

FORT4FITNESS

FALL FESTIVAL - SEPTEMBER 23-24, 2011 • SPRING CYCLE - MAY 26-27, 2012

Championing active, healthy living in Northeast Indiana

Fort4Fitness Inc.
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Fort4Fitness Announces "Spring Cycle" for 2012
Memorial Weekend: Bike-the-Fort, 56 M Race, 15/25/56 M Tours, Criterium

For Immediate Release: June 27, 2011
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(Fort Wayne, IN) – Fort Wayne Mayor Tom Henry and Fort4Fitness Chairman Tim Kenesey announced today at a morning press conference that Fort4Fitness is expanding to host the "Fort4Fitness Spring Cycle" on May 26-27, 2012.

Board of Directors

Timothy Kenesey, Chairman
Patrick Sullivan, Vice Chairman
Marty Bailey, Treasurer & Sponsorship
Jon Bomberger, Secretary
Sherri Berghoff, Seniors Marathon
Timothy Hall, Spring Cycle Director
John O'Rourke, Entertainment
Jennifer Roherty, Kids Marathon
Brian Schackow, Operations
Adam Smith, Volunteers
Stephanny Smith, Health Fair
Marsha Worthington, Wellness

"With 10,000 runners and walkers in our always-sold out Fall Festival, Fort4Fitness has become a catalyst for highlighting health and fitness that we knew it would be," said Board Chairman Kenesey. "Northeast Indiana continues to seek additional community fitness events, and the Spring Cycle will help meet this need."

Next Memorial Day weekend, the Fort4Fitness Spring Cycle will kick-off at Headwaters Park at 9am on Saturday morning with a 56 Mile Race (for licensed cyclists in Classes 1 to 5) followed by Tours of 15, 25 or 56 miles (open to all 'weekend cyclists' and anyone else wanting to take the challenge). Sunday morning beginning at 9am thousands will enjoy the Bike-the-Fort family leisure ride, departing from Headwaters Park for a leisurely 5 mile "cyclovia" through closed-off downtown Fort Wayne streets and scenic paths. The Spring Cycle will then conclude with a Criterium Race on Sunday for licensed cyclists. Free bicycle safety demonstrations and other activities will also be available on both Saturday and Sunday.

"From the beginning, the City of Fort Wayne has been pleased to support the Fort4Fitness Fall Festival," said Fort Wayne Mayor Tom Henry. "We have seen it grow – selling out every September – and have enjoyed how it has promoted health and fitness throughout Northeast Indiana and how it has brought thousands to our restaurants and hotels. The City is just as pleased to support the Spring Cycle next Memorial Day weekend which will further emphasize health and fitness, and once again, showcase our beautiful city for thousands of residents and visitors alike."

Three Rivers Velo Sport – a leading Fort Wayne cycling club – will be leveraging its considerable expertise in directing the cycling events to ensure that the Spring Cycle meets the needs of all participants (including handicapped riders) in a high-quality and safe manner. Tim Hall, Board Member of both F4F and 3RVS, commented: "With the Spring Cycle, we're taking the terrific model of the Fall Festival and customizing it for cyclists. That means designing different courses that will appeal to families wanting a leisurely ride (with Bike-the-Fort), amateur cyclists wanting to test themselves (with Tours of 15, 25 or 56 Miles), and serious licensed cyclists (with the 56 Mile Race and Criterium). With events like the F4F Spring Cycle and the Parkview Cycling Festival later in the summer and our city's many trails, Fort Wayne is establishing itself as a leader in providing opportunities for cyclists and for all who seek to improve fitness."



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More detailed information concerning registration, fees, course maps, start-times, and related matters will be available next month at www.fort4fitness.org, and online registration will open on October 1, 2011. Fort4Fitness also reminds the public to sign-up now for the Fort4Fitness Fall Festival scheduled for September 23-24, 2011 (with running events including a Half Marathon, 10k, 4 Mile, Kids Marathon and Seniors Marathon). With over 6,000 already signed up, the event is expected – as in all prior years – to sell-out.

Fort4Fitness, Inc. is a non-profit 501(c)(3) organization that champions active, healthy living in Northeast Indiana by (i) supporting impactful fitness events (currently the Spring Cycle for cyclists and the Fall Festival for runners and walkers), and (ii) promoting the area's leading healthcare, wellness and nutritional offerings.

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