



Fort-4-Fitness.org FOR IMMEDIATE RELEASE

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Fort Wayne to Host Half-Marathon in September 2008
"Fort-4-Fitness" includes Half Marathon, 4 Mile Walk/Run,
Health Fair and Health Food Expo

Detailed information, including course routes, will be provided at a press conference with Mayor Graham Richard at 8:30 am Wednesday morning, October 24, 2007 at downtown Fort Wayne's Freimann Square.

FORT WAYNE, IN– **October 23, 2007** – In less than a year, on Saturday September 27, 2008, Fort Wayne will host the first annual "Fort-4-Fitness" health festival, celebrating Northeast Indiana's commitment to healthy living and lifestyles. The day-long event will include a certified half marathon, 4-mile run/walk, health fair and health food expo.

"Fort Wayne is ready for a half marathon and health-focused community event," said Tim Kenesey, Chairman of the Fort-4-Fitness Committee. "Our volunteer board (made up of runners & joggers, healthcare & health food professionals, and members of community simply looking to 'give back'), along with our two lead sponsors – Lutheran Health Network and Parkview Health – share a passion for encouraging healthy living and highlighting Northeast Indiana's commitment to it."

Starting and ending in downtown Fort Wayne's beautiful Freimann Square, the morning half-marathon will wind through the streets, parks and landmarks of the nation's 80th largest city; a shorter 4-mile run/walk will follow, traversing some of the same beautiful course. Participants and spectators will also be able to visit a health exposition, getting feedback on their current health status, receiving information on how lifestyle choices impact health, and gaining a guide to available community wellness services and programs. Local restaurateurs – to be selected based on their offerings of healthy food and beverages – will provide refreshments for participants and attendees.



"We are honored to be the main sponsors of the inaugural 'Fort-4-Fitness'," stated Lutheran CEO Joe Dorko and Parkview CEO Mike Packnett. "Some of the world's finest healthcare is available right here in Northeast Indiana, and supporting events like this demonstrate our continued commitment to the health of our community."

The city of Fort Wayne and state of Indiana have each demonstrated strong support for 'Fort-4-Fitness'. Fort Wayne Mayor Graham Richard commented: "Fort Wayne is excited to host Fort-4-Fitness. In addition to providing an opportunity for our community to focus on health improvements, Fort-4-Fitness will also provide a showcase for our beautiful downtown and surrounding parks." Governor Mitch Daniels added that "As we seek to improve the health status of Hoosiers statewide through our INShape Indiana fitness initiative, I am encouraged to see communities like Fort Wayne acting at the local level to spread the word. Fort-4-Fitness has the potential to reach thousands of individuals who want to learn about healthy eating and become more physically active."

More information about Fort-4-Fitness is available at www.fort-4-fitness.org, or by contacting Fort-4-Fitness executive director Brad Kimmel via phone at 260/461-6153 or e-mail at brad@fwsportscorp.org.

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