



SATURDAY  
OCTOBER 20, 2012

MARATHON · HALF MARATHON  
MARATHON RELAY · 5K · KIDS MARATHON

## Staying in Touch with Your October Race

News for July, 2012

Check in with us for motivation, runner dialogue and articles on [Facebook](#) and [Twitter](#). View an 8 min. film of our event on [YouTube](#). It's a great way to stay connected and supported while training for Your October Race. We look forward to seeing you in just 3 months!

Sincerely,  
Joel Sauer, Race Director  
Community Health Network  
Indianapolis Marathon and Half Marathon

P. S. Do you have a friend that needs to know about our event? You can easily [Forward This Email](#), or forward it on your own terms, from your inbox.

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**Community Health Brief:**  
**Good news for marathoners!**  
News reports about sudden deaths during

### In This Issue

[Good News for Marathoners](#)

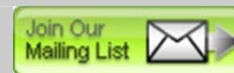
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to Register,  
and for more information about the  
Marathon and Half Marathon,  
Marathon Relay, 5K Run/Walk, Kids  
Marathon and 1 Mile Fun Run.



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marathons may be enough to scare you out of your jogging shoes. But a new study finds the heart risks of running are low. In the past decade, about 11 million U.S. runners ran a half or full marathon - that's 13.1 and 26.2 miles, respectively. Only 59 cases of cardiac arrest occurred. Of these patients, 17 survived, which is more than would be expected. The higher survival rate may be due to all the medical personnel on hand at races. Most of the cases of cardiac arrest occurred among men with hidden heart disease.

If you're concerned about your risk, talk with your doctor. You can find a Community Health Network physician at [eCommunity.com/physician](http://eCommunity.com/physician) or call 800-777-7775.

Click for more information about [Community Health Network](#) and its services.

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## About Us



The Beautiful Fall Course



A Favorite Race



Put Your Hands Up!.



Marathon Relay!

The MISSION of the Community Health Network Indianapolis Marathon and Half 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 participants by offering a well-organized and friendly event. We look forward to your participation on Saturday, October 20, 2012 and wish you all the best in your training!

Click here to [REGISTER NOW!](#)

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Kids Marathon & 1 Mile Run

A Community Health Network Indianapolis Marathon and Half Marathon Special

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Expires July 31, 2012

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