

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 Kick-Off Event Details

Kick Off Event Tuesday, July 6th At Parkview Field!

For Immediate Release: July 5, 2010

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(Fort Wayne, IN) – The Fort4Fitness Kids' Marathon Kick-off event gets started Tuesday, July 6th at Parkview Field, just prior to the Fort Wayne TinCaps baseball game. (Tickets to the game are not included with Kids Marathon registration. If participants wish to stay for the game, they will need to purchase tickets).

- **When?** - Tuesday, July 6th - 5:00 - 6:15 p.m. / check-in
6:20 p.m. / group stretches
6:25 p.m. / walk to the field
6:30 p.m. / run on the field!
- **Where?** - Parkview Field - Downtown Fort Wayne
1301 Ewing Street, Fort Wayne, IN
- **Why?** - To Get Fit, Stay Healthy, and Have Fun!

Check-In Information

For those who have pre-registered for the Kids' Marathon:

1. **Pick up training t-shirt, log book and education packet**
2. **Fitness Testing:** This optional assessment will be offered as a pre-training and post-training opportunity. The University of St. Francis will provide fitness testing for all kids. Testing includes 5 stations. Participating children will be able to track their progress from the beginning to the end of the training by participating. A parent must sign for consent for the child to participate. If a child does not have time to participate in all of the fitness tests available, or if they would like to participate after the kick-off, testing will be offered at the training sites within the first few weeks.
3. **Group stretches:** Led by Lutheran Hospital Weight Management Center, kids will warm-up and stretch before heading down Ewing Street to enter the field.
4. **All parents and children will be led to the field down Ewing Street.** Children will be guided onto the field by walking down the tunnel from Ewing onto the outfield. Parents may step onto the outfield to watch their child participate. After all children have run around the warning track, (1/3 of a mile) everyone will exit the tunnel. If participants have tickets to the game, they may then enter at whichever gate they choose. If participants do not have tickets to the TinCaps game, they may then leave (have a great night, thanks for coming!).



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5. **Bring a friend!** Registration for the Kids' Marathon will be available throughout the game at the main entrance to the field, inside the concourse.

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)!

The final stage of the Kids Marathon will be held at Parkview Field on Friday, September 24th, 2010 at 6:30 p.m. when Kids will cross the same finish line as the Half Marathon and 4 Mile runners will cross on Saturday morning.

Training log books, to help kids track their progress throughout the summer are available for download on on the Fort4Fitness web site.

What If My Child Can't Make It To The Kick-Off Event?

If parents and participating children are unable to attend the Kick-off event at Parkview Field on Tuesday, July 6, they can pick up their child's training shirt at one of the Kids' Marathon training sites listed at www.Fort4Fitness.org. If they can't be at one of the training sites, please email Jen, the Kids' Marathon race director, at kidsmarathon@Fort4Fitness.org and we will arrange to mail the information to you. All of the packet information and log books can be found on the Kids' Marathon page of the Fort4Fitness web site.

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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