



Fort4Fitness Health Festival
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2011 Fort4Fitness Race Results

For Immediate Release: September 24, 2011

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(Fort Wayne, IN) – An estimated 25,000 people experienced the 4th Annual running of Fort4Fitness Saturday morning at Parkview Field and throughout the streets of downtown Fort Wayne. 8,600 participants registered for the Half Marathon, 10K and 4 Mile Run/Walk, plus spectators and volunteers all came together for the largest Fort4Fitness event in history.

Braden Nelson, 22, of Angola, won the Half Marathon, claimed the RRCA Indiana State Half Marathon Championship, and set a new Fort4Fitness race record with his winning time of 1:10:11. 2-time Fort4Fitness Half Marathon champion Eric Ade, 33, finished second in 1:11:24, and 23-year-old Cody Siblisk was third with a time of 1:12:58.

The Women's Half Marathon was won by Crystina Ridenour, 24, from Fort Wayne, her second straight Fort4Fitness Half Marathon title, and claiming the RRCA Indiana State Women's Half Marathon Championship with her time of 1:21:46, also a Fort4Fitness race record for the women's division. Second place went to Crystina's twin sister Crystal Reichert, 24, in 1:22:04, and 25-year-old Emily Cochard finished third in 1:23:27.

The first ever Fort4Fitness 10K race was won by Steve Shulze, 32, in 37:42. He was followed by Jacob Doctor, 25, in second place, finishing in 38:21. Vernon La Rowe, 48, placed third in 39:42. The women's 10K was won by 26-year-old Leann Nord in 39:35. Second place went to Dianna Fox, 30, in 42:55, and Lauren Wilson, 28, finished third in 43:12.



The 4 Mile race was won by Casey Shafer, 31, of Fort Wayne. He finished in 22:29, then ran from the finish line back to the starting line of the Half Marathon and finished in 10th place in the Half Marathon. Second place went to Austen Davenport, 25, of Columbia City, with a time of 23:31. Robert Minnich, 44, of Fort Wayne, finished third in 25:45. The women's race was won by 30-year-old Gina Gray of Fort Wayne in 27:28. Kristy Trumbo, 26, from Upland, finished second in 29:43, and third place went to Mindy Ruger, 31, of Fort Wayne. She finished in 29:55.

Wheelchair division races were won by Neal Niezer, 32 (Half Marathon – 1:35:33), Matt Kwapis, 21 (10K – 1:10:55), and Alex Leckron, 14 (4 Mile – 40:42).



(Continued)



Fort4Fitness Results Snapshot

Total Finishers For All Three Races Combined

Total finishers – 7,025
Number of female finishers – 4,452
Number of male finishers – 2,573

Half Marathon (13.1 miles) – 2011 RRCA Indiana State Championship

Total finishers – 2,674
Number of female finishers – 1,416
Number of male finishers – 1,258
Average finish time – 2:18:20

10K (6.2 miles)

Total finishers – 1,517
Number of female finishers – 1,057
Number of male finishers – 460
Average finish time – 1:15:46

Four Mile Run/Walk

Total finishers – 2,834
Number of female finishers – 1,979
Number of male finishers – 855
Average finish time – 58:17

Complete race results are also available online 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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