

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  
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## Fort-4-Fitness Race Results

*More than 4,200 Runners & Walkers Successfully Finish!*

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### Leadership Team

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David Craker, Race Director  
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Jon Bomberger, Finance  
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Marsha Worthington  
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(Fort Wayne, IN) – An estimated 9,000 runners, walkers and spectators filled Parkview Field and downtown Fort Wayne today for the running of the 2<sup>nd</sup> Annual Fort-4-Fitness Half Marathon and 4 mile run/walk.

Eric Ade, 31, of Fort Wayne, won the Half Marathon race in a time of 1:11:46. He won the race by a margin of 2 minutes 36 seconds over his closest competitor, Mark Green, 24, Fort Wayne. Green's second place finish was followed by 23-year-old Wesley Kuhn, also of Fort Wayne, who finished third.

The female winner of the half marathon was 24-year-old Elizabeth Herndon of Fort Wayne, finishing in a time of 1:22:23. She won by 2 minutes 29 seconds over the second place finisher, Kelly White, 29, from Starkville, MS. Third place went to Denise Conrad of Decatur, IN.

The Four Mile Race was won by Mike Cole, 34, of Corunna, IN in 21:21. Fort Wayne's Michael Estleman, 26, and Leo's Trent Regier, 28, finished in second and third place, respectively.

30-year-old Julie Suever of Van Wert, OH finished first among the women in the 4 mile race, coming in with a time of 28:50. Suever was followed by 33-year-old Reena Ratkos of Fort Wayne in second place, with 22-year-old Bliss Cook of Fort Wayne finishing third.

### **Fort-4-Fitness Results Snapshot**

#### **Total Finishers For Both Races Combined**

Total finishers – 4,226  
Number of female finishers – 2,647  
Number of male finishers – 1,579

#### **Half Marathon (13.1 miles)**

Total finishers – 2,280  
Number of female finishers – 1,255  
Number of male finishers – 1,025  
Average finish time – 2:20:51 (2 hours, 20 minutes, 51 seconds)

#### **Four Mile Run/Walk**

Total finishers – 1,946  
Number of female finishers – 1,392  
Number of male finishers – 554  
Average finish time – 54:03 (54 minutes, 3 seconds)

#### **Youngest Finisher:**

4 Mile - Brandon Sprunger, Fort Wayne – 6 Years Old – 40:16  
Half Marathon – Erica Shively, Churubusco – 11 Years Old – 3:14:30

#### **Oldest Finisher:**

4 Mile – Michael Bloom, Fort Wayne – 85 Years Old – 1:04:56  
Half Marathon – Wayne Goldsmith – 79 Years Old – 2:49:01

Complete race results are also available online at [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.

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