



Fort Wayne, Indiana • September 26-27, 2008

Fort-4-Fitness Festival
P.O. Box 9007
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Health Fair & Healthy Food Expo Underscore Fort-4-Fitness Theme
Something for Everyone

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(Fort Wayne, IN) – The inaugural Fort-4-Fitness Festival – to be held on September 26-27 – is less than four months away. Although the Half Marathon and 4 Mile Run/Walk have received most of the attention and interest thus far (with nearly 1,000 early registrants counted toward a cap of 3,000), the other two events – the Health Fair that kicks off the Festival on Friday evening and the Healthy Food Expo that completes the Festival on Saturday – are also generating significant community interest.

"The Fort-4-Fitness board has always wanted to make Fort-4-Fitness something more than just two terrific races," said Tim Kenesey, Fort-4-Fitness committee chairman. "We are doing exactly that by including the Fort-4-Fitness Health Fair and the Healthy Food Expo." Kenesey expressed his gratitude for the participation of the main sponsor Parkview Health and other Fort Wayne area businesses that have sponsored the event. "Northeast Indiana offers some of the best healthcare nationwide and this initiative gives participants, family and friends the opportunity to learn how to improve their health. In addition, the area has some excellent and very progressive restaurants that will be offering participants and attendees samples of their culinary creations that are both tasty and healthy."

The festival opens with the Health Fair at the Allen County Public Library from 4 to 8 p.m. on Friday, September 26, and is open to race participants (who will also be picking up race packets) and the public. The Fair will offer a wide range of information and education, including health screenings, fitness equipment and educational materials. Fort-4-Fitness Board Member and Health Fair organizer Pat Sullivan commented, "There has been an overwhelming response from health and fitness organizations, which will be on hand to provide unique benefits for serious and casual interests alike."

Freimann Square is the site of the Healthy Food Expo, which runs from 10 a.m. to 1 p.m. on race day, Saturday, September 27. More than a dozen restaurateurs will offer participants and the public healthy cuisine ranging from ethnic foods to traditional salads. Fort-4-Fitness Board Member and Healthy Food Expo organizer Doug Kline noted, "Anyone who attends can choose from a variety of healthy meals, snacks and beverages, offered at reasonable prices and prepared by the finest food establishments in the area."

"Fort-4-Fitness is sure to be the beginning of an incredible tradition in northeast Indiana, and will have a great impact on the health and lifestyles of the people in this community," stated Brad Kimmel, Executive Director of Fort-4-Fitness.

Race registration and more information are available online at www.Fort-4-Fitness.org. Restaurateurs interested in participating can send questions to Food@Fort-4-Fitness.org. Health and Fitness organizations can send questions to Fair@Fort-4-Fitness.org.

Fort-4-Fitness, Inc. is a non-profit, 501(c)(4) organization which supports the Governor's fitness initiative for the state of Indiana.

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www.fort-4-fitness.org