

12th Annual Indianapolis Marathon and Half Marathon becomes RRCA Indiana State Championships

The 12th Annual Indianapolis Marathon and Half Marathon has been selected to host the Road Runners Club of America Indiana State Championship Race. The event will take place on October 20, 2007 on the historic grounds of Fort Benjamin Harrison in Lawrence. [This sounds like a spectator event instead of a participation race. Maybe say something like “Participants in this years 12th ... will have an extra thing to look forward to in 2007, the event has been selected ...]

“The RRCA is a national association of clubs, events, and runners promoting the sport of running so we are very excited and honored to be partnering with them in this official capacity,” said Sauer. “We have been an RRCA club now for many years so this is an exciting addition to what we offer to our participants! We invite Indiana’s best runners out to participate in this year’s event.”

This family friendly event **also** offers many options to choose from **including** a Marathon, Half Marathon, 4-person Marathon Relay, a 5K, and a Kids Marathon. “There is something for everyone to do to enjoy the day,” said Sauer. Not only are the running events great but this event offers **one of the best post race meals in the country a fantastic post race meal** with its’ fall festival cookout featuring hamburgers, brats, cookies and other fall specialties.

Registration is open for the Indianapolis Marathon and Half Marathon. Now through September 12th, Early Bird registration is in effect with the Full Marathon at \$45 and the Half Marathon at \$35. Registration is now online at www.indianapolismarathon.com.

The Fort Benjamin Harrison YMCA is offering a training program for the Indianapolis Marathon and Half Marathon **State Championships** [Same comment as above.]. The program is designed for runners and walkers of all levels. Programs are on Tuesday evenings at 6:15 p.m. and Saturday morning at 7:00 a.m. This is a 17-week program. **We It** convenes 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 There will be 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

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 Immediate Release
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To see the new **Indianapolis Marathon** website or for more information or to **registration register** for the event, please visit www.indianapolismarathon.com.