



## Community Health Network Indianapolis Marathon and Half Marathon

*Saturday, October 17, 2009*

[REGISTER NOW!](#)

**The Indianapolis Marathon and Half Marathon  
*Indiana's 'Hidden Gem' on The Midwest Race  
Calendar***

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.
- Beautiful course loops through historic Fort Benjamin Harrison State Park during the peak of the fall foliage spectacle.
- Boston Marathon Qualifier

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**Entertainers Needed**

- **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.
- Finisher Medals for all participants
- **Walker Friendly!** Generous pace limits of 17 minutes per mile for the Half Marathon and 15 minutes for the Full Marathon.
- Premium long sleeve t-shirts for all participants
- 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.
- **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!

## You Are Making Suggestions and We Are Listening

We have given the 5K race a complete overhaul in preparation for the 2009 event. This is the NEW must run race for all 5K fanatics. Here are just a few of the improvements we have in store:

- **Absolutely Beautiful Course!** Inspiring, scenic, colorful and festive all providing the perfect running experience.
- Completely redone 5K course, using the same start and finish line as the Marathon and Half Marathon.
- Course runs through beautiful Fort Benjamin Harrison State Park before finishing at the Full/Half Marathon finish line.
- **One of the most historic routes you will find in Indiana!** Lawton Loop "Parade Grounds" in Historic Fort Harrison, Camp Glenn a prisoner of war camp during WWII, plus DFAS the Defense departments finance and accounting building (the second largest building in the country) are all featured on this scenic tour of Indiana history.

If you are looking for a great 5K, you won't want to miss this one!

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



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!



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



## 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!



## Run For You and Run For Them

Participate in the Community Health Network Indianapolis Marathon and Half Marathon this year not just for your health but for the health of local blood cancer patients. By joining Team In

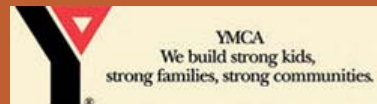
Training, the world's most successful sports-endurance training program and largest fundraiser for The Leukemia & Lymphoma Society, you'll be able to train for an endurance event while fundraising to find a cure for blood cancer. Get professional coaching, a training schedule, training clinics, group training sessions and a chance to meet some great people while you save lives of patients right here in Indiana! Visit

[www.TeamInTraining.org/in](http://www.TeamInTraining.org/in) or call (800) 846-7764 for May information meeting dates, other available events and further details. Team In Training is all about TEAM, and we want you to be a part of it!

Please [click here](#) for a list of all our charity partners.

## Training Tips Provided by Community Health Network

Stay tuned to all Indianapolis Marathon monthly newsletters for valuable training tips provided by Community's health care professionals. Monthly topics will include nutrition, effective ways to help your body recover from endurance training, hydration tips, plus much, much more. April's training article: Recovery Food, help your body heal through proper nutrition.





## Training Tip from Fort Benjamin Harrison YMCA Stride Mechanics Part 1

Stride mechanics and unrealistic expectations are the two greatest obstacles to runners and walkers on any training programs.

Good stride mechanics for running and walking are very similar. Here are three critical points for good stride mechanics:

1. Your foot should strike the ground mid-sole (almost flat-footed) and transfer immediately to the toes. The foot hits the ground just in front of the body with your leg slightly bent, allowing the muscles in the upper part of the leg to act like shock absorbers. Do NOT hit heel first. The impact is 5 times your body weight for walkers and 15 times or more for runners, according to some studies. Spread the impact out over your foot and allow the muscles to take the impact.
2. The correct stride mechanics may shorten your stride. The April 2009 issue of Runner's World magazine notes a shorter stride (with proper mechanics) eventually translates into a faster pace.
3. Focus your eyes on a point about 50 yards in front of you with the upper body straight and leaning forward just slightly. Correct posture opens up the chest for proper breathing.

Next month's Training Tip will feature Part 2 of Stride Mechanics.

*Training tips provided by Cecil L. Whitaker, P.E., D.E.E.*

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

### For More Information

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