

**Indianapolis Monumental Marathon Trip Notes**  
**With a little bit of NYC Marathon thrown in**  
**November 2009**

***Three marathons in November?***

In 2008 the legs managed three November marathons yet I remain reticent about doing three in November 2009. I'm now 2/3 done and cautiously optimistic. So far I've 'cheated death' and the legs are seemingly doing fine but I know not to count my chickens (or marathons) quite yet. Due to having a couple glitches on top of being a worrier, I visited and got an okay from Dr. Sports-Medicine Connors, took his suggestion of a weekly sports massage, and added more strength training as well as even more serious stretching.

For those who think I might be running too many marathons, I'll attach a most interesting article at the end of this report that suggests it is possible to keep moving. We'll see. The article references the book "Born to Run" by Christopher McDougall that I'm currently reading.

***Three trips in November***

If you like brief trip notes you're in luck. I'm behind on NYC Marathon (November 1<sup>st</sup>), Indy is done (November 7<sup>th</sup>), and I have two days home before departing to Rome (November 12<sup>th</sup> but nope, no marathon in Rome). Then Philly Marathon the next week followed by two local races over Thanksgiving.

Here's the Liberty Ladies finding another Liberty Lady at the start of NYC (thanks to Tracy's photography) and then on the course in NYC (thanks to Sue Ann's photography.) Yep, we wear trash bags to keep warm.



***NYC is NYC***

No other marathon expects you to wait around a "marathon-amount-of-time" before even lining up and still zillions of people beg for the right to do it. Well, maybe Boston is as tedious. I've reported on NYC so many times in the past that I won't do so again. This was my 5<sup>th</sup> since starting in '02. Think

'02, 4, 6, and 8 and we're into a sing-song voice with my two year sequence so why did I mess it up by doing '09? Marathoners don't always use the best logic but a guaranteed entry just appeared like a gift and it made for an even 18 (9+9 for '09) and I got carried away with the romance of NYC. It's truly one big long block party. As Bill Rodgers said: "A road race is the closest thing to a party I can think of" and no party is bigger than NYC's. Yet I probably won't try for another NYC (never say never) and I'll work on some other exciting places to see. A new motto:

***Seeing America 26.2 miles at a time***



Thanks Charlotte for that new motto.

Wanna see the NYC Marathon winner on David Letterman naming the top 10 thoughts you have while running NYC? <http://www.marathonguide.com/index.cfm?SRED=1&>

### **The numbers**

An easy NYC run brought me in with a 5:47 and an equally easy Indy gave me 5:29. Big numbers first: Indy was my 53<sup>rd</sup> start, my 47<sup>th</sup> finish, my 34<sup>th</sup> state, and my 16<sup>th</sup> of the year. Two to go to make 9+9 in '09. For 64 year old legs I am plenty happy with the finishing times. I try to remember Dr. Sports Medicine saying that it might be possible to do multiples if I could keep it to training run pace. So far so good – touch wood quick.

### **Indy - Surprisingly good Indy**

This was the 2<sup>nd</sup> year of the Indianapolis Monumental Marathon. When they announced the inaugural I'd worried about the other one being so close and why a second one, but they pulled it off with very few glitches the first year and there was no evidence of war or factions between two competing forces. Isn't it amazing to see all the growth in marathons no matter the recession? (Honest, I'm not making light of it, just mentioning that there are avenues of growth in our economy.)



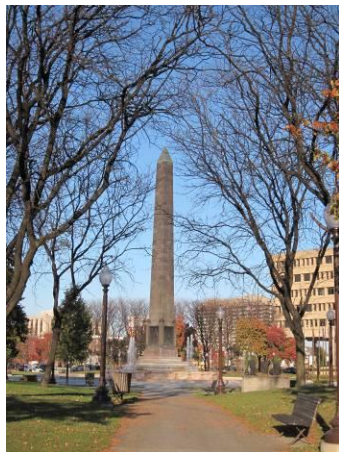
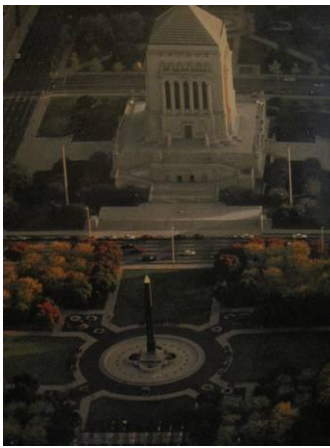
- Reasonable priced entry as well as a discount for 50-staters.
- The Expo was held in the convention center and large enough and more than expected.
- Pasta dinner at \$10 was at a nice restaurant and plenty generous. Hal Higdon was one of the speakers.
- Technical t-shirts in women's sizes and well designed but unfortunately sized very small. The promised exchange location at the start didn't materialize.
- Start at a reasonable 8am and right outside the hotel. Weather remained favorable though a wee bit warm and windy.
- Interesting course using scenic routes and keeping enough traffic at bay.
- Reasonable size at about 2500 marathoners and 3500 half marathoners.
- Fluid stations plenty often and supplied with Gatorade and medical tents.
- Limited but enthusiastic spectators.
- Professional pace team.
- GU offered at multiple locations and some candies at others. (They could use more.)
- Port a potties (some) with NO line and none with long lines. That's commendable and I often think should be a judge of well administered marathons.
- Finish line supportive and helpful and at the state capitol.
- Unusual pasta with sauce and breadsticks at finish line.

- No massage that I saw but that's probably just as well since it's the half marathoners who get in line anyway. (Why don't they get half a massage? We're the ones who need it!)

***Info from our Indy speaker:***

- Only 1/10<sup>th</sup> of 1% of the population will ever do a marathon.
- We ARE athletes. Hard to imagine for some of us.
- 50% of first time marathoners are one-and-done and will never do another marathon.
- It's better to finish than to drop out, but it's still far better to drop out than to never start. Music to the ears of a 7-time drop out. (Dropping out remains a bragging right to my way of thinking since it means I was running smart and thinking about my priorities – running forever. I hope by telling about my drop-outs that I'm serving as a good example.)

***Monuments Everywhere!***



***This is the Indiana War Memorial from above, Then the Veterans Memorial Plaza, and part of the five block wide circle with the Civil War Memorial and***

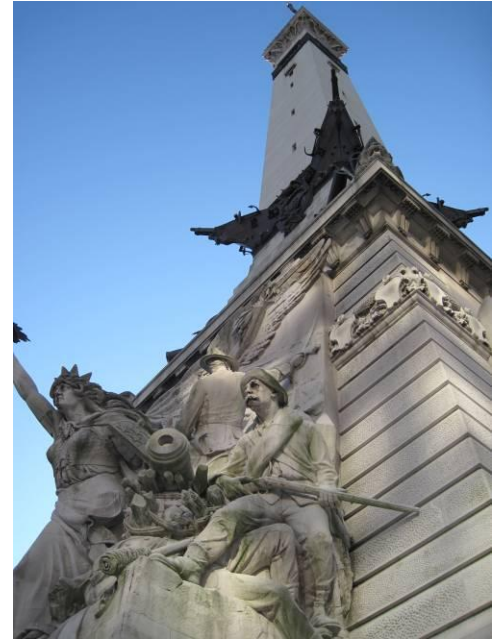
***The state capital was quite a treat with a famous domed roof.***



***Why visit Indianapolis?***

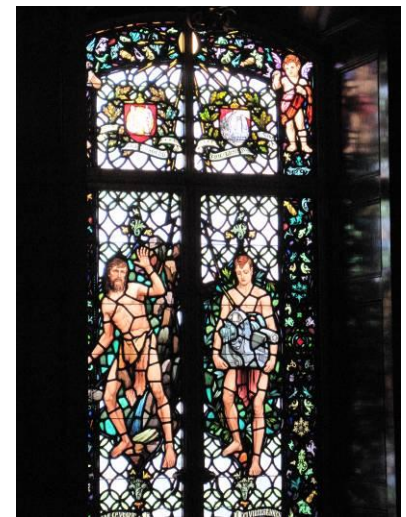
- Many more tourist sites than expected.
- Lots of hotels and they are inexpensive. Embassy Suites was at the start and with all we drank and ate, Embassy probably lost money on us.
- Took a grounds tour of backstage Indy 500 to include riding around the track, the museum and a film.

- Most famous Masonic/Scottish Rites Cathedral in the world which we toured.
- A state capitol tour that's worth a trip.
- Numerous monuments and well rated war museums which we also toured.
- River and canal areas that are clean and newly built up. Even another pedestrian bridge complete with a collection of sculpture.
- Mostly kind Midwesterners type folks (with some strikingly opposite exceptions).
- Big sports city and there was a Colts game the day after – an experience in itself to see tailgating plus hoards of drunks in blue Colts shirts lining the streets that were partly closed to traffic.
- New, modern and impressive airport that's super convenient and close to town.



***Our favorite tour within the city was the Scottish (Masonic) Rites Cathedral.***

Considered to be one of the most beautiful buildings in the country upon its completion, it features hand carved woodwork and elaborate stained glass windows, all adorned with Masonic symbols. It held more fascination for me since I grew up surrounded by Masons, Eastern Star and Rainbow Girls.



***Indianapolis Motor Speedway aka Indy 500***

A few years ago (How time flies – was it 1995-97?) I toured the Indy 500 in quite a different light. My company was the major sponsor of an Indy car and as a result I took a private jet into Indy airport, a helicopter to the track, and toured backstage, garage pits and VIP suites. Indy is much different even without my altered mode of travel -- they've built and expanded rather dramatically. It is the largest sports forum in the world and purposeful built for a mere two sporting events a year.

***A gorgeous fast moving scene from when there are 400,000 spectators in the stands for the Indy 500 and NASCAR's Brickyard 400.***

***Racing Capital of the World, letting day trippers like Diana onto the winner's circle in their Boston marathon jackets and Maricar and Peggy holding a press conference.***



***Not set up for tourists***

We were surprised at the number of tourist sites and yet no tour guides. No walking tours. No bus tours. It is not a tourist friendly city and one must work hard to see enough to be impressed. We took taxis and walked and found our own touring and I'd say that it's worth it.

I also found that some sides of Indianapolis were quite a different town and caused me to turn around quickly and watch my backside. I don't know there are problems, only that it becomes very seedy in places.

***The end and goodnight from Indy***

Well, hopefully not the end but I need some variety so I'm off to tour Rome and especially to see the Bernini sculpture and then back to the primary goal of ***seeing America 26.2 miles at a time!***



***The state capitol from our hotel room, a street scene, the building with the pasta party, and the main central square with major monuments.***



## ***Itinerary***

### **Thu Nov 5 – Diana, Peggy and Maricar**

10:30am Depart Newark (EWR) to Indianapolis via CO#2063 (no meal)  
12:45pm Arrive Indianapolis (IND)

Go Green Shuttle from airport to hotel for \$7 – no need to use those \$19 private shuttles

Host Hotel: Conrad Hilton Hotel (1), a 4-star, which is two blocks from start/finish line.

Hotel Embassy Suites Indianapolis - Downtown (2)  
110 West Washington Street, Indianapolis, Indiana 46204 Tele: 1-317-236-1800  
Peggy and Diane at same hotel

### **Fri Nov 6**

11am Expo at “500 Ballroom” inside the Indiana Convention Center at 100 South Capital Avenue (and Washington Streets) with nearest entrance on Capital Ave. to 7pm

Speakers schedule from 11am and includes Hal Higdon and Dane R.

5:00pm Pasta Dinner will be held at Bistro 111 located on the second floor east wing of the Chase Tower (1 East Ohio Street).

### **Sat Nov 7**

8:00am Start of 2<sup>nd</sup> Annual Marathon [www.monumentalmarathon.com](http://www.monumentalmarathon.com) and see course video.  
See start line and course info at (4) below.  
In '08 timed to 6:29 with 3400 total runners

Dinner at Omni Severin's restaurant

### **Sun Nov 8 – Peggy**

10:59am Depart Indianapolis via CO#2586  
12:59pm Arrive EWR

### **Sun Nov 8 – Maricar**

3:05pm Depart Indianapolis via CO#2022  
5:24pm Arrive EWR

### **Mon Nov 9 – Diana**

4:35pm Depart Indianapolis via CO#2082 (no meal)  
7:00pm Arrive Newark

## **Participants:**

732 804 7514 Diana cell (does not work at home); 732 671 7045 home  
908 907 5054 Maricar cell  
908 433 4278 Peggy cell – rooming with Diane Bolton  
423 314 6669 Bonnie Wasson cell, with husband Jim – watch for the spectator umbrella  
Staying at Homewood Suites at the airport  
Traveling with Karen Smith  
Lois Berkowitz staying at La Quinta at airport  
Traveling with Cheryl Murdoch, Nancy Broadbridge and Don Taylor  
Says to check in with Clint McCormick at Glass City Marathon booth  
Jan Seeley at Marathon & Beyond booth  
David Williams from Houston  
Sondra from Indianapolis running for paraplegic brother  
Tim with family, friends of Peggy and Diane

**(1) Conrad Hilton Hotel** – from their website: . . . . in downtown Indianapolis is a destination that connects you with an innovative guest experience unmatched by other Indianapolis hotels. Located at the most prominent intersection in Indianapolis, a skybridge provides an uninterrupted path from our Indianapolis luxury hotel's ballroom and meeting rooms to the ArtsGarden, Circle Centre Mall and the Indiana Convention Center.

Our 23-story tower boasts 241 guest rooms, 10,000 square feet of state-of-the-art meeting space, a rejuvenating wellness center at Spa Chakra with a fitness centre and pool, and two entrancing restaurants. Fine dining options at our luxury hotel in Indianapolis include The Capital Grille, with outstanding culinary delights served in an intimate dining experience, and Tastings, a wine bar experience that uses progressive wine technology for guests to enjoy wines by the taste, glass or bottle.

Per AAA, “charming hotel in the remodeled 1915 Fletcher Trust Building considered a skyscraper when built.” Per Wikipedia, it is the tallest skyscraper in Indiana at 287 feet.

**(2) Embassy Suite** – AAA 3 star and Hilton Honors 5 category.

From their website: Our [all suite hotel near Indianapolis Motor Speedway](#) includes newly renovated and tastefully decorated bedrooms and living rooms, as well as a wet-bar area in each suite. The furnishings include a King-size bed or two double beds in the bedroom area, a sofa bed sleeper, a comfortable chair and a work table. There are also televisions in the bedroom and living rooms. Enjoy [In Suite Service](#) from the comfort of your two room suite. Other amenities included with your two-room suite at our **Indianapolis hotel** are:

- Complimentary [Cooked-to-order Breakfast](#) every morning
- Complimentary [Manager's Reception](#) every evening
- Complimentary Business Center
- Complimentary Fitness Center
- Complimentary USA Today® (M - F) at your door
- Suite Dreams® bed by Serta® providing luxurious comfort and support
- Two Televisions with cable, Pay-per-View & games
- Two-line dial phones with voice mail
- Easy to set alarm clocks with MP3 player connectivity to personalize in-suite listening using your I-Pod, CD player and other portable devices
- Mini-refrigerator
- Microwave Oven

- Coffee Maker (with complimentary coffee & teas)
- Iron and full size Ironing Board
- Hair Dryer
- Connected to Circle Centre Mall with Over 100 Shopping, Dining and Entertainment Options

**(3) Start line** is on West Washington Street, just west of West Street, heading east. (Alternate Start Line: Due to the uncertainty of the Courtyard by Marriott construction, our alternative start will be on West Street near Maryland Street. Participants will head north on West Street, turn right onto Washington Street.)

NOTE: Both starts will be included in the USATF certification. The Indianapolis Monumental Marathon Course is relatively flat and fast with a few small hills. It is a wonderful course that highlights many beautiful buildings and monuments in downtown Indianapolis and several of our neighborhoods. Indianapolis Monumental Marathon Course highlights include: the Indiana State Capitol, Arts Garden, Lucas Oil Stadium, Circle Center Mall, Warehouse District, Eli Lilly campus, Conseco Fieldhouse, Monument Circle, Federal buildings/monuments, Cultural Trail (Market to Mass Ave.), Mass Ave District,; route will feature beautiful neighborhoods and streets including Pennsylvania Avenue thru Fall Creek Place, Meridian Street, Washington Boulevard through Meridian-Kessler, Butler University and Hinkle Fieldhouse, the Indianapolis Museum of Art, Broad Ripple, State Fairgrounds, Fall Creek Parkway, among others.

From downtown, participants run through the Chatham Arch, Historic Old Northside, and the Fall Creek Place neighborhoods. At approximately mile 7, runners in the half marathon split off and return to finish on West Street, on the west side of the Indiana State Capitol.

Marathoners continue through Fall Creek Parkway, passing the Indiana State Fairgrounds, Meridian Kessler Neighborhood, Broad Ripple, the

White River, Butler University, Indianapolis Museum of Art, and Meridian Street, passing through Monument Circle before returning to finish line at the Indiana State Capitol.

**Finish line clocks** will display your unofficial time. The DAG chip timing system will be used. The chip is attached to your bib number, one single product for timing and identification. No wasting time: Pick up your bib number and have your chip already in place. **All awards and results are based off of the time the gun goes off, not the time that you cross the start line.**

Overall finish times will be posted approximately every 15 minutes during the race. Official results will be posted to the website on race day. You will receive your individual results by e-mail on race day. If it is determined that a runner has left the designated race course, that runner shall be disqualified. Water and Gatorade Drink Stations (Lemon-Lime flavor) will be available at water stops

**Course Aid Stations** - Medical aid stations are distributed throughout the course.

**Course Time Limit** - The time limit is 6 1/2 hours for the Indianapolis Monumental Marathon. The course will close on a rolling schedule, with the finish line closing at 2:30 p.m. This means that marathon runners must be able to sustain a pace of approximately 15:00 per mile in order to finish ahead of the course closure. Because the Half marathoners run with the marathoners for the first seven (7) miles, half marathon runners must be able to sustain a pace approximately 15:00 per mile for the first seven (7) miles in order to finish ahead of course closure. The last six (6) miles of the half marathon can be at substantially slower pace of 30:00 per mile. No times are recorded after 2:30 p.m. for either the marathon or half marathon. Finisher medals will be awarded only to those finishing within the specified time limit.

**Walkers and Slower Participants** - The Indianapolis Monumental Marathon welcomes all those who can finish in the 6 ½ hour time limit. If you plan on participating but cannot average a 15:00 per mile pace, please be aware that our permit dictates that streets that comprise the route be reopened to vehicular traffic.



## **FAQs from website:**

### **What are the highlights along The Indianapolis Monumental Marathon course?**

Course layout will highlight: the Indiana State Capitol, the Indianapolis Arts Garden, Lucas Oil Stadium, Circle Center Mall, Warehouse District, Eli Lilly campus, Conesco Fieldhouse, Monument Circle, Federal buildings/monuments, Cultural Trail (Market to Mass Ave.), Mass Ave District,; route will also feature beautiful neighborhoods and streets including Pennsylvania Avenue thru Fall Creek Place, Meridian Street, Washington Boulevard through Meridian-Kessler, Butler University and Hinkle Fieldhouse, the Indianapolis Museum of Art, Broad Ripple, State Fairgrounds, Fall Creek Parkway, among others.

### **What are the entry deadlines and fees?**

#### **Registration fees for 2009:**

##### **Before June 30<sup>th</sup>, 2009**

**\$60-Marathon**

**\$50 -Half**

##### **July 1st – October 18th, 2009**

**\$75-Marathon**

**\$60-Half**

##### **Late Registration and packet pickup (After October 18th)**

**\$85-Marathon**

**\$70-Half**

**Registrations for both events are non-transferable and non-refundable.**

**NOTE: Online registration closes October 28th at noon.** There is a 6.5% + 50¢ service fee for online registration.

### **When is race day?**

November 7th, 2009

### **What are the start times for the race?**

7:55 am Wheelchair start

8:00 am Marathon/half marathon start

### **Is there chip timing?**

Yes, the IPICO timing chip will be use. Both gun time and chip time will be generated. Your chip time can be used for Boston Marathon qualification purposes. Awards are based off of gun time.

### **Who is responsible for race management?**

Don Carr of Tuxedo Brothers who has over 23 years of race management experience. Don is currently race director of the Indianapolis 500 mini marathon.

### **What is the elevation change for the course? Is the course hilly?**

The course is relatively flat and fast with a few small hills. This should be a good course if you're trying to qualify for the Boston Marathon. ([View the course elevation chart.](#))

### **Are walkers welcomed?**

ABSOUTELY. We encourage you to participate.

### **Are Wheelchair/Hand Cycles permitted?**

Yes, there is a separate Wheelchair division. Wheelchairs and Hand Cycles **start at 7:55 AM.**

### **Where is packet pickup?**

**The Indiana State Capitol**

**200 W. Washington Street**

**Indianapolis, IN 46204**

**USA**

**(northwest corner of Capitol Ave and Washington Streets, Indianapolis, IN.)**

**Please note: Packet pickup will be in the south atrium of the building.**

**To learn more information about the Indiana State Capitol, you can visit [their website.](#)**

### **Where are the start and finish lines?**

The start and finish lines are adjacent to the Indiana State Capitol and within two blocks of each other.

### **Where is the post-race food located?**

Food will be located at the finish line near the Indiana State Capitol after the race.

### **Do we have official pacers?**

Yes, Mr. Tom Hathaway is coordinating veteran marathoners who will pace you across the finish line.

### **Do you have a cut off time limit?**

Because we are partially closing city streets, we have a 6 ½ hour cut off limit **(15 minutes per mile).**

### **When will the 6½ hour time limit begin?**

The 15 minute pace per mile (6½ hours) will not start until the last participant crosses the start line.

**Is there an early start?**

No.

**Will runners/walkers line up at the Start according to their projected pace per mile?**

We encourage all runners and walkers to line up according to their projected pace time. We will have pace signs at various locations. We encourage slower walkers to stay toward the back of the starting pack in order to minimize conflicts.

**How do I become a sponsor?**

For information on becoming a sponsor, please contact Carlton Ray at (317) 440-4034 or [contact us on this website](#).

*We couldn't put this race on without our sponsors. Please support them!*

**Is there a map of the course on line?**

Yes, please look at the [course section of our website](#). A final map is always in the participant final instructions that are handed out during packet pickup in the Indiana State Capitol.

**Is there a shuttle service from the hotel to the start/finish area?**

No, a number of downtown hotels are located within walking distance of the start/finish area.

**How many water stops will there be and what will be offered at these stops?**

21 Water Stops offer water, including six stops with Gatorade. Additionally, energy gels are offered at three locations on the course.

**Where do I park race morning?**

Ample parking is available downtown, but do not park on the course as your car may get towed. Please visit [this map with parking lots](#).

**Will I get my throw-away shirt back?**

No, all clothes thrown along the race course will be picked up and donated to local charity.

**Will there be porta-potties on the course?**

Yes, throughout the course route.

**Will I receive a confirmation?**

Yes, online at the time of registering. Online registrants will receive a final confirmation via email approximately 3 days before the event. You can check the status of your registration on the [Registration](#) tab of the website. Online confirmations will be updated within 2 business days from the day we receive your entry.

**What is the typical weather on the first Saturday in November?**

The average high in Indianapolis is mid 50's and the average low is upper 30's. Race conditions can change dramatically, so please check [our weather page or other weather web site to plan accordingly](#).

**Will you have race day registration and packet pickup?**

Yes, this year we plan to have race day registration at packet pickup. Please note: both will ONLY be available from 6:00 to 7:00 am on Saturday November 7 (race day). THEREFORE, WE STRONGLY ENCOURAGE YOU TO PICK UP YOUR RACE PACKET, AND IF NEEDED, REGISTER ON FRIDAY NOVEMBER 6TH FROM 11:00 AM TO 7:00 PM.

**Can someone else pickup my race packet?**

Yes, please bring a copy of your friend's confirmation email or a letter/email from your friend authorizing you to pick up their packet.

**Are there any recommended viewing locations?**

We encourage you to go to the Cheer Zones that are located all along the course. Or, feel free to play music, ring cow bells and cheer out in front of your home and in your neighborhood.

**Where and what time is the awards ceremony?**

The awards ceremony will be near the finish line on race day at 1:00 pm.

**How are awards distributed – by 'gun time' or by 'chip time'?**

The overall top 10 awards (male and female) will be awarded by gun time. All age-group awards will be determined by chip time.

**Will Gear Check be available?**

Yes, at the Marathon, Half Marathon start. Gear bag pick-up will be located on the west side of the Indiana State Capitol.

**Are roller-skates, inline skates, bikes or carriages of any kind allowed to participate in the Marathon?**

No.

**What charity does the Indianapolis Monumental Marathon support?**

The Indianapolis Monumental Marathon plans to give proceeds to programs associated with the Public Schools of Indianapolis. Please visit [our charity page](#) for more information.

**If I sign for the full can I change later for the half?**

YES, you can change events until the closing of packet pick-up on Friday November 6, 2008, unless the half marathon is full. If you change from the Marathon to the Half-Marathon (or vice versa) there will be NO refund of the difference in entry fees and you will be required to pay the difference in entry fees.

**Are headphones with ipods or other music devices allowed?**

Runners and walkers participating in the 2009 Indianapolis Monumental Marathon and Half Marathon (IMM) WILL be allowed to wear headphones during the race if they desire.

The USA Track & Field (USATF) has recently amended rule 144.3(f) effectively lifting its previously imposed ban on headphones and other music devices. USATF is the governing body for long distance running events in the United States.

The safety of our runners, walkers and volunteers will always be a priority at the IMM. We encourage runners and walkers to enjoy the wonderful atmosphere without headphones.

From [www.marathonguide.com](http://www.marathonguide.com) about the inaugural

Olympian Bob Kennedy, Honorary Chair of the Indianapolis Monumental Marathon & Half Marathon stated "The inaugural Indianapolis Monumental Marathon was a smashing success! Runners and walkers of all ability levels enjoyed the fabulous weather and beautiful course as they completed this leg of their running and walking journey. Come make the 2009 Indianapolis Monumental Marathon a part of your personal running or walking journey."

The urban course is relatively flat and fast, and highlights a number of Indianapolis landmarks and beautiful neighborhoods. The course is a good Boston qualifier. You can stay downtown in one of the many fine hotels with easy access to the start/finish line ...

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## Runner Comments

I have run this marathon, and I want to [add my comments](#) about it.

Number of comments: **38** [displaying comments **1 to 11**]

Average Ratings: Course - ★★★★★ Organization - ★★★★★ Fans - ★★★★★

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★★★★★ **Great race but huge t-shirt!** (about: 2008)

**Course: 5 Organization: 4 Fans: 4**

M. H. from Bloomington, IN (1/14/09)

**6-10** previous marathons | **1** Indianapolis Monumental Marathon

This was a top-notch event and a great alternative to NYC, Chicago, or Philly. I only have two complaints: 1. The tech shirts, though nice, were gigantic. My "small" shirt was larger than most large shirts. Please find a style or vendor with more accurate sizing! Or perhaps offer women's sizes. I am sad that I can't wear my Monumental Marathon shirt because it is far too big. 2. The DAG timing system is not reliable. ChampionChip is better!

Still, that is my only quibble. Kudos to KLA for a great inaugural event.

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★★★★★ **Hometown proud** (about: 2008)

**Course: 5 Organization: 4 Fans: 5**

T. S. from Indianapolis (11/28/08)

**6-10** previous marathons | **1** Indianapolis Monumental Marathon

As an inaugural event, expectations can be low, but even discounting some hometown bias, this one exceeded them all. I highly recommend his race.

Course: Mostly flat and fantastic, from the beautiful downtown area, to stately homes in old neighborhoods, to Butler University, where we were accompanied by carillon music and screaming coeds (OK, it's not Wellesley, but it was nice nonetheless), to the park-like setting of the art museum.

Organization: I don't like the DAG timing. My running buddy's gun and chip times were identical (when they should have been about a minute apart). As a result, he missed a BQ by about 20 seconds. Because he had already qualified, it didn't make much difference, but it makes you wonder how many others had similar issues. I didn't have problems with walkers, as others did, but I would recommend pace signs so runners (and walkers) could start with others of their pace. And while others didn't like going into the Statehouse for the post-race meal, I thought it was a great way to show off a gorgeous building. The security check was no big deal. I would only recommend some seating be put up. We ate on the steps outdoors, but you can't always count on temps in the 60s in November. Traffic control was exceptional for runners, but lousy for autos. The only suggestion to ease that would be a Sunday race, but without knowing the Colts' schedule well in advance, that would be hard to do.

Fans: I anticipated spectators to be merely friends and family, so I was pleasantly surprised by the numbers. Not huge, but quite vocal.

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★★★★★ **Nice job for an inaugural race** (about: 2008)

**Course: 5 Organization: 4 Fans: 5**

M. H. from Cincinnati, OH (11/11/08)

11-50 previous marathons | 1 Indianapolis Monumental Marathon

I have done a number of first-time marathons and was very impressed with the overall quality of this one. Very nice job with the course. Liked having plenty of aid stations since the weather was unseasonably warm. Lack of Gatorade didn't bother me, but you need more clarity in the instructions about where it will appear on the course. I've certainly experienced more chaotic race starts. While not the smoothest start, the race was small enough that it was no big deal. Excellent job with the traffic control and since we had to cross so many intersections that was important. I did almost manage to get run over by a cyclist, however! Would have liked some sort of expo at the packet pickup. The fee seemed a bit high for what we got compared to some other marathons, but perhaps we needed to pay extra for the police presence required to stop all the traffic? Anyway, I plan to return and am looking forward to continued improvement in this race. But nice job on the first one!

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★★★★☆ **More Gatorade Needed** (about: 2008)

**Course: 4 Organization: 3 Fans: 3**

R. C. from Crescent Springs, KY (11/9/08)

11-50 previous marathons | 1 Indianapolis Monumental Marathon

Lots of water stops, but only about three had Gatorade. Having done many previous marathons, not what I was expecting.

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★★★★☆ **A definite repeat marathon...** (about: 2008)

**Course: 4 Organization: 5 Fans: 5**

R. P. from Illinois (11/8/08)

11-50 previous marathons

This marathon was well run, with a good course for a Saturday race. It avoided busy streets. Good support and traffic control. I will be back. It is also a good marathon for those who run the Chicago or Milwaukee marathon; three weeks is a good recovery time for another marathon.

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★★★★☆ **Gatorade please...** (about: 2008)

**Course: 4 Organization: 4 Fans: 1**

S. J. from Indianapolis, IN (11/6/08)

6-10 previous marathons | 1 Indianapolis Monumental Marathon

Lots and lots of water stops, but very little Gatorade. You definitely need more Gatorade for marathon runners, especially for the \$85 entry fee.

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★★★★☆ **Great course; great city; start could be better** (about: 2008)

**Course: 5 Organization: 4 Fans: 4**

D. S. from Mt. Vernon, In (11/6/08)

1 previous marathon | 1 Indianapolis Monumental Marathon

This was my first marathon, and maybe it was my inexperience, but the start seemed to me a little disorganized, compared to the half-marathons I have done in the past. With the half and whole marathoners starting together, there were no pace markers at the starting line and I didn't know where to line up in the pack. Turned out there were a lot of walkers who started at the front, which made for a slow first mile. Other than that, the course was perfect and flat, we ran through beautiful areas, the weather was perfect, the water stations were adequate, and the spectators were spaced out appropriately. I'll be back next year and I'll be starting up towards the front... hint, hint!

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★★★★☆ **A Very Fine Inaugural Marathon!** (about: 2008)

**Course: 5 Organization: 5 Fans: 3**

Kami K. from Corpus Christi, TX (11/5/08)

50+ previous marathons | 1 Indianapolis Monumental Marathon

I flew into Indy on Friday, ran the marathon on Saturday morning, and returned home on Saturday evening. As the plane was landing, I could see the new airport, which was scheduled to open on November 12. I stayed in Hilton Garden Inn, within a short walking distance from the packet pick-up as well as start and finish of the marathon at the state capitol. We enjoyed a very nice sunny morning to run a very well organized marathon. Temperature ranged from high 40s to high 60s. In spite of some inclines around the middle of the route, I think it is a PR-type course, especially the last 10K. We shared the first 6.5 miles with half-marathoners. We ran through downtown,

several residential neighborhoods, Butler University, Museum of Art gardens, and it felt as if I saw most of the city! Traffic control was very good, as we crossed several major roads. Either some stuck-in-the-traffic drivers were annoyed by the runners or cheering us on by non-stop honking! There were pace groups. There were ample water/sports drink stations. The sporadic crowd support was fairly good. There were plenty of refreshments at the finish. The technical short-sleeved race T-shirt was nice and I liked the high-quality finisher's medallion. Although glitches are expected in inaugural marathons, I didn't notice any and congratulate the organizers for a very fine and pleasant running event.

I am a 50-stater and this was #44.

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★★★★★ **Very good inaugural event** (about: 2008)

**Course: 4 Organization: 4 Fans: 5**

R. M. from Indiana, USA (11/5/08)

4-5 previous marathons | 1 Indianapolis Monumental Marathon

I am glad this inaugural event went well, and hope they continue and grow in the future. Although I really wasn't well prepared for this event I did it anyway (just very slowly) because I wanted to be a part of the inaugural event and perhaps do it every year.

The good:

- This was a well organized event; no real problems were encountered, which is great for a first-year event.
- The crowd was very vocal and enthusiastic. It was really appreciated.
- There was some good music that was well-placed on the course.
- Nice medal.
- Nice short-sleeve tech shirt in the goody bag.
- Very good course support, plenty of water, Gatorade, and some things like GU and hard candy.
- The course really took us all over the city. It is a very nice city and this was a great way to see it.
- The police did a great job with traffic control; they were holding up some major roads.

The bad:

- The course was pretty good, except the long stretches of open road. It was a pretty cool day. If it was any warmer, those long open stretches would have been a nightmare.
- There were not enough porta-johns on the course. After the full split from the half, I didn't see a porta-john for about 10 miles. In talking with others on the course, I think I missed one just after the split, but there was a huge stretch with none.
- There was no expo (which is actually OK with me), but packet pickup was inside the state house, which meant we had to go through a security checkpoint to get to it. They should have held the expo/packet pick-up in the government building next door. It a larger area and there was no security checkpoint to go through.
- The post-race meal was also at the statehouse, so again runners had to go through security to get to the food (I didn't bother because the line at security was too long).
- There wasn't enough room at the start line. Runners were lined up to a point where there was a busy road where traffic was not stopped.
- The DAG timing system sucks! It fails way too often, especially when multiple people cross the line at the same time. I know my time didn't get recorded correctly at the start. It took me about 5 minutes to get to the start line and my official time suffered accordingly.

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★★★★★ **Great marathon!! Especially for an inaugural!** (about: 2008)

**Course: 5 Organization: 4 Fans: 4**

M. S. from Columbia, MO (USA) (11/5/08)

6-10 previous marathons | 1 Indianapolis Monumental Marathon

What a pleasure it was to run this race! The course was great! It wound through some interesting parts of town, some beautiful neighborhoods, and for the most part was very flat. There were just enough elevation changes to give the muscles a break. The course was oriented primarily north-south, so the early morning sun was never a problem. The only mark I have against the course is the very long, straight stretch back into downtown from mile 21 to mile 25.5.

The race support was very good. Water stations were a little too frequent in the first 10 miles and a little spread out in the latter miles, but overall they were well stocked. My only suggestion would be to move the people handing out gel so they are 0.1 to 0.2 miles before the water station... it's difficult to grab a gel, get it down, and grab a drink when the gel is in between the water and Gatorade tables.

Race organization was good. Pre-registration was easy, communication was good, and on-site packet pickup was quick and easy. However, if you were expecting any kind of "expo," it was a disappointment. The sponsoring hospital had a table giving out fleece ear-warming headbands, but that was the ONLY thing to be picked up other than fliers for some other races.

Fan support was really impressive, especially for a first-time race! There were plenty of cheering people downtown and lots of residential support... families and block parties were cheering, little kids lined up for high-fives, and there were impromptu street concerts and cranked up stereos. And while the race was relatively small, there were always other runners around, so it wasn't like you were out there on your own.

Super job! I already have November 7 marked on my calendar next year as a possible repeat attempt at a BQ.

Crown Hill Cemetery: resting place for notable and notorious



**Crown Hill Cemetery: resting place for notable and notorious**

Dotted with trees and landscaped with care, Crown Hill Cemetery serves as the final picturesque resting place of the great and the ordinary for more than 150 years. Enjoy the beautiful and historical significant grounds on your own or take a guided tours.

[Read More >>](#)

Scottish Rite Cathedral: Gothic home to the world's oldest fraternity



**Scottish Rite Cathedral: Gothic home to the world's oldest fraternity**

Often called the most popular historic building in Indianapolis, the Scottish Rite Cathedral stands as a stunningly beautiful and ornate monument to the Freemasonry movement in the early part of the 20th century.

[Read More >>](#)

James Whitcomb Riley Museum Home: A step back in time to 1916



**James Whitcomb Riley Museum Home: A step back in time to 1916**

A visit to the former home of renowned Hoosier poet James Whitcomb Riley is a step back to the beginning of the 20th century—just as the noted Riley experienced it. The Riley home is now a museum frequented by visitors from throughout the world.

[Read More >>](#)

Hilbert Circle Theatre: Home to the Indianapolis Symphony Orchestra



**Hilbert Circle Theatre: Home to the Indianapolis Symphony Orchestra**

First opened to the public in 1916 as the Circle Theatre, one of the country's first grand movie palaces, this landmark on Monument Circle was renamed the Hilbert Circle Theatre after an endowment made by Stephen and Tomisue Hilbert. Since 1984, due to the efforts of the Indiana Symphony Society, it has served primarily as the home of the Indianapolis Symphony Orchestra.

[Read More >>](#)

Indiana's Historic Landmarks Foundation: Preserving the past for the future



**Indiana's Historic Landmarks Foundation: Preserving the past for the future**

Early in 1960, concerned by the increasing destruction of historic buildings in Indianapolis, a small circle of civic leaders founded the Historic Landmarks Foundation of Indiana. It now ranks as the largest private statewide preservation group in the United States.

[Read More >>](#)



### **Broadway Across America in Indianapolis: The best of New York in the Hoosier capital**

Broadway Across America is a promoter and producer of live theatrical productions in the United States and Canada with more than a quarter century of entertainment industry experience. In cooperation with local partners Murat Theatre and Butler University's Clowes Hall, the organization features Broadway shows, family productions and other live attractions in Indianapolis and 41 other U.S. cities.

[Read More >>](#)

Indiana Statehouse: Center of Hoosier culture since 1888



### **Indiana Statehouse: Center of Hoosier culture since 1888**

Located just a few blocks west of the famed Monument Circle, Indiana's Statehouse has operated as the hub of cultural life in Indiana since 1888.

[Read More >>](#)

Easley Winery: Longest-running family-owned Hoosier winery, right in the heart of downtown Indy!



### **Easley Winery: Longest-running family-owned Hoosier winery, right in the heart of downtown Indy!**

Sample some of the oldest, most popular Indiana-made wines and get an amazing free guided tour of a 33-year-old wine maker right in the heart of downtown Indianapolis by visiting Easley Winery, just six blocks east of Monument Circle.

[Read More >>](#)

Indiana War Memorial & Museum: a monumental tribute to Hoosier Heroes



### **Indiana War Memorial & Museum: a monumental tribute to Hoosier Heroes**

Located in the heart of downtown Indianapolis, the Indiana War Memorial and its museum represent the second largest display of monuments to American war veterans in the United States – the nation's capital being the largest.

[Read More >>](#)

Indianapolis Artsgarden: The downtown information hub for Indy arts & attractions



### **Indianapolis Artsgarden: The downtown information hub for Indy arts & attractions**

One of the most spectacular examples of creative building design in Indianapolis, the Indianapolis Artsgarden provides a dazzling glass-enclosed environment for more than 350 free performances and exhibits each year.

[Read More >>](#)



## ☐Historic Homes & Buildings

- **Hannah House** (circa 1858)  
3801 Madison Avenue • Indianapolis, IN 46227  
317-787-8486 or 317-881-9136  
Listed on the National Register of Historical Places, the Hannah house is one of mystery and beauty. Since being renovated, the Hannah House has been used for weddings, receptions, class reunions, anniversary parties, corporate dinners, and much more. [more...](#) [map](#)
  - **Indiana State Capitol Building**  
200 West Washington Street • Indianapolis, IN 46204  
Corner of Capitol Ave. & Washington St.  
317-233-5293  
Beautifully restored 1880's Renaissance Revival State House. Free tours of the facility are available. [map](#)
  - **James Whitcomb Riley Museum Home** (circa 1872)  
528 Lockerbie Street • Indianapolis, IN 46204  
317-631-5885  
What was once the home of Hoosier Poet James Whitcomb Riley, this Victorian home, filled with period furnishings, has become a chance to look at what it was to live during a simpler time. Some of his personal belongings remaining are his writing desk, top hat and cane, and a portrait of his dog. [more...](#) [map](#)
  - **Morris-Butler House** (circa 1865)  
1204 North Park Avenue • Indianapolis, IN 46202  
317-636-5409  
Listed in the National Register of Historic Places and accredited by the American Association of Museums, the Morris-Butler House offers a rare glimpse into the Victorian era way of life. All three of the home's floors are open for you to take a peek into what an upper-middle-class family and their servants' life was like in the latter part of the 1800s. Rare furnishings, decorated walls, and art are there for all to enjoy. [more...](#) [map](#)
  - **Oldfields-Lilly House & Gardens** (circa 1911)  
4000 Michigan Road • Indianapolis, IN 46208  
317-923-1331 or 317-920-2660  
A National Historic Landmark and listed on the National Register of Historic Places, the Oldfields-Lilly House is a 22-room mansion. The home is surrounded by luscious gardens and landscapes, located on the grounds of the Indianapolis Museum of Art. Open to the public for all to enjoy, over 80 percent of the furnishings and decorative arts objects seen belonged to the Lillys. [map](#)
  - **President Benjamin Harrison's Home**  
1230 North Delaware Street • Indianapolis, IN 46202  
317-631-1888  
The former home of the 23rd President of the United States, now a museum, it contains more than 3,000 artifacts and 2,000 books with more than 70% of those artifacts having personally belonged to the Harrison family. Visitors are able to see 10 of the rooms with period furniture and the third floor "ballroom" which houses changing exhibits. [more...](#) [map](#)
  - **Scottish Rite Cathedral**  
650 North Meridian Street • Indianapolis, IN 46204  
317-262-3100, 800-489-3579  
Listed on the National Register of Historic Places, a banquet hall, ballroom, and auditorium are available for parties, meetings, luncheons, performances, and dances. [more...](#) [map](#)
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- **Children's Museum, The**

3000 North Meridian Street • Indianapolis, IN 46208  
317-334-3322

Go rock climbing, ride a turn-of-the-century carousel, or check out outerspace at the SpaceQuest Planetarium. The Children's Museum of Indianapolis is one of the largest children's museum in the world. The 356,000-square-foot facility houses 10 major galleries that explore the physical and natural sciences, history, world cultures and the arts. Whenever possible, exhibits are "hands-on" or participatory in nature. The museum presents thousands of programs and activities each year. [more...](#)  
[map](#)

- **Colonel Eli Lilly Civil War Museum**

Soldiers' and Sailors' Monument at Monument Circle • Indianapolis, IN 46204

Located in Downtown Indianapolis  
317-232-7615

Dedicated to the soldiers and sailors of the Civil War, visitors can view letters, diaries, and artifacts describing the battlefield and the homefront during the War Between the States. [more...](#) [map](#)

- **Eiteljorg Museum of American Indians**

500 West Washington Street • Indianapolis, IN 46204  
317-636-WEST

Art, cultural, and historical objects from Native Americans and the American West are on display here. Exhibitions, performances, special events, festivals, and hands-on workshops with artists will educate and entertain. [more...](#) [map](#)

- **Indiana Historical Society**

450 West Ohio Street • Indianapolis, IN 46202  
317-232-1882

Indiana's history comes alive here with changing exhibitions, a state-of-the-art research library, publications, a music room, educational programs, special events, a gift shop and cafe along the historic Central Canal. [more...](#) [map](#)

- **Indiana Medical History Museum**

3045 West Vermont Street • Indianapolis, IN 46222  
317-635-7329

The nation's oldest surviving pathology laboratory, listed on the National Register of Historic Places, here physicians in the late 1800s and early 1900s used their state-of-the-art facilities to study mental and nervous disorders. Today the building houses more than 15,000 artifacts to educate visitors on the advancements of medical technology. [more...](#) [map](#)

- **Indiana State Museum**

650 West Washington Street • Indianapolis, IN 46204  
Located in White River State Park  
317-232-1637

Educating and promoting the discovery of Indiana's artistic, natural, and cultural history with permanent and traveling displays, cultural exhibits, special exhibitions, two restaurants, a gift shop, and Indiana's only IMAX® Theater. [more...](#) [map](#)

- **Indianapolis Art Center**

820 East 67th Street • Indianapolis, IN 46220  
Located in Broad Ripple Village  
317-255-2464

Located on twelve acres by the White River, Indianapolis Art Center strives to make art accessible to everyone through art classes in 13 state-of-the-art studios, three exhibition galleries, the Writers' Center of Indiana, film,

music, a 224-seat auditorium, a library with a two-story atrium, The Basile Gallery Gift Shop, and guided tours with hands-on activities. [more...](#) [map](#)

- **Indianapolis Artsgarden**

Washington and Illinois Streets • Indianapolis, IN 46204

Located in Downtown Indianapolis

317-631-3301

Connected to the Embassy Suites complex and Circle Center Mall, the Artsgarden is part of the Arts Council of Indianapolis and offers more than 300 performances and exhibits per year. The seven story glass structure is also the home of the cultural concierge, a service that provides visitors with information on attractions, art, and cultural events in the city. [more...](#) [map](#)

- **Indianapolis Motor Speedway Hall of Fame Museum**

4790 West 16th Street • Indianapolis, IN 46222

317-484-6748

A National Historic Landmark and the home of the Indy500, this museum is dedicated to the world of auto racing and automobiles. 75 cars are on display in this state-of-the-art building as well as an extensive trophy collection, and the 48-seat Tony Hulman Theater which shows Indy500 highlights and rare footage from the early days of racing. Featured cars include The Marmon "Wasp," winner of the first race in 1911, four cars driven to victory by A.J. Foyt Jr., the first car to complete the Indy 500 without a pit stop in 1931, Dave Evans' #8 Cummins Diesel Special, and a 1925 McFarlan TV6 passenger roadster. [more...](#) [map](#)

- **Indianapolis Museum of Art**

4000 Michigan Road • Indianapolis, IN 46208

Corner of 38th Street and Michigan Road

317-923-1331

The seventh largest general art museum in the U.S., IMA is located on 152 acres that incorporates the Oldfields–Lilly House & Gardens and the Virginia B. Fairbanks Art & Nature Parks. IMA features a collection of contemporary and decorative art from Asia, Europe, Africa, and America. Pieces include prints, sculpture, paintings, photographs, drawings, and costumes. On-site are two restaurants, the IMA Cafe and Puck's, four shops, and the Star Studio, an interactive, hands-on gallery. [more...](#) [map](#)

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## ▣Parks, Gardens & Zoos

- **Indianapolis Art Center's ARTSPARK**

317-255-2464

ARTSPARK, situated among 12 acres surrounding the Art Center, brings art, artists, and the community together through multi-sensory sculptures in an open-air setting. [more...](#) [map](#)

- **Indianapolis Zoo and White River Gardens**

1200 West Washington Street • Indianapolis, IN 46222

Located in White River State Park

317-630-2001

Located on almost 70 acres in downtown Indianapolis, this zoo is accredited by the American Zoo and Aquarium Association (AZA) and is home to hundreds of animals including bears, zebras, pigs, dolphins, elephants, Grand Cayman blue iguanas, rhinos, and giraffes. The stunning 3.3-acre botanical garden is full of interesting plants, butterflies, pathways, and sculptures. [more...](#) [map](#)

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## ▣Science & Technology

- **Butterfly Paradise/Nature Center**

10571 East US 136 • Indianapolis, IN 46234

317-293-0335

Take a stroll and visit with farm animals, exotic birds, and enjoy the picnic area. [map](#)

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## ☐ Vineyards, Wineries & Breweries

- **Broad Ripple Brewing Company**

840 East 65th Street • Indianapolis, IN 46220

317-253-2739

The Broad Ripple Brewpub, established in 1990, was the first Brewpub in Indiana and is the oldest microbrewery currently operating in the state. Their beers have won many awards over the years and they have been named Best Brewpub by the readers of both NUVO and Indianapolis Monthly every year since 1996. [more...](#) [map](#)

- **Easley Winery**

205 North College Avenue • Indianapolis, IN 46202

Located in Downtown Indianapolis

317-636-4516

For over 30 years, Easley has been producing wine and beer. Wine tastings are available seven days a week and guided tours on Saturday and Sunday. Wine accessories are also available. [more...](#) [map](#)

- **Gaia Wines Contemporary Winery**

608 Massachusetts Avenue • Indianapolis, IN 46204

317-634-9463

14 award winning wines are produced here. Tours and tastings of wine are available as well as meeting rooms and private function space. [map](#)

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October 27, 2009

Well

## The Human Body Is Built for Distance

By [TARA PARKER-POPE](#)

Does running a marathon push the body further than it is meant to go?

The conventional wisdom is that distance running leads to debilitating wear and tear, especially on the joints. But that hasn't stopped runners from flocking to starting lines in record numbers.

Last year in the United States, [425,000 marathoners crossed the finish line](#), an increase of 20 percent from the beginning of the decade, Running USA says. Next week about 40,000 people will take part in the [New York City Marathon](#). Injury rates have also climbed, with [some studies reporting](#) that 90 percent of those who train for the 26.2-mile race sustain injuries in the process.

But now a best-selling book has reframed the debate about the wisdom of distance running. In "Born to Run" (Knopf), Christopher McDougall, an avid runner who had been vexed by injuries, explores the world of the Tarahumara Indians of Mexico, a tribe known for running extraordinary distances in nothing but thin-soled sandals.

Mr. McDougall makes the case that running isn't inherently risky. Instead, he argues that the commercialization of urban marathons encourages overzealous training, while the promotion of high-tech shoes has led to poor running form and a rash of injuries.

"The sense of distance running being crazy is something new to late-20th-century America," Mr. McDougall told me. "It's only recently that running has become associated with pain and injury."

The scientific evidence supports the notion that humans evolved to be runners. In [a 2007 paper in the journal Sports Medicine](#), Daniel E. Lieberman, a Harvard evolutionary biologist, and Dennis M. Bramble, a biologist at the [University of Utah](#), wrote that several characteristics unique to humans suggested endurance running played an important role in our evolution.

Most mammals can sprint faster than humans — having four legs gives them the advantage. But when it comes to long distances, humans can outrun almost any animal. Because we cool by [sweating](#) rather than panting, we can stay cool at speeds and distances that would overheat other animals. On a hot day, the two scientists wrote, a human could even outrun a horse in a 26.2-mile marathon.

Why would evolution favor the distance runner? The prevailing theory is that endurance running allowed primitive humans to incorporate meat into their [diet](#). They may have watched the sky for scavenging birds and then run long distances to reach a fresh kill and steal the meat from whatever animal was there first.

Other research suggests that before the development of slingshots or bows, early hunters engaged in persistence hunting, chasing an animal for hours until it overheated, making it easy to kill at close range. [A 2006 report in the journal Current Anthropology](#) documents persistence hunting among modern hunter-gatherers, including the Bushmen in Africa.

"Ancient humans exploited the fact that humans are good runners in the heat," Dr. Bramble said. "We have such a great cooling system" — many sweat glands, little body hair.

There is other evidence that evolution favored endurance running. [A study in The Journal of Experimental Biology](#) last February showed that the short toes of the human foot allowed for more efficient running, compared with longer-toed animals. Increasing toe length as little as 20 percent doubles the mechanical work of the foot. Even the fact that the big toe is straight, rather than to the side, suggests that our feet evolved for running.

“The big toe is lined up with the rest, not divergent, the way you see with apes and our closest nonrunning relatives,” Dr. Bramble said. “It’s the main push-off in running: the last thing to leave the ground is that big toe.”

Springlike ligaments and tendons in the feet and legs are crucial for running. (Our close relatives the chimpanzee and the ape don’t have them.) A narrow waist and a midsection that can turn allow us to swing our arms and prevent us from zigzagging on the trail. Humans also have a far more developed sense of balance, an advantage that keeps the head stable as we run. And most humans can store about 20 miles’ worth of glycogen in their muscles.

And the [gluteus maximus](#), the largest muscle in the human body, is primarily engaged only during running. “Your butt is a running muscle; you barely use it when you walk,” Dr. Lieberman said. “There are so many features in our bodies from our heads to our toes that make us good at running.”

So if we’re born to run, why are runners so often injured? A combination of factors is likely to play a role, experts say. Exercise early in life can affect the development of tendons and muscles, but many people don’t start running until adulthood, so their bodies may not be as well developed for distance. Running on only artificial surfaces and in high-tech shoes can change the biomechanics of running, increasing the risks of injury.

What’s the solution? Slower, easier training over a long period would most likely help; so would brief walk breaks, which mimic the behavior of the persistence hunter. And running on a variety of surfaces and in simpler shoes with less cushioning can restore natural running form.

Mr. McDougall says that while researching his book, he corrected his form and stopped using thickly cushioned shoes. He has run without injury for three years.