

2nd Annual

# FORT4FITNESS

HALF MARATHON • 4 MILE RUN/WALK • HEALTH FAIR • HEALTHY FOOD EXPO

Fort Wayne, Indiana • September 25-26, 2009



Fort-4-Fitness Festival  
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Fort Wayne, IN 46899-9007  
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## 2009 F4F Race Registration Now Open Race Field Expanded To 5,000!

**For Immediate Release: October 30, 2008**  
**Contact: Brad Kimmel, Executive Director (260) 760-3371**

Timothy Kenesey, Chairman  
Brad Kimmel, Executive Director  
David Craker, Race Director

### Executive Committee

Greg Craghead  
Kathie Fleck  
Doug Kline  
Timothy Newlin  
Patrick Sullivan

(Fort Wayne, IN) – In less than 11 months, thousands of runners and walkers will once again fill the streets of downtown Fort Wayne in the 2<sup>nd</sup> Annual Fort-4-Fitness Half Marathon and 4-Mile Run/Walk. Online registration is now open for both races, scheduled to be run on Saturday, September 26, 2009. Runners and walkers should visit [www.fort-4-fitness.org](http://www.fort-4-fitness.org) to sign up. Due to the outstanding response from the community in our first year, the Executive Committee of the Fort-4-Fitness board has decided to increase the cap for the 2nd Annual Fort-4-Fitness races to 5000 participants.

“We had such an overwhelmingly positive response in our first year – selling out of both races – that we knew we had to expand the field for 2009,” said Tim Kenesey, Fort-4-Fitness Chairman. “We are pleased to build upon our success by increasing the cap on the 2009 races, and also adding additional Health Fair and Healthy Food Expo vendors. Even with 2000 additional spots, the races will sell out once again, so we strongly encourage folks to register early.”

A new discounted price structure is in place for the 2009 events, giving participants even more incentive to sign up early.

### 2009 Registration Fee Schedule:

Half Marathon		4 Mile Run/Walk
\$40	Before 4/1	\$15
\$45	4/1 – 6/30	\$20
\$50	7/1 – 9/12	\$25

\*Online registration will close 9/12 at midnight (EDT) or sooner if the limit of 5,000 registrants is reached. Mail-in registrations must be post-marked by 9/12 or the date the race sells out online, whichever is sooner. There will be **NO RACE WEEKEND REGISTRATION!**

“We have a lot of exciting new things in the works for 2009,” said Dave Craker, Fort-4-Fitness Race Director. “We’ll have more details available for the public in the near future, but for now, we’re all excited about making our 2<sup>nd</sup> Annual Fort-4-Fitness event bigger and better than the first.”

Paper registrations, for those wishing to mail-in their entries, will be available in the Fort Wayne area in January 2009 and for download from the Fort-4-Fitness web site soon. For more information and other race updates, please visit [www.fort-4-fitness.org](http://www.fort-4-fitness.org).

Fort-4-Fitness, Inc. is a non-profit, 501(c)(3) organization committed to promoting healthy living and fitness in Northeast Indiana.

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[www.fort-4-fitness.org](http://www.fort-4-fitness.org)