

FORT4FITNESS
HALF MARATHON • 4 MILE RUN/WALK • HEALTH FAIR • HEALTHY FOOD EXPO

2nd Annual



Fort Wayne, Indiana • September 25-26, 2009

Fort-4-Fitness Festival
P.O. Box 9007
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(260) 760-3371

**U.S. Senator Dick Lugar Named Honorary Chair &
Fort Wayne Mayor Tom Henry Named Official Starter of
2nd Annual Fort-4-Fitness Festival**

For Immediate Release: September 10, 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

Committee Members

Amy Archbold
Joe Astroski
Tammy Behrens
Antoinette Francher-Donald
Cathy Gallmeyer
Dr. Jamey Gordon
Jeff Gray
Molly Jordan
Toni Kayumi
Kristen Kimmel
Mac McAvoy
Elissa McGauley
Jennifer Roherty
Adam Smith
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Wendy Spitznagel
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Todd Sullivan
Judy Tillapaugh
John Urbahns
Meghann Whetstone
Marsha Worthington
Patrick Yates

(Fort Wayne, IN) – The Fort-4-Fitness Festival is pleased to announce that for the second straight year, U.S. Senator Dick Lugar has been named the Honorary Chair of the Fort-4-Fitness Festival. In addition, Fort Wayne Mayor Tom Henry has been named the Official starter for Saturday's races.

Senator Lugar and Mayor Henry have long been advocates of the importance of healthy lifestyles for individuals of all ages. "I am honored to be the Honorary Chair of the Second Annual Fort-4-Fitness Festival," said Lugar. "It's a wonderful community endeavor highlighting the importance of regular exercise and good nutrition."

"Fort-4-Fitness was a remarkable success in its first year, and I expect the 2009 event to be even bigger and better," added Mayor Henry. "I look forward to starting the race for more than 5,000 people later this month and seeing Fort Wayne residents and visitors who are interested in living a healthy lifestyle. Good luck to the participants as they race through some of our city's historic neighborhoods and cross the finish line at Parkview Field's home plate."

"Since our inaugural event last year and throughout our second Festival, Fort-4-Fitness has received unwavering support from our business, community and government leaders," said Tim Kenesey, Fort-4-Fitness Chairman. "We are pleased to have Senator Lugar on board as the Honorary Chair, and Mayor Henry as the Official Starter. Their commitment to healthy living goes hand-in-hand with Fort-4-Fitness' goals: to promote healthy living and fitness in Northeast Indiana, and to highlight the region's leading healthcare and healthy cuisine."

This year's Fort-4-Fitness Festival, presented by Parkview Health, takes place September 25-26, 2009 at Parkview Field. The Half Marathon, sponsored by Baker & Daniels, and 4-Mile Run/Walk, sponsored by Subway, are sold out, with 5,000 runners and walkers registered to participate. The Kids' Marathon, sponsored by Lutheran Children's Hospital, will finish Friday night at Parkview Field, with 300 kids crossing the same finish line the Half Marathon and 4-Mile participants will cross on Saturday morning. The Health Fair, sponsored by Medical Protective, and Healthy Food Expo, sponsored by the Fort Wayne TinCaps, offer free admission and are open to the general public on Friday, September 25 from 3-8 pm and Saturday, September 26 from 8 am-Noon. 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