

For Immediate Release

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***12th Annual Indianapolis Marathon
and Half Marathon
on Record Pass with Registrations***

***Event partners with the Fort Benjamin Harrison YMCA on training programs
for the Full and Half Marathon***

INDIANAPOLIS The 12th running of the Indianapolis Marathon and Half Marathon has hit the ground running for the **Saturday, October 20th, 2007 event**. Registration for this year's event is pacing 80% ahead of last year. This is a tribute to the world-class quality of this event.

The 12th Annual Indianapolis Marathon and Half Marathon continue to be a great value for participants! Now through September 12th, Early Bird registration is in effect with the Full Marathon at \$45 and the Half Marathon at \$35. The event will offer its participants a Marathon, Half-Marathon, 4 person Marathon Relay, 5K and Kids Marathon along the scenic Lawton Loop on the historic Fort Harrison grounds. Registrater now online at www.indianapolismarathon.com.

**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 training course.

We will have specific programs for all levels – so, bring your family and friends and let's get started!

Programs are on Tuesday evenings June 19th 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 T-Shirt, State Park pass for your use during the training program, a discounts for program participants at running stores around town, water and snacks during the 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.

For more information on event registration and location of the 12th Annual Indianapolis Marathon and Half Marathon, visit www.indianapolismarathon.com

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