to balance an equation? Running, and all training for that matter, has to be a balanced equation between stress and rest. As you increase weekly mileage and long run distance this balanced must be maintained. (...)

[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: Jame Collier

We would like to recognize Jamie Collier as our volunteer of the month! Jamie interned with the Indianapolis Monumental Marathon in the spring and summer of 2016. He managed several areas during his time with the organization including overseeing volunteers for the Monumental Mile and the recruitment of volunteers for the CNO Financial Indianapolis Monumental Marathon. He currently serves on the Monumental Advisory Committee.

As well as volunteering with the Indianapolis Monumental Marathon Jamie also gives his time to Indiana Sports Corp, Mended Hearts Rescue and Indy Pit Crew.

Thank you Jamie for your continued commitment to the organization!



If you would like more information on becoming a Monumental Volunteer or if you would like to nominate a Volunteer of the Month, please contact our, Community Outreach Manager, Casey Collins, at casey.collins@monumentalmarathon.com

Pre-Purchase Your Commemorative Jacket

Fall temperatures are on their way! Pre-purchase your commemorative wind jacket so it's waiting for you at the Monumental Health & Fitness Expo.

Features:

- * Water and Stain Repellent Fabric
- * Elastic cuffs
- * Drawcord adjustable hem
- * Hi Vis reflective tap added on sleeve and back to increase safety
- * Zippered side pockets
- * Vented back and sides



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INDIANAPOLIS MONUMENTAL MARATHON

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We are pleased to announce that Boom! Nutrition, maker of CarbBoom! Energy Gels® once again as our Official On-Course Energy Gel sponsor. Boom Nutrition wants you to be prepared for race day with what's on course! That's why they're offering an exclusive discount code for all CNO Financial Indianapolis Monumental Marathon and Indianapolis Half participants for 20% off of their great tasting Carb BOOM! Energy Gels®. Coupon good now through 12/31/2016. Visit their website www.boomnutrition.com and enter the code IMM2016 to receive the discount.

Can you believe we're only two 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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