



Saturday, October 17, 2009

[Register Today!](#)

For 14 Years The Community Health Network Indianapolis Marathon and Half Marathon has been bringing you Indiana's Premier Full and Half Marathon Event, and in 2009..... Things are only getting better!

Register now and take advantage of reduced fees for all events. Registration fees will increase on August 1st for all events. Don't Delay, this is a great value for one of the premier marathon and half marathon events in the country. The Indianapolis Marathon & Half Marathon is a '**Hidden Gem**' on any race calendar.

Click Here to Visit www.IndianapolisMarathon.com
Please [click here](#) to register TODAY!

Take Advantage of these Great Highlights!

Register before August 1st and take advantage of these perks at a discounted rate. Here are just a few of the perks that make this, a must have race on your 2009 schedule:

- **Great Price!** Early registration runs until August 1, 2009, offering the Full Marathon for \$50 and the Half Marathon for \$40.
- Beautiful, scenic course loops through historic Fort Benjamin Harrison State Park during the peak of the fall foliage spectacle. [Click here to see the routes!](#)
- **Outstanding Free Post Race Fall Cookout!** This is not

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[Confirm Your Entry](#)

[Visit Our Website](#)

Entertainers Needed



We would like to extend an invitation to all aspiring entertainers out there, to come out and entertain the participants and crowds at the 2009 Indianapolis Marathon.

All family friendly entertainers are welcome. For information please [click here](#).

Volunteers Needed!

your typical post race food, we have brats, hamburgers, baked beans, and other fall specialties. We also offer vegetarian alternatives. Extra tickets available for spectators through the online registration site.

- Outstanding Finisher Medals for all participants.
- Premium long-sleeve T-shirts for all participants with an option to upgrade to a long-sleeve technical T!
- Boston Marathon Qualifier
- 21 water or Gatorade stations along the route, PLUS Carb BOOM gel at mile 17 and 21
- Great course entertainment! We want to keep the energy level high on our course and we offer some great family friendly bands, helping to keep you on pace.
- Lots of course support with energetic volunteers encouraging and supporting you along the way.
- Most Importantly! \$100,000 was raised in 2008 that went directly to Central Indiana charities... We need you to help us to increase this number in 2009!

Please [click here](#) to register TODAY!

Travel and Accommodations

The Indianapolis Marathon and Half Marathon provides participants special discounts at area hotels. **The Hilton Indianapolis North is the OFFICIAL Hotel for the race.** The Hilton is a beautiful hotel located just 5 minutes from the start line. The Hilton North is offering great rates to participants, along with a 2:00pm late check-out allowing participants to do the race and come back to the hotel and shower. To book your room at The Hilton Indianapolis North or at one of our preferred hotels, please [click here](#).

Friday Night Pasta Dinner

Carb Up before the big event, join us for a delicious pasta dinner at the Sterrett Center located at the corner of Otis Avenue and Post Rd at the Race Site, from 5:00pm - 7:00pm. The address of the Sterrett Center is 8755 Otis Avenue, Indianapolis, 46216. This is a short ½ mile drive from Packet Pickup at the Benjamin Harrison YMCA. Tickets may be purchased for \$12 for adults and \$6 for kids 10 and under with your registration. There may be a limited amount of walk-in tickets available on Friday.

Training Tips Provided by Community Health Network

Tips to Stay Well Hydrated During Summer Training

The warm weather can deplete your body of the fluids necessary to train properly. In order to get the most out of your workouts and to maintain good health, you must understand how to stay hydrated.



Looking for an exciting and unique way to get involved in the community, then you will want to be a volunteer at the 14th Annual Indianapolis Marathon and Half Marathon. **Volunteer groups are eligible for the Volunteer Group Donation Program, group members are paid based on the number of group members.**

If you are interested in volunteering please contact rd@IndianapolisMarathon.com.

For more information on volunteer opportunities please [click here](#)

Sponsors



Your daily diet and your exercise routine should include plenty of hydrating fluids (water, sports drinks or fruit juices). Your diet should include a minimum of 8 glasses of water per day plus sports drinks and fruit juices. Try to avoid drinks that have caffeine as these can increase your need to use the restroom and increase your risk of dehydration. Additionally, you don't skip meals. Eat healthy meals at regular intervals throughout the day and include lots of fruits and vegetables which naturally contain water.

Planning your fluid intake will allow you to get the most out of your training runs. About an hour before you run, drink a sports drink (about 16oz). During your run, consume at least 7-10 oz of sports drinks or water for every 10 minutes of activity. On hot summer days it is difficult to drink "too much" but if you feel or hear sloshing in your stomach or if you feel nauseated you may need to slow your pace and decrease your fluid intake.

Lastly, planning your runs early in the morning or late in the evening will allow you to avoid exercise during the warmest part of the day and reduce your risk of dehydration.

Track your training schedule and routine online. Visit eCommunity.com/card to sign up to become a free myCommunity member and use the Fitness Tracker to log your personal progress.



The Fast Train

Brought to you by the Fort Benjamin Harrison YMCA

Tips to increase your training productivity

Running in a marathon or a half-marathon often generates several training questions. What training programs work the best? How much do I have to run per week? How do I avoid injury?

All successful programs recognize that three types of workouts should be present each week, speed, tempo, and long runs. These workouts are usually high intensity, long duration, or both. All successful programs have easy or rest days between each of these workouts. Improvement during the training program relies upon the body adjusting to the increased physical demands through a process called compensation adaptation. The process generally takes 48 hours to complete and only occurs when muscles are not continually subjected to high intensity work. Hard running day after day leads to injury.

Some programs have moved from a strictly running program to a running/cross-training program. The Benjamin Harrison Y uses one of cross-training programs which the Furman Institute of Running and Scientific Training (FIRST) has developed. It uses three days of running and two days of cross-training. Cross-training offers



several advantages which include the following:

- Develops a more balanced muscular structure
- Allows compensation adaptation to occur on running muscles
- Maintains workout intensity without the impact loading that occurs with running
- Combats boredom that can occur with running-only programs.

A successful training program should lead to a great outcome.

Training tips provided by Cecil L. Whitaker

Please [click here](#) to register TODAY!

Pace Groups

Official pace groups will be offered by experienced marathoners for the 2009 Community Health Network Indianapolis Marathon and Half Marathon. There is no extra fee or need to formally sign up; merely look for the official pace group signs at the starting line. Pace groups will be offered for three projected finish times at the 2009 event as follows:

- Group #1: 3:30 Marathon Finish Time / 1:45 Half Marathon Finish Time.
- Group #2: 4:00 Marathon Finish Time / 2:00 Half Marathon Finish Time.
- Group #3: 4:30 Marathon Finish Time / 2:15 Half Marathon Finish Time.

If you would like to apply to lead an official pace group, please send your running resume including any prior Pacing experience to Pacers@IndianapolisMarathon.com. Pace Group Leaders will receive a complimentary entry into the event.

For More Information

Sponsorship Inquiries: If you are interested in sponsorship opportunities please contact Jeff Graves at Jeff@VisionEventManager.com.

For more race details please visit our website at www.IndianapolisMarathon.com
Questions please email rd@IndianapolisMarathon.com or call 317.826.1670

Don't forget to tell your friends about The Indianapolis Marathon and Half Marathon

*Please forward this email on to others who might be interested
in participating in this great race.*