

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  
P.O. Box 9007  
Fort Wayne, IN 46899-9007  
(260) 760-3371

## **Parkview Field Hosting 2009 Fort-4-Fitness Festival** *Discounted Race Fee Deadline is March 31<sup>st</sup>*

**For Immediate Release: March 25, 2009**  
**Contact: Brad Kimmel, Executive Director (260) 760-3371**

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

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Timothy Newlin  
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(Fort Wayne, IN) – Parkview Field has been announced as the official site of the Fort-4-Fitness Festival Weekend, September 25-26, 2009. The new downtown home of Fort Wayne's single-A San Diego affiliate TinCaps will host the finish line of the Half Marathon and the 4 Mile Run/Walk, as well as the Healthy Food Expo and Health Fair. Interested race participants will want to register online at [www.fort-4-fitness.org](http://www.fort-4-fitness.org) before March 31<sup>st</sup> to qualify for the lowest entry fees.

Parkview Field is part of an upgraded race course for the 2009 Fort-4-Fitness Half Marathon and 4 Mile Run/Walk. Both events will start on Saturday morning at the downtown Baker Street station and traverse some of Fort Wayne's historic neighborhoods, passing many of the city's traditional churches along the way. Participants in both events will finish the course by crossing home plate in beautiful new Parkview Field.

Parkview Field will also host the Health Fair and Healthy Food Expo on Friday evening and Saturday morning as Fort-4-Fitness expands to a festival weekend. Both events are open to walk-in traffic from the general public. A new addition to the Fort-4-Fitness Festival Weekend is the Fort Wayne Kids Marathon, presented by Lutheran's Children's Hospital. The Kids Marathon will take place on Friday.

The Fort-4-Fitness Board has expanded the 2009 Half Marathon and 4 Mile field to permit up to 5,000 participants, a 67% increase over the 3,000 person sell-out in 2008. Nearly 1,000 have already signed up for the 2009 races, and interested participants are encouraged to register early to obtain the discount and ensure their slot in the races. Those interested in participating in the Half Marathon or 4 Mile Run/Walk can sign up online at the Fort-4-Fitness Web site – [www.fort-4-fitness.org](http://www.fort-4-fitness.org) - on or before the March 31<sup>st</sup> deadline to ensure they pay the lowest entry fee. Fees increase slightly after March 31<sup>st</sup>, and rise again on July 1<sup>st</sup>. A portion of each entry fee will go to Fort Wayne's YMCA and the American Cancer Society.

For more information and other Fort-4-Fitness 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)