

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
Fort Wayne, IN 46899-9007
(260) 760-3371

2010 Seniors Marathon Kick-Off Event Details

Inaugural Seniors Marathon Kicks Off Tuesday

For Immediate Release: June 28, 2010

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(Fort Wayne, IN) – The Fort4Fitness Seniors Marathon Kick-off event gets started 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.

- When? - **Tuesday, June 29th - 8:00 a.m. / check-in**
8:30 a.m. / run/walk begins!
- Where? - **New Haven High School Track**
1300 Green Road, New Haven, IN
- Why? - To Get Fit, Stay Healthy, and Have Fun!

This marks the beginning of a 12-week journey where participants will run or walk various distances throughout the summer in order to accumulate 26.2 miles (a full marathon distance)! Tuesday's kick-off event is the first of the 2010 Fort4Fitness events to officially get underway.

The final stage of the Seniors Marathon will be held at Parkview Field on Friday, September 24th, 2010 at 6:45 p.m. when Seniors will cross the same finish line as the Half Marathon and 4 Mile runners will cross on Saturday morning.

Training locations have been arranged to assist participants who wish to exercise with others throughout the summer. Participants are also welcome to train on their own.

- 8 am - 10 am Ash Centre - Monday & Thursday
- 8 am - 10 am Glenbrook - Weekdays
- 8 am - 10 am New Haven High School - Tuesday & Friday
- 8 am - 10 am SE YMCA - Monday, Wednesday & Friday

Training log books, to help Seniors track their progress throughout the summer are available for download on on the Fort4Fitness web site. Registration for the Seniors Marathon will remain open until August 1, 2010, but participants will then have less time to accumulate their mileage.

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

