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FOR IMMEDIATE RELEASE
August 14, 2017

**LOCAL COMMUNITY VOLUNTEER TO BE RECOGNIZED BY
INDIANAPOLIS WOMEN'S HALF MARATHON & 5K**

Trena Roudebush announced as the first of three 2017 Phenomenal Woman

INDIANAPOLIS...The Indianapolis Women's Half Marathon & 5K, owned and produced by Carmel Road Racing Group, announced today that it will recognize Trena Roudebush as the first of its 2017 **Phenomenal Women**. To be chosen, a Phenomenal Woman must meet one of three criteria: 1 - she has overcome personal or physical adversity; 2 - she is an advocate for women's running; and 3 - she has changed her community for the better.

Roudebush will be introduced during the Opening Ceremonies at this year's race on Saturday, September 30, 2017. She has been and continues to be an active volunteer in the greater Indianapolis community. With a special affinity for youth programs, she has loaned her time and talents to the Girls Scouts of Central Indiana, Kiwanis International, Kiwanis Clubs of Indianapolis, Coburn Place Safe Haven, IndyHub and the Active 20-30 Club of Indianapolis, among others. Roudebush has been a finalist for the Jefferson Award for Public Service and *Indianapolis Best and Brightest*. She has even served as an Ambassador for the Kentucky Derby.

One of the greatest passions of Roudebush's life is her dedication to running. She began running about 15 years ago and has continued to be involved because of what she can accomplish, the friendships she builds, and the chance to support her community through running. She is the Vice President of Indy Runners, Indiana's largest organized running club, Ambassador for the Kentucky Derby Marathon, and often loans her social media skills to assist small 5K's in participation growth and recognition. She is a co-founder of Team Shorts, an Indianapolis-based, limited membership team of competitive female distance runners who support each other as athletes and as professional women.

"Trena leaves an impact with every person she talks with," says race director Todd Oliver. "She is so dedicated to running, especially women's running. She is a woman who encourages other runners, both male and female, and who is active in the running community for the betterment of all. Trena never has a bad day and others know she will be there for them. We are glad for the opportunity to recognize her achievements."

“Running boils down to knowing we can do a hard thing; running faster; running farther. My only goal in running, and in life, is to be better today than yesterday,” says Roudebush. “I am honored to be recognized by the Indy Women’s Half Marathon. “

The Opening Ceremonies at the event will begin at 7:00 a.m. at Ohio and Meridian Streets.

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About Indy Women’s Half Marathon & 5K - *The Indy Women’s Half Marathon was introduced to the central Indiana running community in August 2010 as the first women’s only half marathon in Indiana. In just a few years, it has become the **largest women’s running event in the state and the 13th largest Women’s half marathon in the U.S.** A women’s only race offers a unique atmosphere, emotion and camaraderie from women of all ages and abilities. Some race competitively, some for charities, some for loved ones or for reasons we may never know about and some will run with friends decked out in colorful fashions. According to a 2014 Running USA industry report, there are 8.6 million female runners in the U.S. Within that group, half marathons are the fastest growing race distance. For more information or to register for either the Half Marathon or 5K, go to www.indywomenshalfmarathon.com.*