



**Saturday, October 17, 2009**

*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 Today!](#)**

### Newly Redesigned Course

This race is a 'Hidden Gem' on the 2009 Race Calendar. Improvements have been made to the course to ensure and even better experience for our participants.

- Beautiful, scenic course loops through historic Fort Benjamin Harrison State Park during the peak of the fall foliage spectacle.
- 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.
- Lot's of course support with energetic volunteers

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### 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](#).

encouraging and supporting you along the way.

Click Here to Visit [www.IndianapolisMarathon.com](http://www.IndianapolisMarathon.com)  
Click Here to view the Map of the New 2009 Course Changes

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

## Top Notch Runner's Perks

Registration is already open for this spectacular event that has something to offer every level of endurance athlete. 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 9, 2009, offering the Full Marathon for \$50 and the Half Marathon for \$40.
- **Outstanding Free Post Race Fall Cookout!** This is not 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.
- **Finisher Medals for all participants**
- **Premium long sleeve t-shirts for all participants**
- **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!

## 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.

## 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 for 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](#).

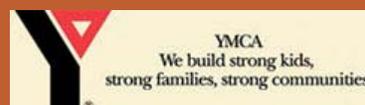
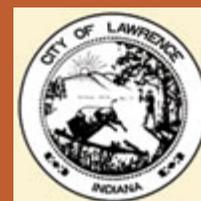
## Volunteers Needed!



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, groups are paid based on the number of group members.** If you are interested in volunteering please contact [info@IndianapolisMarathon.com](mailto:info@IndianapolisMarathon.com).

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

## Sponsors



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## Training Tips Provided by Community Health Network

### Effective Stretching to Avoid Lower Body Overuse Injuries

Stretching is an investment in your work out and is time well spent. It prepares your body for a run, helps prevent injury and assists in your body's recovery from a run. Interesting enough, despite all of the benefit, there are many people who are still not willing to take the time to perform this activity. Although it is not as exciting as running, its importance should not be overlooked. There are some precautions to consider when stretching. Avoid bouncing, and do not stretch into a high level of pain. A few simple guidelines should be followed when stretching:

1. Prior to stretching, warm up for 5-10 minutes. Some suggestions are stationary cycling, walking, or light jogging.
2. Hold stretches for a minimum of 30 seconds each.
3. Slowly progress into the stretch of each muscle group.
4. Keep your spine in erect posture to avoid any back injuries.

Below are three recommended lower body stretches that can be done before or after training and will be effective in reducing common over use injuries in the legs. Other upper body and back stretching is also helpful when training. Be sure to contact a running professional or personal trainer to help design a stretching program to meet the needs of your body. If you are suffering from an injury, the skilled therapists at Community Rehab & Sports Medicine have experience treating runners and walkers of all ability levels.

**Quadricep Stretch** - In standing, pull your heel to your buttock so you feel a good stretch in the front of your thigh.

**Hamstring Stretch** - elevate your foot on low stool or other object. In this position, lean forward while keeping knee straight. You will feel a stretch in your posterior thigh.

**Gastroc Stretch**-to stretch to upper calf (gastroc) stand on a step or a curb and let your heels drop toward the ground, as pictured below.

**Happy Training!**

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## **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!



## **2009 Regional Championship Marathon and State Championship Half Marathon**

Indianapolis Marathon is proud to have been selected as a Road Runners Club of America (RRCA) Regional Championship for the Half Marathon and State Championship for the Half Marathon event. A championship designation communicates to athletes and the community that race organizers have agreed to follow approved guidelines in the conduct of the event.

Indianapolis Marathon and Half Marathon is proud to have been chosen from the elite list of events across the country to represent RRCA in their championship series.

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

**For More Information**

**Sponsorship Inquiries:** If you are interested in sponsorship opportunities please contact Jeff Graves at [Jeff@VisionEventManagement.com](mailto:Jeff@VisionEventManagement.com).

For more race details please visit our website at [www.IndianapolisMarathon.com](http://www.IndianapolisMarathon.com)  
Questions please email [info@IndianapolisMarathon.com](mailto:info@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.*

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