

3rd Annual

FORT4FITNESS

HEALTH FESTIVAL • HALF MARATHON • 4 MILE RUN/WALK • KIDS & SENIORS MARATHON

Fort Wayne, Indiana • September 24-25, 2010



Fort4Fitness Health Festival
P.O. Box 9007
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(260) 760-3371

2010 Kids Marathon & Seniors Marathon Ready To Get Underway!

Incremental marathons encourage fitness & activity all summer long

For Immediate Release: June 15, 2010

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(Fort Wayne, IN) – No need to wait until September to get involved in the 3rd Annual Fort4Fitness Festival. The incremental Kids & Seniors Marathons get underway in just a couple of weeks. These events encourage Kids & Seniors to exercise all summer long, running or walking a total of 26.2 miles (a full marathon distance) over the course of 12 weeks.

The **Seniors Marathon** will get started first, holding its kick-off event **Tuesday, June 29th** at the New Haven High School track. Seniors will check-in at 8:00 a.m., and begin running or walking at 8:30 a.m.

The Kick-off of the **Kids Marathon** will take place at Parkview Field on **Tuesday, July 6th**, just prior to the TinCaps game. Kids will check-in at 5:30 p.m. and will run one lap around the warning track at the ballpark beginning at 6:30 p.m.

Each participant will then track their mileage over the next 12 weeks, running or walking a little bit each week in order to add up to the 26.2 mile total. Training locations for both the Kids and Seniors are available on the Fort4Fitness web site.

Both events culminate with the final 1.2 mile leg on Friday night, September 24th, 2010 as part of the Fort4Fitness Festival at Parkview Field. Kids and Seniors will cross the same finish line that the Half Marathon and 4 Mile runners and walkers will cross on Saturday, September 25th.

Registrations for the Kids and Seniors Marathons will be accepted until August 1st, but participants will then have less time to accumulate their mileage. Online registration is available at www.Fort4Fitness.org. Paper forms are also available there for download as well.

In other Fort4Fitness news, the Half Marathon and 4 Mile Run/Walk are filling up on record pace, and we are expecting to be sold out earlier than ever. Sign up before July 15th for your last chance at a discounted registration fee.

For more information on the Fort4Fitness Festival, please visit our web site at www.Fort4Fitness.org.

Fort4Fitness, Inc. is a non-profit, 501(c)(3) organization
committed to promoting healthy living and fitness in Northeast Indiana.

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www.Fort4Fitness.org