

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

Fort-4-Fitness Is Almost Here! Downtown Fort Wayne Roads Will Be Affected

For Immediate Release: September 17, 2009
Contact: Brad Kimmel, Executive Director (260) 760-3371
Dave Craker, Race Director race@fort-4-fitness.org

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
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Mac McAvoy
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Jennifer Roherty
Adam Smith
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Kyna Steury
Todd Sullivan
Judy Tillapaugh
John Urbahns
Meghann Whetstone
Marsha Worthington
Patrick Yates

(Fort Wayne, IN) – The excitement continues to build for the 2nd Annual Fort-4-Fitness Festival, presented by Parkview Health. The event, held Friday, September 25th and Saturday, September 26th at Parkview Field will showcase some of the best healthcare providers and healthy cuisine at the Health Fair, presented by Medical Protective, and the Healthy Food Expo, presented by the Fort Wayne TinCaps. Runners in the Half Marathon, presented by Baker & Daniels, the 4 Mile Run/Walk, presented by Subway, and the Kids' Marathon, presented by Lutheran Children's Hospital, will be treated to a course which highlights many beautiful downtown areas of Fort Wayne.

Several downtown areas will be affected by the weekend's events, so in order for all area businesses and residents to better prepare for the weekend, Fort-4-Fitness has put together a list of road closures that will be in effect for specific times throughout the weekend.

The following pages show the course map, along with a detailed list of roads which will be closed for a portion of the weekend. Fort-4-Fitness asks that everyone please plan their weekend travels accordingly, in order to minimize any potential conflicts with the race or festival plans.

Uniformed police officers and Army National Guard Soldiers will be strategically positioned throughout the race course, and will be able to help direct traffic around the area where roads are closed.

The complete list of road closings is also available on the Fort-4-Fitness web site at www.fort-4-fitness.org/travel.asp, The course map can be found on the home page, 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

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<u>Course Street</u>	<u>Closed From</u>	<u>Time Closed</u>	<u>Crossing Points</u>
Baker	Ewing to Harrison	11:00 PM-1:00 PM	
Baker	Harrison to Calhoun	7:00 AM-12:00 PM	
Baker	Fairfield to Ewing	7:00 AM-12:00 PM	Detour on Broadway
Ewing	Baker to Jefferson	7:00 AM-12:00 PM	Detour on Broadway
Calhoun	Brackenridge to Williams	7:00 AM-12:00 PM	
Calhoun	Williams to Packard	7:00 AM-8:30 AM	Creighton, Pontiac
Calhoun	Packard to Rudisill	7:30 AM-8:30 AM	Rudisill
Calhoun	Rudisill to Paulding	7:30 AM-9:00 AM	Sherwood Terr
Calhoun	Paulding to Tillman	7:30 AM-9:30 AM	Paulding, Concord
Packard	Calhoun to Indiana	7:30 AM-9:00 AM	Fairfield
Tillman	Open but lane restricted	6:30 AM-9:30 AM	Open but drive slow
Fairfield	Tillman/LHR to Southfair Ct	6:30 AM-9:30 AM	Detour on Winchester
Fairfield	Bass to Baker (NB only)	7:00 AM-12:00 PM	Detour on Broadway
Hartman	Greenway to Lexington/Old Mill	7:45 AM-10:00 AM	
Old Mill	Lexington to Old Farm Circle	7:45 AM-10:30 AM	Lexington, Pettit
Westover	Old Mill to Crestwood	7:45 AM-10:30 AM	
Westover	Pasadena to Drury	7:45 AM-10:30 AM	
Crestwood	Westover to Sherwood Terr	7:45 AM-10:30 AM	
Sherwood Terr	Hartman to Stratford	7:45 AM-10:30 AM	
Stratford	Sherwood Terr to Old Mill	7:45 AM-10:30 AM	
Old Farm Cir	Old Mill to South Wayne	8:00 AM-10:30 AM	
South Wayne	Old Farm Circle to Pettit	8:00 AM-10:30 AM	Pettit
South Wayne	Pettit to Pasadena (NB only)	8:00 AM-11:00 AM	Pettit
South Wayne	Branning to Oakdale	8:15 AM-11:00 AM	Rudisill
South Wayne	Kinnaird to Beechwood	7:30 AM-11:15 AM	Home
Pasadena	South Wayne to Westover	8:15 AM-11:00 AM	
Drury	Westover to Indiana	8:15 AM-11:00 AM	
Indiana	Drury to Branning	8:15 AM-11:00 AM	Lexington
Indiana	Oakdale to Packard	8:15 AM-11:00 AM	
Indiana	Packard to Kinnaird	7:30 AM-11:15 AM	
Branning	Indiana to South Wayne	8:15 AM-11:00 AM	
Oakdale	South Wayne to Indiana	8:15 AM-11:00 AM	
Kinnaird	Indiana to South Wayne	7:30 AM-11:15 AM	
Beechwood	South Wayne to Fairfield/Pontiac	7:30 AM-11:15 AM	Fairfield
Pontiac	Fairfield to Hoagland	7:30 AM-11:15 AM	Fairfield
Hoagland	Pontiac to Williams	7:30 AM-11:45 AM	Creighton
Hoagland	Williams to Bass	7:30 AM-9:00 AM	
Williams	Hoagland to Calhoun	8:15 AM-11:45 AM	Harrison
Bass	Hoagland to Fairfield	7:30 AM-9:00 AM	

NOTES AND TIPS FOR RACE MORNING: SATURDAY, SEPTEMBER 26, 2009

All times may be delayed up to one hour due to inclement weather

NO STREET PARKING ON COURSE STREETS

ALL COURSE STREETS will be **CLOSED** to traffic except as noted

Avoid travel on Saturday morning ... come join the fun instead !

If you need to travel, **PLAN AHEAD** and park your vehicle on a non-course side street

The Army National Guard and FW Police Department will control traffic/intersections

If you need to cross the course, do so at the major intersections noted above

DRIVE SLOW and **WATCH FOR PEDESTRIANS**

FORT4FITNESS COURSE MAPS

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MAP KEY

-  Half Marathon Route
-  4 Mile Run/Walk Route
-  Route Direction
-  Mile Markers
-  Points of Interest
-  Water/Aid Stations
-  Portable Restroom
-  Detour of northbound Fairfield/Baker/Ewing
-  Detour of Fairfield Ave
-  Cross Traffic Locations
Preferred locations for traffic to cross.



4 MILE RUN/WALK Turn-By-Turn Directions

- East on Baker
- South on Calhoun
- West on Packard
- North on Indiana
- East on Kinnaird
- North on South Wayne
- East on Beechwood
- East on Pontiac
- North on Hoagland
- West on Bass
- North on Fairfield
- East on Baker
- North on Ewing
- Finish in Parkview Field

HALF MARATHON Turn-By-Turn Directions

- East on Baker
- South on Calhoun
- West on Tillman
- North on Fairfield
- Northwest on Greenway Trail
- North on Hartman
- East on Lexington
- Southeast on Old Mill
- West on Westover
- South on Crestwood
- East on Sherwood Terrace
- North on Stratford
- Southeast on Old Mill
- East on Old Farm Circle
- North on South Wayne
- West on Pasadena
- Northeast on Westover
- Northeast on Drury
- North on Indiana
- East on Branning
- North on South Wayne
- West on Oakdale
- North on Indiana
- East on Kinnaird
- North on South Wayne
- East on Beechwood
- East on Pontiac
- North on Hoagland
- East on Williams
- North on Calhoun
- West on Baker
- North on Ewing
- Finish in Parkview Field



Course, Portable Restrooms and Water/Aid Station locations are subject to change.