



Saturday, October 17

**New Course Enhancements
for 2009**

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Course Improvements

We have a lot of improvements in store for this year's Marathon and Half Marathon.

Here is what race director Joel Sauer had to say about the new course enhancements "The beautiful course which highlights the spectacular fall foliage, has always been a trademark of our event and feedback on the course has been wonderful. We have often been asked can we run more in the State Park. I am excited that in 2009 we have been able to enhance the course by running an additional 3 1/2 miles inside beautiful Fort Harrison State Park! We are very excited about being able respond to our participant

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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.](#)

feedback and add to one of our strengths. Furthermore, the 5K will now run through the State Park as well in a loop highlighted by the State Park and our trademark finish along the tree-lined Parade Grounds of the former Historic Fort Harrison Army base."

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

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
- **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!

Stop by Our Booth at the Indy Mini and Pick up a Discount Code for \$10 Off Registration

Stop by our Booth at the Indy Mini Expo Friday, May 15 and Saturday, May 16 and pick up your discount code for the 2009 Indianapolis Marathon and Half Marathon. For a limited time you can register for the Full Marathon for \$40 and the Half Marathon for \$30, you will not be able to beat this price for such a spectacular race! This offer is good for one week only and you must have code to register online with the discount. See you at the booth this

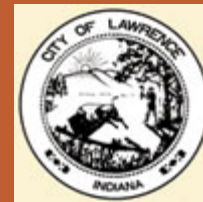
Volunteers Needed!



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.

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

Sponsors



weekend and Good Luck in the Mini Marathon!

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](#).



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 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

The foods and drinks that you consume before, during and after your runs will have an effect on the success of your training and will affect how you recover from the stresses placed on your body during training.

Recovery foods are foods eaten after your runs to help your body replenish the nutrients lost during exercise. It is important to rehydrate and refuel your body after exercise and the best time to start this process is within an hour after you exercise. Water consumption is important, especially prior to exercise and during your long runs. Water can also be used to rehydrate after exercise, but it does not supply the necessary carbohydrates needed for optimal recovery. High carbohydrate drinks like Gatorade, fruit juices, meal replacement drinks and even milk are all good choices for a recovery drink.

Choosing foods that are high in carbohydrates like fresh fruit, bagels, cereal, or sandwiches with peanut butter and/or honey are beneficial in replenishing the muscle glycogen that is lost during exercise. You should consume these foods and drinks within minutes after finishing a workout as this is an optimal time for your body to restore muscle glycogen. Within one to two hours after your run, eat at least one serving of protein rich food such as eggs, meat, fish or dairy foods.

If you consume the proper foods after each run, you will find that your body will be more prepared for weeks of training and you will have more success in your race.



Training Tip from Fort Benjamin Harrison YMCA Stride Mechanics Part 2

Last month, we reviewed the correct foot strike, the benefits of a shorter stride vs. a longer stride, and the proper eye focus and posture. This month we add a couple of additional thoughts on stride mechanics.

RELAX! Good stride mechanics suffer as we become fatigued, tense, or overextended. Here are some things to do or to be aware of during training and during a race:

1. Shoulder blades lifting is often the first sign of that proper form is being lost. Shoulders should be loose and relaxed. Shake out your arms and shoulders when any tenseness occurs.

2. Fists should be closed but not clinched, and the arms should form an angle of approximately 90 degrees.
3. Moving up and down or "springing" from one step to the next as you walk or run wastes a lot of energy. Your head should stay at the same relative distance from the ground through each stride.

Why spend time on mechanics? Let's do the math. If your stride is 3 feet long, you will take over 23,000 strides for a half-marathon or 46,000 strides for a marathon. Every right or wrong motion is repeated thousands of times. We want to cross the finish line as quickly and efficiently as we can.

Training tips provided by Cecil L. Whitaker

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.

For more race details please visit our website at www.IndianapolisMarathon.com
Questions please email 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!