



Training Programs Available for the 2008 Indianapolis Marathon & Half Marathon

AMERICAN CANCER SOCIETY

Thousands of athletes have experienced the journey of a lifetime by dedicating their participation in endurance events to the fight against cancer through the American Cancer Society Charity Runner program. By turning your passion for running into a meaningful way to support the Society, you will be providing hope for cancer patients and their families and for a future without the disease.

The funds raised through Charity Runner help the American Cancer Society support groundbreaking cancer research, provide up-to-date cancer information, advocate for all people to have access to screenings and treatment, and offer free local programs and services to improve the quality of life for people facing the disease. To date, more than 4,000 participants have raised \$5.2 million through Charity Runner, making significant progress in the fight against cancer and every mile more meaningful.

Charity Runner benefits: Free training program to help you achieve your goals, Team support and social events, Race day amenities, including access to the American Cancer Society tent, gear check, cheer teams, and Exclusive Charity Runner racing singlet.

All participants must complete registration for the Indianapolis Marathon & Half Marathon before signing up for the Charity Runner Program. For more information, contact your local American Cancer Society at (317) 347-6670. [Click here](#) for more information.

ST. JUDE HEROES

St. Jude Children's Research Hospital is the premier center for research and treatment of pediatric cancer and other catastrophic childhood diseases. At St. Jude, all treatment is free. THERE IS NO BILLING DEPARTMENT. The research for cures never stops. All research is shared freely with the global medical community. It costs \$1.2 million a day to keep the doors open at St. Jude.

There's a Hero inside all of us. When you participate in any athletic event as a Hero, you inspire hope in children fighting cancer and other catastrophic illnesses. By raising money as a St. Jude Hero, you will support the life-saving research and treatment conducted daily at St. Jude.

Registration in the St. Jude Heroes program is only \$25.

Benjamin Harrison YMCA

It is time to start training for the [13th Annual Indianapolis Marathon & Half Marathon](#) at Lawrence! The Benjamin Harrison YMCA can help you get ready! This program is for walkers and runners of all levels! YMCA coaches will guide you through our 17-week program. Program includes weekly training sessions, mileage plan, guest speakers and much more!

Workout Times: Tue 6:00pm and Sat 8:00am

Program Starts: Tue, Jun 24th

Meets in Community Room-A at the Benjamin Harrison YMCA of Greater Indianapolis
AM \$54

PM \$108

Testimonials:

After being out for almost 3 weeks because of my back, I ran my first mini in less than 2 hours better than my time at the Indianapolis of last year. I thank the YMCA for this program (Mini Marathon Training Program), without it I still would be dreaming of running a half marathon and I think that everybody is specially thankful to Lesley and Cecil who guided us through the training program and always kept encouraging all the group despite our backlashes and made our achievements possible-Arturo

The event starts and finishes along the scenic Lawton Loop on the historic Fort Harrison grounds in the Lawrence area during the peak of the fall foliage season. Don't miss this fantastic experience get your family, friends and co-workers registered now online at www.IndianapolisMarathon.com.

TEAM MS

Team MS was born in 2000 when Susan Krieg, Chair, had the idea to run a marathon, raise awareness of MS and monies for research. The team has completed the Chicago Marathon, the Detroit Marathon and found it's home at the Indianapolis Marathon in 2005. Team MS is a group of runners, some who have MS, but most who don't, who want to make a significant impact in the lives of people who are living with this devastating disease. The team's effort has raised to date, more than \$250,000 for MS. [Click here](#) for more information.

For More Information

All event information is available on our website at www.IndianapolisMarathon.com. For questions, please contact us at rd@IndianapolisMarathon.com. We look forward to seeing you in October!