

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
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Fort-4-Fitness Health Fair Reaches Capacity For Vendors Transfer Of Fort-4-Fitness Registrations Available Half Marathon Course Receives Official Certification

For Immediate Release: September 1, 2009
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Leadership Team

Timothy Kenesey, Chairman
Brad Kimmel, Executive Director
David Craker, Race Director
Marty Bailey, Fundraising
Jon Bomberger, Finance
Kathie Fleck, Volunteers
Doug Kline, Healthy Food Expo
Timothy Newlin, Kid's Marathon
Brian Schackow, Parkview Field
Patrick Sullivan, Health Fair
Mark Wolf, Marketing

(Fort Wayne, IN) – With less than one month to go before The Fort-4-Fitness Festival, presented by Parkview Health, another one of the key events has reached capacity. The Health Fair, sponsored by Medical Protective, has reached its capacity for vendors. The Health Fair will be free and open to the public, featuring local and national vendors who will share their health-related initiatives, products and services with Festival attendees. The Health Fair will take place at Parkview Field on Friday, September 25, from 3 pm to 8 pm, offers free admission, and is open to the general public. Several of the Health Fair vendors will also be on hand on Race Day, Saturday, September 26th. A complete listing of Health Fair vendors is available on www.fort-4-fitness.org.

Committee Members

Amy Archbold
Joe Astroski
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Antoinette Francher-Donald
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Dr. Jamey Gordon
Jeff Gray
Molly Jordan
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Kristen Kimmel
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Jennifer Roherty
Adam Smith
Stephanny Smith
Wendy Spitznagel
Kyna Steury
Todd Sullivan
Judy Tillapaugh
John Urbahns
Meghann Whetstone
Marsha Worthington
Patrick Yates

Transfer of Fort-4-Fitness Registrations Available

People who have registered for the 2009 Fort-4-Fitness Half Marathon, sponsored by Baker & Daniels, or 4-Mile Run/Walk, sponsored by Subway, who no longer wish to participate may transfer their registration to another person. This option is available online until September 12, 2009 at 11:59 PM EDT via the Fort-4-Fitness web site (www.fort-4-fitness.org). Transfers will only be accepted online regardless of the original method of entry (online or mail-in). There will be a \$15 administrative fee payable by the person receiving the transferred entry. To transfer a registration, and for a complete description of the transfer policy, go to www.fort-4-fitness.org and click on the "transfer" link.

Half Marathon Course Receives Official Certification

Once again, the Fort-4-Fitness Half Marathon course has received official certification from the USATF/RRTC, certification number IN09028MW. This gives runners, both competitive and casual, the assurance that they are running the appropriate distance. This also allows runners to compare their time and performance with their results on other certified courses.

This year's Fort-4-Fitness Festival takes place September 25-26, 2009 at Parkview Field. For more information on the Fort-4-Fitness Festival, please visit our web site at 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