



15TH
ANNIVERSARY

2022

RACE WEEKEND GUIDE



ApexBenefits



STOP AT NOTHING.



You're relentless in the pursuit to achieve more. And we're right there with you

As Indiana's largest employee benefits advisory firm, we challenge ourselves every day to go the extra mile.

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Apex
Benefits >

9400 Priority Way W Dr
Indianapolis, IN 46240
apexbg.com



SATURDAY, NOVEMBER 5, 2022

Greetings!

On behalf of the City of Indianapolis, it is my pleasure to welcome you to the 2022 CNO Financial Group Indianapolis Monumental Marathon.

We are proud to have participants back in Indianapolis for the event's 15th anniversary and see once again, thousands of visitors experience the unique landmarks and historical neighborhoods that define our city and shape our culture—a culture rich in history, heritage, arts, and friendly competition.

I would like to thank Beyond Monumental for organizing the race, as well as sponsors CNO Financial Group, Apex Benefits, Brooks Running, and IU Health for their commitment to such a monumental event. I would also like to thank the Indianapolis Department of Public Works, the Indianapolis Metropolitan Police Department, and the 2,000 volunteers who have made today's event possible.

Whether you are here as a participant or supporter, please take the time to visit some of our great attractions, be that shopping, the performing arts, or one of our many world-class dining experiences across the Circle City. I hope you enjoy your stay and that you visit again soon.

Warm Regards,

A handwritten signature in black ink that reads "Joe Hogssett". The signature is written in a cursive, slightly slanted style.

JOSEPH H. HOGSETT
Mayor, City of Indianapolis

SCHEDULE OF EVENTS

The Monumental Health and Fitness Expo is more than a chance to pick up your packet - it's your chance to ask questions and get insights into race day, purchase race-specific event merchandise, and check out the goods and services from dozens of great vendors.

The Expo and Packet Pickup will take place on November 3 & 4 in Hall J of the Indiana Convention Center in downtown Indianapolis. The Expo will serve as the pickup location for race bibs, participant shirts, pre-purchased items, and other promo items from our sponsors and partners.

Race Day Packet Pickup is ONLY available to those who purchased Race Day Will Call.

THURSDAY, NOVEMBER 3, 2022

4:00 p.m. - 7:00 p.m. Monumental Health & Fitness Expo and Packet Pickup, Hall J, Indiana Convention Center

FRIDAY, NOVEMBER 4, 2022

11:00 a.m. - 8:00 p.m. Monumental Health & Fitness Expo and Packet Pickup, Hall J, Indiana Convention Center

RACE DAY - NOVEMBER 5, 2022

6:30 a.m. Pre-race Warm Up Area, Hall J, Indiana Convention Center

7:30 a.m. Opening Ceremonies

7:58 a.m. Wheelchair Race Begins

8:00 a.m. Marathon and Half Marathon Begins

8:35 a.m. 5K Begins

3:00 p.m. Course Closes

SHARE YOUR EXPERIENCE
WITH US BY USING:
#BEMONUMENTAL

FOLLOW US ON SOCIAL MEDIA @INDYMONUMENTAL



MONUMENTALMARATHON.COM



TITLE SPONSOR



PRESENTING SPONSORS



MONUMENTAL SPONSORS



BEYOND MONUMENTAL STAFF

Jed Cornforth, Executive Director
Don Carr, Race Director
Grace Baker, Volunteer & Event Activation Specialist
Julie Brown, Director of Operations & Consumer Experience
Alyssa Burton, Participant Relations & Registration Coordinator
Mark Higdon, Director of Marketing
Riley McCarthy, Strategic Partnerships Manager
Sydney Meyers, Participant Relations Manager
Rob Mullett, Event & Operations Manager
Brooke Smith, Controller

EVENT STAFF & CONTRACTORS

Jim Furuya, Expo Coordinator
Matt Ebersole, Elite Athlete & Pace Team Coordinator
Jennifer Hughes, Art Direction & Graphic Design
Matt Johnson, Race Cartographer
Zach Hall & Jamie Collier, Sustainability
Jeff Cochran, Timing & Results
Dan Bloedorn, Sportunity/TRACX App
Nine13sports, Elite Athlete Hydration
Julia Spangler, Ecosystem Events

BOARD OF DIRECTORS

Carlton Ray – Founder	Douglas Balog	Bryana Schreiber
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Ally Brettnacher – Vice President	Michael Heard	Rocco Tarasi
Gina Miller – Treasurer	Vop Osili	Darren Thomas
Sam Morton – Secretary	Maury Plambeck	Irma Tragesser

IMPORTANT RACE INFO

GEAR CHECK Gear Check will be available race morning starting at 6:30 a.m. Gear Check is located on Washington Street between Missouri & West Streets, on the north side of the Indiana Government Center Parking Facility.

All gear must be picked up by 3:30 p.m. You will receive a clear plastic bag when picking up your packet at the Expo. **YOU MUST USE THIS BAG AS YOUR GEAR CHECK BAG.** Please use the pull-off tag on your bib to label your gear check bag. All bags will be subject to search and any bag other than the clear plastic bag provided to you at the Expo will be turned away. Unattended bags not within the Gear Check area will be removed by security. Any gear left at Gear Check will be donated to a local charity.

LOST AND FOUND All lost and found items will be taken to Gear Check. Lost and found items will be taken to the Beyond Monumental Office upon the conclusion of the race. Please e-mail info@beyondmonumental.org to inquire about lost items. Any items not claimed by November 30, 2022, will be donated to a local charity.

TIME LIMIT/PACE REQUIREMENTS The race time limit is 6.5 hours for the CNO Financial Indianapolis Monumental Marathon. The course will close on a rolling schedule, with the finish line closing at 3:00 p.m.

Marathon runners must be able to sustain a pace of 15:00 per mile to finish ahead of the course closure. Marathon participants who do not reach the half marathon / marathon course split (located at Mile 7.2) by 10:15 a.m. will not be able to proceed along the Marathon course. Half marathon runners must be able to sustain a pace of 15:00 per mile for the first ten (10) miles to finish ahead of course closure. The last three (3) miles of the half marathon must be completed before the finish line closure at 3:00 p.m. No times are recorded after 3:00 p.m. for either the marathon or half marathon. 5K runners must be able to sustain a pace of 18:00 per mile pace to finish ahead of course closure.

If participants choose to continue running after the course closes, they do so at their own risk and will be asked by the Indianapolis Metropolitan Police Department to move off the streets. Finisher medals will be awarded only to those finishing within the specified time limit.

Committed to Serving You



Through system improvement projects, including the DigIndy Tunnel System, Citizens Energy Group is working to enhance your utility services and the quality of our waterways for years to come.

Learn more at CitizensEnergyGroup.com



We're all citizens.

IMPORTANT RACE INFO

PACE TEAM Matt Ebersole coordinates the pace team. The following times (subject to change) will be led by an experienced pacer: Marathon - 3:00, 3:05, 3:10, 3:15, 3:20, 3:25, 3:30, 3:35, 3:40, 3:45, 3:50, 3:55, 4:00, 4:05, 4:20, 4:35, 4:50, 5:05, 5:20, 6:00, 6:33, Half Marathon - 1:30, 1:35, 1:40, 1:45, 1:50, 1:55, 2:00, 2:10, 2:20, 2:30, 3:16.

Other paces may be available as interest and amount of pacesetters allow.

Pacers will be wearing neon pink shirts and will be easily identifiable at the start line. Visit the Pace Team booth at the Expo for more information and to hear directly from Pace Team Coordinator, Matt Ebersole.



SAG WAGON The SAG wagon will travel at the course closing pace behind both the half marathon and full marathon participants. It will be available to pick up participants at aid stations who choose to discontinue the race (under non-medical circumstances). As participants are picked up, they will be taken back to the finish area as time and other factors permit.

AID STATIONS All aid stations will provide water, medical personnel, and restroom facilities.

There will be 19 aid stations along the marathon course; 10 of these stations will provide Nuun (every other station beginning at the first station), three stations will provide GU Energy Gels (Mile 10.5, 15.6, and 21.8), two stations will provide other energizing snacks (Mile 17.9 and 21.8). See pages 8 and 9.

There will be 8 aid stations along the half marathon course; five stations will provide Nuun; one station will provide GU Energy Gels (near Mile 8). See map on pages 8 and 9.

The 5K course will have 1 aid station located between Mile 1 and 2.

RESTROOM FACILITIES Port-o-lets are available at the start and finish lines and each aid station along the course. We ask that you please be kind and courteous to the Indianapolis residents and neighborhoods.

POST-RACE SHOWERS Post-race showers will be available at the Irsay Family YMCA at CityWay at 430 S. Alabama St. and the YMCA at the Athenaeum located at 401 E. Michigan St. Just show your finisher's medal or race bib. NOTE: You will need to provide your own towel(s).

Access is subject to state and local restrictions on race day.

MEDICAL INFORMATION There will be medical support available to participants throughout the race course and at each aid station. There will also be one medical station at the start and a medical tent at the finish line. For medical emergencies, an ambulance will be called to transport the participant to a local hospital. The participant is responsible for any and all medical transportation, emergency room, and hospital fees.

IMPORTANT RACE INFO

IMPORTANT: It is recommended that participants write any medical conditions, medications, allergies, and emergency contacts on the backside of their race bib. Participants must wear their race bib at all times during the event.

WEATHER POLICY The race will go on, rain or shine! Extreme weather (lightning, high winds, snow, ice, extreme temperature, etc.) could cancel the race. There are also instances of other emergency situations (power outages, city-wide alerts, etc.) that could affect the start/cancellation/continuance of the races. In case of delay or cancellation, immediate notification will be made through Beyond Monumental channels: Facebook (Facebook.com/MonumentalMarathon), Twitter (@IndyMonumental), our website (MonumentalMarathon.com), and the Beyond Monumental App. If extreme weather or another emergency situation becomes an issue, the Command Group will meet and determine the status/future of the event. The event may be delayed or canceled depending on the situation. Participants will be notified along the course by course monitors, marshals, and race officials. Participants will be required to use their best judgment, based on the situation, as to the next best course of action.

Should the event be canceled due to extreme weather or other emergency, there will be no refunds or transfers.

FULL AND HALF MARATHON START WAVES The CNO Financial Indianapolis Monumental Marathon and Half Marathon use a wave start. The start will be broken into five separate waves (A through E) of half marathon and marathon participants, based on pace per mile provided during registration. Participants waves will be indicated on race bibs. Participants will be asked to line up with their pre-assigned wave. Visit the Wave Change Station at the Monumental Health & Fitness Expo with any questions regarding wave changes. The event is chip timed so official times will remain unaffected - participants' times do not begin until they cross the start line timing mats.

5K START The CNO Financial Indianapolis Monumental Marathon 5K participants will line up for the 8:35 a.m. start after all full and half marathon participants have cleared the start line. We recommend arriving at the start area no later than 8:25 a.m.

FINISH LINE Crossing the finish line is a great feeling, and now it's time for participants to relax and enjoy their accomplishment! Once participants clear the finish line timing mats, they will immediately see race personnel. Participants should seek assistance from race personnel or medical staff if they need help. Participants will be awarded with their finisher's medal in the finish chute, along with an array of food and refreshments. Visit our finish line vendors, view results, and hang out at the Post Race Celebration. Remember to pick up items at Gear Check!

TIMING AND SCORING The Marathon, Half Marathon, and 5K will be timed using the MYLAPS timing system. Each participant will be given a disposable timing device that will be attached to the backside of their bib.

PLEASE DO NOT REMOVE THIS DEVICE! It is not necessary to activate the timing device; it will be ready when participants receive it.



IMPORTANT RACE INFO

RESULTS There are many different ways to check results after participants finish their distance. Scan the QR code directly on the participant bib or visit www.monumentalmarathon.com to view a live update of the results. Visit the Results & Awards Tent in the Post Race Celebration to the right of the finish line to receive a print out of finish time and splits. The tent will be on the north side of the street near West Street. Please visit the Results & Awards Tent during the race if you have questions about timing and results.

Participants may also view a live update of their results on the Beyond Monumental App. Participants and spectators can find the app in their favorite app store by searching "CNO Financial Indianapolis Monumental Marathon".

PRIZE MONEY Prize money totaling over \$12,000 will be at stake for the top Marathon, Half Marathon, Masters, and Indiana Resident finishers.

RUNNER TRACKING Friends and family can keep track of participants during the race! *Download the Beyond Monumental App from your favorite app store and select the CNO Financial Indianapolis Monumental Marathon event for runner tracking, course maps, and important race updates!*

AWARDS The top 3 male, female, and non-binary finishers in each age group will earn an age group award!

5K age group winners must pick up their award at the Results & Awards Tent on Race Day. Marathon and Half Marathon age group award winners will be notified via email after results are finalized.

Beyond Monumental is committed to making our races sustainable for our local community. As part of our green initiatives, age group winners must submit an Age Group Award Claim Form within seven days of notification. Beyond Monumental will review and verify all claims. Confirmed age group winners can expect to receive their award approximately 4-6 weeks after Race Weekend.



All finishers in the Marathon, Half Marathon, and 5K will receive a finisher's medal.

AGE GROUPS

MARATHON	16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over
HALF MARATHON	10-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over
5K	11 & under, 12-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over

INDYTHON Participants who finished a distance at the Indy Half Marathon on Saturday, October 1, 2022, officially complete the INDYTHON Challenge upon crossing the finish line at the CNO Financial Indianapolis Monumental Marathon. Eligible participants can take their Monumental finisher medal to the Results & Awards Tent located in the Post Race Celebration Area to pick up their INDYTHON medal/charm. We will confirm the award and participants will receive their INDYTHON charm for completing the INDYTHON 10K, Half, Full, Ultra, or Premier; as well as an INDYTHON medal for first-timers. For more details, learn more at www.indython.com.

IMPORTANT RACE INFO



VISIT INDY Indianapolis is a great place to set your pace! It is also a beautiful, culturally diverse city full of amazing monuments, historical landmarks, delicious restaurants, unique shops and boutiques, interesting museums, exciting nightlife, beautiful parks and trail systems, and much more! Visit www.visitindy.com for information on places to see, food to eat, and other great tourist information about the Indianapolis area. Don't have time to sightsee? Open the fan pass and read about all of the interesting landmarks along the CNO Financial Indianapolis Monumental Marathon, Half Marathon, and 5K courses!

FEATURED MONUMENT The CNO Financial Indianapolis Monumental Marathon celebrates historic Indianapolis neighborhoods and winds its way through some of the most notable monuments and memorials Indy has to offer. Participants and spectators will find this year's featured monument, the Indiana Statehouse, on the race bib and finisher's medal. The Indiana Statehouse is located in downtown Indianapolis and can be seen from the Start and Finish Lines. This historical building was completed in 1888 and is home to all executive offices including the Indiana State Senate, the Indiana House of Representatives, and the Indiana State Supreme Court, among others.

SAFETY AND SECURITY Gear Check items **MUST** be placed in the clear bag participants received at Packet Pickup. Any bags, purses, luggage, etc. that are left unattended will be removed.

Participants will not be allowed to re-enter the finish chute after leaving. Only finishing participants and credentialed race personnel will be allowed within the finish chute. We are committed to providing a safe and enjoyable environment for our participants, volunteers, and spectators.



INDIANA STATEHOUSE MONUMENT #12 / NEAR THE START & FINISH LINE (SEE MARATHON MAP)

RACE DAY MORNING MAP

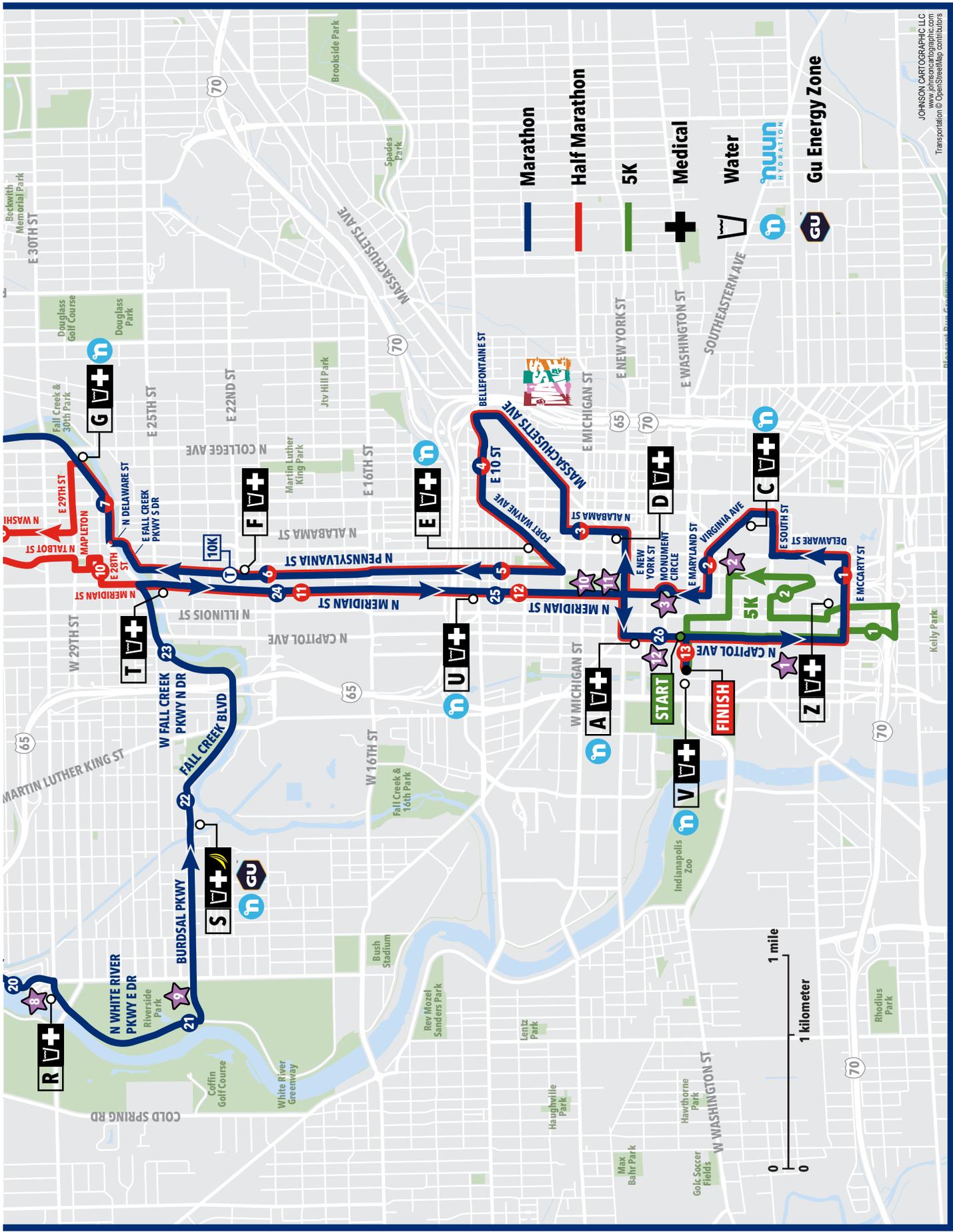




- ★ 1 Lucas Oil Stadium
- ★ 2 Gainbridge Fieldhouse
- ★ 3 Monument Circle
- ★ 4 Indiana State Fairgrounds
- ★ 5 Governor's Residence
- ★ 6 Butler University
- ★ 7 Newfields
- ★ 8 Heslar Naval Armory
- ★ 9 Thomas Taggart Memorial
- ★ 10 Indiana War Memorial
- ★ 11 Depew Memorial Fountain
- ★ 12 Indiana Statehouse

CNO FINANCIAL GROUP
INDIANAPOLIS
MONUMENTAL
MARATHON
COURSE MAP

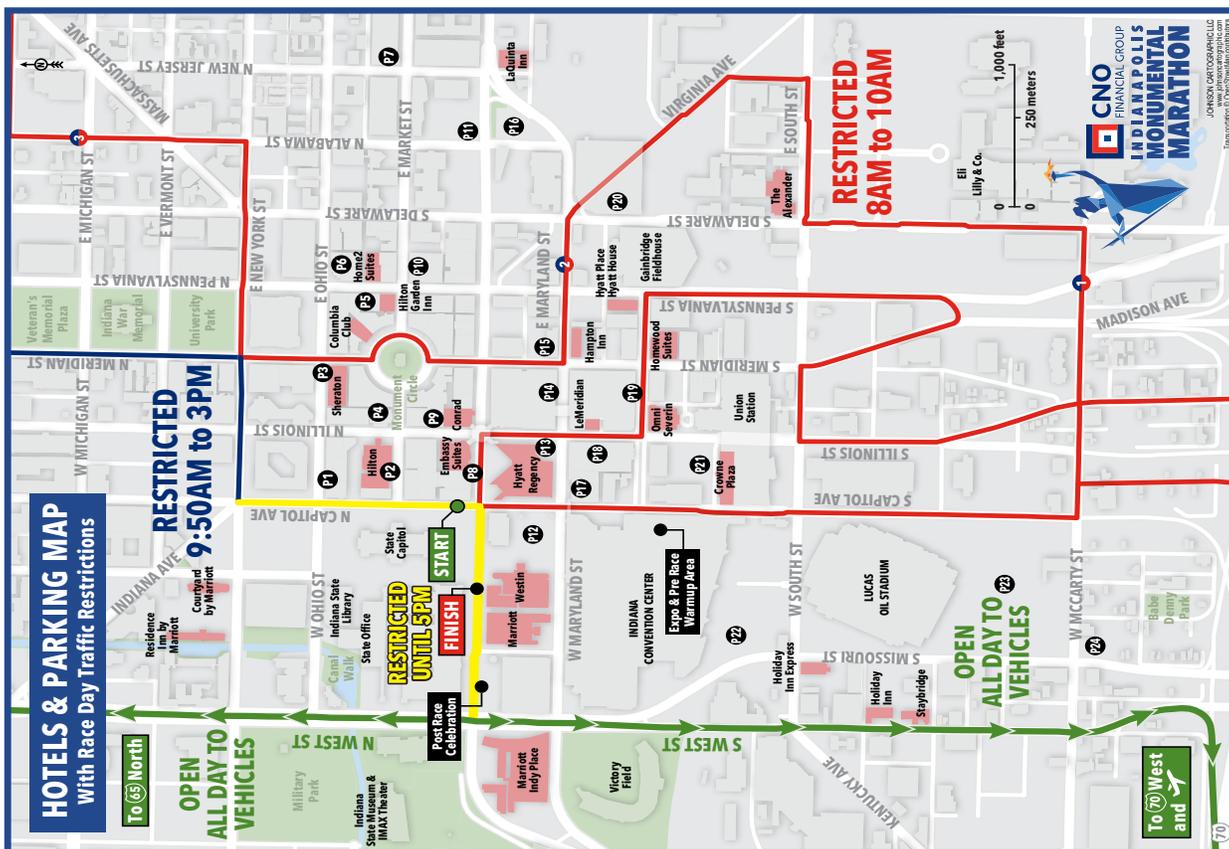
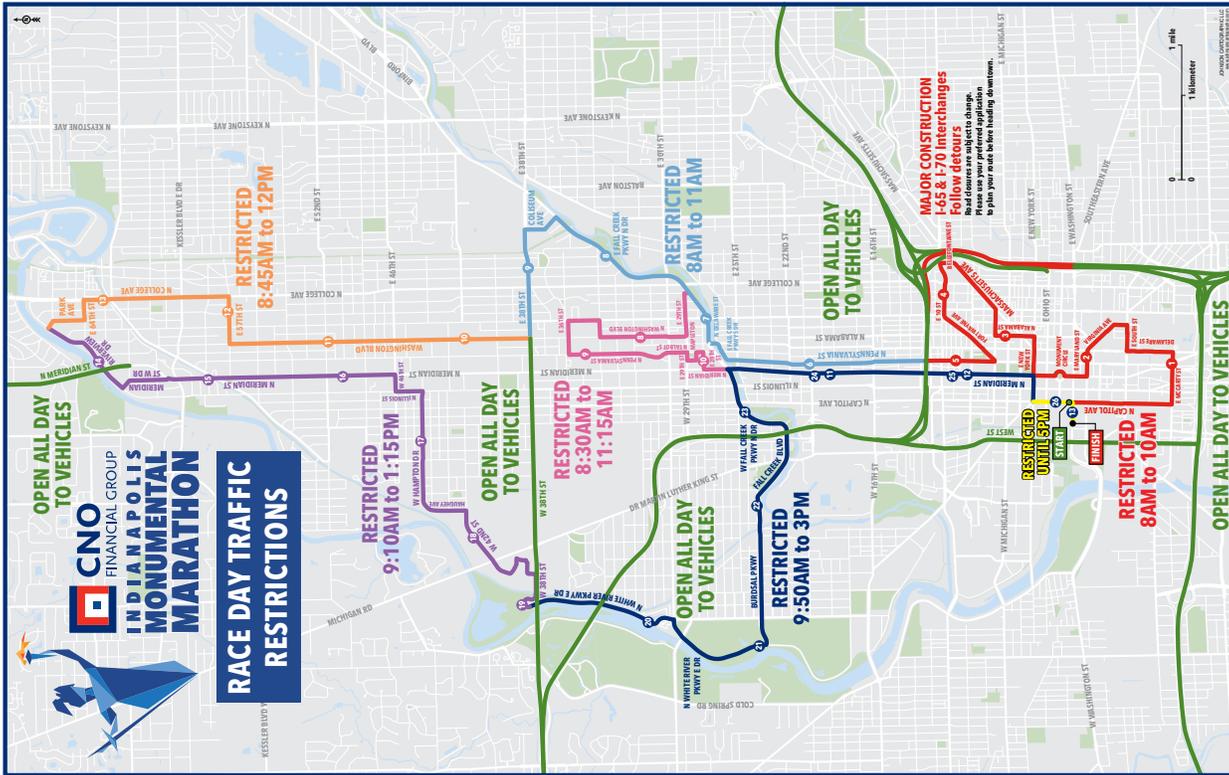




PARKING

Downtown Indianapolis has 70,000+ parking spots from convenient street parking to garage spots. *Please note, some lots and garages will be impacted by race road closures and traffic restrictions so please plan accordingly.*

Explore some of Indy's parking options by scanning the QR code:





2008 - 2021 HALF AND FULL MEN & WOMEN CHAMPIONS



2021	FULL	IAN CARTER	2:16:24	2014	HALF	TOM ANDERSON	1:04:27
2021	FULL	CHRISTINA MURPHY	2:37:57	2014	HALF	ALISHA WILLIAMS	1:12:39
2021	HALF	BROGAN AUSTIN	1:02:26	2013	FULL	DAVID TUWEI	2:16:40
2021	HALF	MOLLY GRABILL	1:10:43	2013	FULL	COLLEEN DEREUCK	2:39:22
2019	FULL	NATE GUTHALS	2:17:51	2013	HALF	ROBERT WAMBUA	1:03:35
2019	FULL	DOT MCMAHON	2:35:30	2013	HALF	IRINA ALEXANDROVA	1:13:54
2019	HALF	DAN NESTOR	1:02:57	2012	FULL	ALEKSEY ALEXANDROV	2:18:44
2019	HALF	MOLLY GRABILL	1:12:15	2012	FULL	WHITNEY BEVINS-LAZZARA	2:45:23
2018	FULL	AARON FLETCHER	2:17:23	2012	HALF	JASON ORDWAY	1:04:24
2018	FULL	LAURIE KNOWLES	2:37:50	2012	HALF	IRINA ALEXANDROVA	1:15:20
2018	HALF	BROGAN AUSTIN	1:02:39	2011	FULL	HILLARY CHERUIYOT	2:22:20
2018	HALF	ALLISON CLEAVER	1:12:45	2011	FULL	MANDY GRANTZ	2:42:36
2017	FULL	JAPHET KIPKOECH	2:18:34	2011	HALF	JESSE ARMIJO	1:05:26.8
2017	FULL	LAURA PORTIS	2:41:35	2011	HALF	DOREEN KITAKA	1:16:51.8
2017	HALF	EDWIN KIBICHIY	1:03:15	2010	FULL	LEONARD MUCHERU	2:17:58.4
2017	HALF	VICTORIA COATES	1:13:43	2010	FULL	JACKIE DIKOS	2:45:25.1
2016	FULL	JAPHET KIPKOECH	2:18:30	2010	HALF	ANDREW BAKER	1:05:39.0
2016	FULL	ANDIE COZZARELLI	2:38:47	2010	HALF	ERIN NEHUS-VERGARA	1:15:04.4
2016	HALF	PIUS NYANTKIA	1:03:14	2009	FULL	MATTHEW CHESANG	2:21:00.3
2016	HALF	SASHA GOLLISH	1:11:05	2009	FULL	MOLLY BROWN-BOULAY	3:07:28.3
2015	FULL	JESSE DAVIS	2:17:59	2009	HALF	MARK RODE	1:10:55.3
2015	FULL	NICOLE MICHMERHUIZEN	2:41:37	2009	HALF	CRYSTINA RIDENOUR	1:22:15.3
2015	HALF	HARRY DIXON	1:04:24	2008	FULL	RICHARD KANDIE	2:22:24.6
2015	HALF	JEBICHI YATOR	1:14:12	2008	FULL	ZEDDY CHEPKOECH	2:40:28.4
2014	FULL	MICHAEL EATON	2:19:49	2008	HALF	SCOTT SPITZ	1:11:32.7
2014	FULL	ALANA HADLEY	2:38:34				

LEGACY HALL OF FAME:

CONGRATS TO OUR 14-YEAR FINISHERS

INDICATES 14
FULL MARATHONS



NINA ARDERY

JAMIE HAIRE

LARRY ROBERTS

KIMBERLY BECK

GARY HARRELL

ROBERT ROLLER

JUDY HASSELKUS

ALEXANDRA RUFATO-PERRY

JASON BURTON

SARAH HUNTON

LOGAN SAMSON

ALAN COPPINGER

JEN KNIFE

BRIAN SCHUETTER

CLIFF CRAWFORD

SARAH KOEHLER

SHIRLEY SHEEKS

MANFRED KUHN

MICHAEL SHIRRELL

FRANK DUCK

STEVE LANING

ANDREW SMITH

AMY DUKE

PAUL SMITH

IRVIN EDWARDS

ANGELA SNYDER

COLIN STAUBACH

DONNA FICHTNER

DAVID FINK

ALLYSON FLEETWOOD

JAYSON MEYER

MATT UTTERBACK

MIKE FLUECK

KEITH MOREY

JANICE VANVACTOR

VIRGINIA GEE

ROSS NORDHOFF

KAREN WAHLSTROM

KARLA GEISSE

ANNETTE PARKER

PAUL WAHLSTROM

RICHEL GEISSE

MARK PARNELLA

PHIL WEIDMAN

KATHY GILMORE

TED MAPLE

JANET STOFFEL

KERRI MCKAY

JEFFREY STUMPF

IRA MEANS

BRET SWISHER

ROBERT POZNANSKI

HEATHER FINK

RON WILSON

VICKIE GOENS

MARC QUIGLEY

BRENDA WILSON

JONATHAN GOMEZ

SHARON RANEY

AMY RIESMEYER

TERRI GOMEZ

DAVID REED

MATTHEW HAIRE

CHARLES RICHERT



BEYOND MONUMENTAL

Beyond Monumental has donated nearly **\$1.4 million** in 14 years to local beneficiaries including, but not limited to: Indianapolis Public Schools Foundation, Lawrence Township School Foundation, and Pike Township Educational Foundation.

Actively supporting youth health and well-being through providing access to exceptional events and programs centered around the sport of running.

BEYOND MONUMENTAL EVENTS



October 28, 2023

- One of the 15 largest marathons the U.S
- One of Runner's World's "10 Great Marathons for First-Timers"
- 39 finishers qualified for the Olympic Team Trials in 2019
- 4th Most Boston Marathon Qualifiers among all North American Marathons in 2021 (1,082)
- Flat, Fast Courses
- Indiana's Largest Marathon

October 7, 2023

- Nationally recognized by Runner's World for scenic courses
- Beautiful fall tour through state park and surrounding area
- Overall & Age-Group Awards
- Finisher medals
- Chip Timing & Gear Check
- One of a kind participant shirts
- Free post-race celebration for participants!

June 2023

- Flat, Fast Course Straight
- Down Meridian Street
- Chip-timed with age-group awards
- Open, Youth, Masters & Elite Divisions
- Strollers Welcome in Non-Competitive Community Mile
- FREE Afterparty on Monument Circle

BEYOND MONUMENTAL PROGRAMS

Apex
Benefits



- The Apex Benefits Monumental Kids Movement is a seven-to-nine week youth running program that culminates with students running in the Indy Half Marathon at Fort Ben 5K and the Apex Benefits Monumental Kids 5K. Students learn about exercise, proper diet and living a healthy lifestyle.
- Typically, students with at least 75% attendance to the program receive a free 5K entry.
- 1,800 graduates are expected in 2022, with 10,000+ graduates to date.



- Team Monumental Kids participants dedicate their miles to supporting Indianapolis-area students by promoting health and wellness.
- TMK raises the necessary funds to continue to grow and support the Apex Benefits Monumental Kids Movement, which focuses on educating students about exercise, proper diet and living a healthy lifestyle.
- To participate, visit our Run For A Cause program on www.monumentalmarathon.com and join us for the 2023 CNO Financial Indianapolis Monumental Marathon, Half Marathon, & 5K



- No-cost, employer-based wellness initiative where companies compete with other similar sized companies.
- Companies are rewarded points based on participation at monumental races/events rather than an individual's time or pace.
- Each division winning team receives a donation made in their name to their preferred charity and a traveling trophy for display.

MAKE YOUR MONUMENTAL RESOLUTION JAN. 1ST



CNO
FINANCIAL GROUP
**INDIANAPOLIS
MONUMENTAL
MARATHON**

**ONLY 1,000
DISCOUNTED SPOTS
AVAILABLE**
OPENING DAY: JANUARY 1

OCTOBER 28, 2023

MONUMENTALMARATHON.COM

BEYOND MONUMENTAL BENEFICIARIES



The Apex Benefits Monumental Kids Movement Program has partnered with Indianapolis Public Schools, Lawrence Townships Schools, Perry Township Schools, and Pike Township Schools to provide them with wellness programming that they are able to share with their students. The purpose is to educate students on the benefits of health and wellness in a fun way!

ApexBenefits'



RUN FOR A CAUSE

Please cheer on our participants that are running for a cause!

The CNO Financial Indianapolis Monumental Marathon and Beyond Monumental are also proud to partner with local organizations and nonprofits to help raise awareness and funds for their missions. Through our Run For a Cause program, participants can get involved and register to run and fundraise on behalf of these participating organizations. Check out our current list of partner charities and join us next year as we "Run For a Cause":



RACE MEDAL SERIES & INDYTHON



The medal series wraps up this year with the letter “Y” to finish the elusive I-N-D-Y at the completion of the series. Each medal features a high-quality, 3D image of an iconic Indianapolis landmark. The horizontal case will allow participants to keep their ribbons on their medals! The square display case will feature medals that fit the shape modeled after the City of Indianapolis flag! This means that if participants are missing a medal from 2014, 2015, 2016, or 2017 but want to finish the “flag” series, they can fill in their missing piece by earning a 2018, 2019, 2021 or 2022 medal. **Cases can be purchased online during registration, through your BEYOND MONUMENTAL Participant Account, at MONUMENTALGEAR.COM and at the Monumental Health & Fitness Expo.**



INDYTHON unites the Beyond Monumental’s annual events; the Indianapolis Monumental Mile, the Indy Half Marathon at Fort Ben and the CNO Financial Indianapolis Monumental Marathon, Half Marathon and 5K. First time participants earn an INDYTHON medal and corresponding distance charm by finishing events at both races. Returning participants earn more INDYTHON charms for distances conquered each year. Visiting www.indython.com for more details.

MARK YOUR CALENDARS TO REGISTER FOR INDYTHON AT RESOLUTION PRICING AT 12 A.M. ET ON JANUARY 1, 2023. NO ADDITIONAL COST OR REGISTRATION REQUIRED.

INDYTHON ACHIEVED

INDYTHON

INDYTHON ULTRA

INDYTHON PREMIER

TOTAL DISTANCE COMPLETED

<= 26.2 MILES

> 26.2 MILES

40.9 MILES

THANK YOU

VOLUNTEERS are essential to the success of any great event. They are vital in providing a safe, organized and fun race. It will take more than 1,500 volunteers to support our participants, ensure a fun atmosphere, and provide the level of organization necessary to produce the CNO Financial Indianapolis Marathon, Half Marathon, and 5K.

The CNO Financial Indianapolis Monumental Marathon relies on volunteers who give their time and share their talents by assisting at Aid Stations, Start/Finish Line, Information Tents, the Expo, Packet Pickup, and on Race Day. They take part in welcoming all of the athletes and spectators that join us for this amazing world-class event.

- Aerodyn Engineering
- Allegion
- American Cancer Society
- Apex Benefits
- Athletic Annex
- Avon Boys Cross Country
- Back on My Feet
- Black & Veatch
- Borshoff
- Boy Scouts of American Troop 174
- Cardinal Ritter Cross Country
- Cathedral Girls Cross Country
- Circle-Proscio, Inc
- Clif Bar Baking Company
- Clifton Larson Allen (CLA)
- CNO Financial Group
- Crispus Attucks JROTC
- Delta Faucet
- Direct Connect Logistix
- Eli Lilly and Company
- Girl Scouts of the USA Brownie Troop 4955
- Greenwood Community Schools
- Health and Hospital Corporation
- Heritage Christian Swim Team
- IFF
- Indiana Sports Corporation
- Indianapolis Public Schools (IPS)
- Indy Chinese Runners Club
- International School of Indiana
- Indianapolis Public Schools Foundation
- Jagathon: IUPUI Dance Marathon
- IUPUI School of Health & Human Sciences
- IUPUI Sports Management Club
- IUPUI VIDA
- Move For Hunger
- National MS Society
- Noblesville Schools
- Pike Township Education Foundation
- Robert Dietrick Company (RDC)
- Rolls-Royce
- Roncalli Track & Field
- Runners Forum
- SafeDose Pharmacy
- Shortridge Athletics
- Simon Youth Foundation
- South Decatur Cross Country
- Suicide Awareness Voices of Education
- Tabernacle Presbyterian Church
- Team World Vision
- The International Center
- USATF
- Warren Central Cross Country
- Westfield High School Track and Field

SPECIAL THANKS

Thank you to: The Indianapolis Indians, Victory Field, and the Indiana Government Center for their support of the event.

The Irsay Family YMCA and YMCA at the Athenaeum for free post-race showers for participants.

Tuxedo Brothers Event Management / www.tuxbro.com.

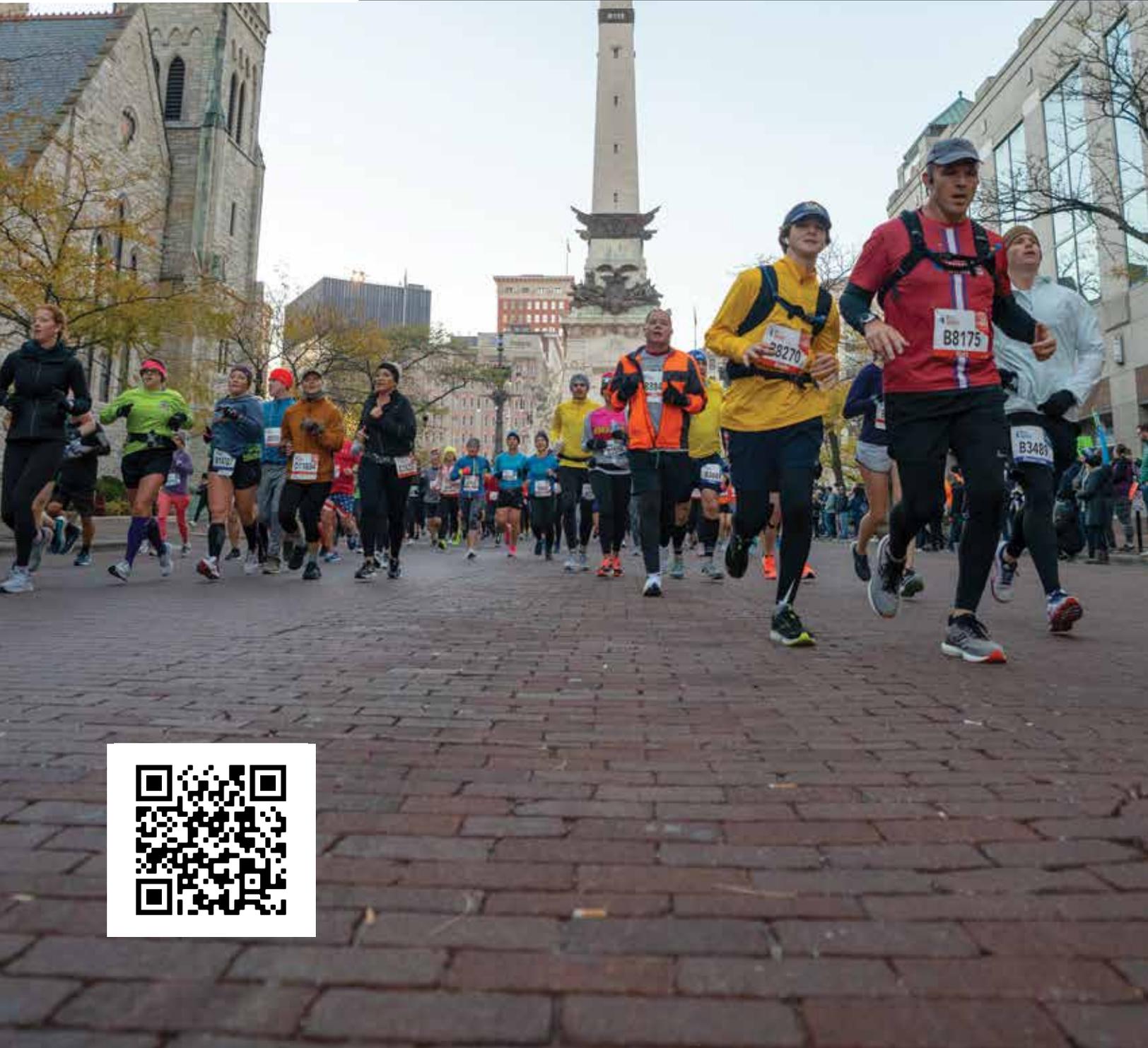
The medical experts and hundreds of volunteers from IU Health who play an essential role in the safety and race day health for all of our participants.



SAVE THE DATE

OCTOBER 28, 2023

Be Monumental in October for the FIRST TIME EVER!
SAVE THE DATE NOW AND START PLANNING EARLY!





Mile after mile—committed to central Indiana

CNO Financial Group welcomes athletes and fans to the 2022 CNO Financial Indianapolis Monumental Marathon.

The CNO Financial Indianapolis Monumental Marathon showcases the very best of Indianapolis to Hoosiers and visitors alike. And since 2016, CNO Financial and our over 1,000 local associates have proudly supported our hometown marathon and celebrated our shared commitment to health, wellness and the central Indiana community.

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