

**12th Annual
Indianapolis Marathon and Half Marathon
Saturday - October 20, 2007**

Early Registration up 37%

The registration for 2007 Indianapolis Marathon and Half Marathon is on a record pace this year. **Registration is up 37%.** register now to be apart of this great family event. We will have participants coming in from 35 states and we already have 2 people coming in overseas. One interesting fact is registration is exactly a 50% split between male and female. We will update you on the battle of the sexes in July email!

Need a hotel room?

For those of you coming in from out of town we are happy to announce we have negotiated some great rates for you at area hotels. If you need to book a hotel room we make to easy just click on

https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=49283

Event Highlights!

The 12th running of the Indianapolis Marathon and Half Marathon will hit the ground running Saturday, October 20th, 2007. The event will offer something for everyone in the family:

Marathon
Half-Marathon
4-Person Marathon Relay
5K
Kids Marathon

Event Highlights

- USATF Certified courses featuring ChampionChip timing and scoring.
- Boston Marathon Qualifier.
- Free post race fall festival cookout not your typical fruit and bagels we are talking hamburger, brats, cookies, bake beans and other fall specialties. (We will as always offer those how do not want meat an alternative)
- Premium long sleeve T-shirts for all participants.
- Outstanding medals presented to all Full/Half/Relay Marathon finishers.
- Plenty of Free Parking at race site for all race weekend activities.
- Carb Boom energy gel will be available near miles 9, 17, and 21. Water and Gatorade will be available at 21 aid stations along the course, as well as at the start and finish.
- Results posted on website for participants' convenience.
- Fantastic course support with attentive volunteers.
- Race photos by Brightroom Professional Event Photography available at

Fort Benjamin Harrison YMCA Fall Marathon and Half Marathon Training Program **Train where you'll race at the Fort Benjamin Harrison YMCA!**

Our program is designed for runners and walkers of all levels. Known for our "mini" training program, we have extended our training for the fall marathon and half marathon season. We will be running on the Indianapolis Marathon and Half Marathon course. We will have specific programs for all levels – so, bring your family and friends and let's get started!

Programs start Tuesday evening June 19th at 6:15 p.m. and will run every Tuesday evening at 6:15 p.m. and Saturday morning at 7:00 a.m. This is a 17 week program. We convene at the YMCA at 5736 Lee Road where participants can change, shower and get ready both **before** and **after** training, as well as the day of the race.

We will have on-going presentations throughout the program on the following topics:

- Fitness apparel – including the right shoes for runners and walkers
- Cross training and strength training
- Nutrition for both training and race day
- Bio-mechanics and Body-Mass-Weight Indexing
- Hill training
- Race strategy

There is no extra charge for this information series. You will also be given specific training logs and information for your use as you train. We include a TShirt, State Park pass for your use during the training program, a discount for Program participants at running stores around town, water and snacks during long sessions.

The program fee includes admission into the Fort Harrison State Park for both during and between training sessions held twice weekly. Program price is \$104.00 for non-YMCA members and only \$52.00 for YMCA members. Please contact the Fort Benjamin Harrison YMCA at 317-547-9622 for registration or more information, or you may stop in any central Indiana YMCA to register.

Chicago Marathon is Sellout

For all of you that were planning to run the Chicago Marathon before finding out it sold out we offer you an alternative for about half the price of that monster race. Register now at www.indianapolismarathon.com

To see the new website or for more information or to registration for the event, please visit www.indianapolismarathon.com

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