



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 **SAVE MONEY** on all events. Registration fees will increase on October 3rd for all events and we are 75% full. **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 take a course tour!

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

### Take Advantage of these Great Highlights!

Register before October 3rd and take advantage of these perks before the price increase. Here are just a few of the perks that make this, a must have race on your 2009 schedule:

- **Great Price!** Regular registration runs until October 3, 2009, offering the Full Marathon for \$60 and the Half Marathon for \$50.

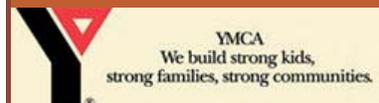
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[Visit Our Website](#)

#### Sponsors



- 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 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!

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### Travel and Accommodations

The Indianapolis Marathon and Half Marathon provides participants special discounts at area hotels. To book your room at one of our preferred hotels, please [click here](#).

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### 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.

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### Training Tips Provided by Community Health Network

#### Recovery Foods

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.

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### **Team In Training**

Looking for a new adventure, or a way to give back to the community? Join Team In Training - you'll accomplish a life goal AND help in the fight against blood cancers. For more details, visit [www.teamintraining.org/in](http://www.teamintraining.org/in) or call 800-846-7764 and RSVP for an information meeting.

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### **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 [rd@IndianapolisMarathon.com](mailto: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.*