



Look for Your October Race at the 500 Festival Expo

We'll be all bright orange, yellow and red at the 500 Festival Expo in Indianapolis on Thursday (today) and Friday. Come visit our table and learn more about the 18th Annual Indianapolis Marathon and Half Marathon... Your October Race!

One of our Facebook friends messaged us that she's excited, but nervous about running her first marathon on our course this October, and do we have any tips?

My advice for her, and for anyone feeling nervous about tackling such a feat, is to build your miles slowly, find a running partner to share the journey with, stay hydrated on your long runs, and run negative splits (go out easy and finish strong)!



Running Buddies!

It is not about the race but rather the journey. Enjoy the experience of discovering this new level of fitness. Race day will then be a celebration of your journey. And we will be there to provide you with a beautiful course, and a wonderful experience!

Best wishes for a successful spring and summer running season. We hope to see you in October!

 [Forward to a Friend](#)

Best wishes for your training. We look forward to seeing you October 19th.

In This Issue

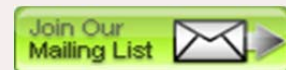
[Registration is OPEN](#)



Register ONLINE now.

Visit **[OUR SITE](#)**

for more information.



Coming Soon...



[Geist Half Marathon](#)

5K

May 18, 2013
Celebrating six years
"Race Around the Reservoir"

Sincerely,
Joel Sauer, Race Director
18th Annual Indianapolis
Marathon and Half Marathon
www.IndianapolisMarathon.com

We Love Our Sponsors!



The MISSION of the 18th Annual Indianapolis Marathon and Half Marathon, Marathon Relay, 5K Run/Walk and Kids Marathon 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.

We look forward to your participation on Saturday, October 19, 2013 and wish you all the best in your training! Click here to [REGISTER NOW!](#)