



Saturday, October 17, 2009

[Register Today!](#)

Greetings!

This is the first of several race updates leading up to your participation in this year's 14th Annual Community Health Network Indianapolis Marathon & Half Marathon and 5K. We are very excited about this year's event and are excited to have your participation!

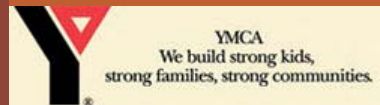
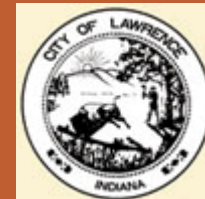
The first thing we want to do is make sure that your registration information is accurate and complete. Please [click here](#) to review your registration information to make sure it is correct.

The Mission of our Event is to serve runners, walkers, and our community through a fun, safe, and scenic event that is a good value to participants and a positive event for our community. We strive hard to please the participants by offering a well organized and friendly event.

One way we live out our Mission is to partner with area charities to help them raise funds for their worthy causes. In 2009 we are very pleased to be partnering with The Leukemia & Lymphoma Society (LSS) in their efforts to raise money for research to find cures for blood cancer. Below is a message from LSS to our 2009 participants.

Sincerely,
Joel Sauer
President and Race Director
Indianapolis Marathon Road Runners Club

Sponsors



As a registered participant in the 14th Annual Community Health Network Indianapolis Marathon and Half Marathon, you've set an impressive personal goal to cross the finish line on October 17, 2009. Now there's a way to make your personal achievement meaningful to thousands of others. As a part of The Leukemia & Lymphoma Society's (LLS) Marathons for a Cure, you can help raise money for research to find cures for blood cancer.

The need is critical: an estimated 913,000 Americans are battling leukemia, lymphoma and myeloma. Every four minutes, someone new is diagnosed. Every 10 minutes someone dies. And leukemia causes more deaths than any other cancer among children and young adults under the age of 20.

Please ask your friends, neighbors and family members to donate a dollar or more for every mile you run or walk in the full or half marathon. Let them know that the money they contribute will help LLS fund lifesaving cancer research. And be rewarded for your hard efforts by receiving [great prizes](#):

- Raise \$100 - \$299 and receive a free pair of running socks
- Raise \$300 - \$599 and receive choice of a Nike shoe bag or The Stick
- Raise \$600 - \$999 and receive choice of a watch or sunglasses
- Raise \$1,000 - \$1,999 and receive choice of an Armband or Nike PLUS
- Raise \$2,000 & above and receive a Garmin Forerunner 405 GPS-enabled sportswatch

Click on [this link](#) to register for Marathons for a Cure: When LLS receives your online form, you will receive a complete fundraising packet by mail, with all the supplies and tips you need to be successful.

Best of luck in the 14th Annual Community Health Network Indianapolis Marathon and Half Marathon. If you have any questions about The Leukemia & Lymphoma Society or Marathons for a Cure, please feel free to contact Jill Petruzzi at (317) 726-2270 or jill.petruzzi@lls.org

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.

For More Information

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.*