



Fort Wayne, Indiana • September 26-27, 2008

Fort-4-Fitness Festival
P.O. Box 9007
Fort Wayne, IN 46899-9007

Fort-4-Fitness Race Registrations Near Cap

2500 signed up...only 500 spots remain

Timothy Kenesey, Chairman
Bradley Kimmel, Executive Director
David Craker, Race Director

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(Fort Wayne, IN) – Fort-4-Fitness Race Director Dave Craker reported that 2,500 participants have registered for the upcoming Fort-4-Fitness Half Marathon and 4 Mile Run/Walk. With a little over five weeks to go before the September 27th races, registrations are fast approaching the 3,000-person cap for the two events.

“It is clear we’re going to meet our cap of 1,000 registrations for the 4 Mile Run/Walk and 2,000 registrations for the Half Marathon,” said Dave. “And as is typical of these events, we anticipate that there will be a jump in the number of people registering over the next few weeks. We hate to turn people away, so we encourage those interested in registering to sign up soon.”

The two races are part of the Fort-4-Fitness festival weekend taking place in downtown Fort Wayne September 26-27, 2008. The Fort-4-Fitness 13.1 mile Half Marathon route has received official certification from USATF/RRCA (USA Track & Field/Road Runners Club of America). The 4 Mile/Run Walk route is designed for runners or beginners. Both treks take participants through some of Fort Wayne’s beautiful parks before returning to scenic downtown.

The Fort-4-Fitness festival, which features the two races as part of a four-event weekend, was conceived to encourage healthy lifestyles for area residents. In addition to the Half Marathon and 4 Mile Run/Walk, the Health Fair will take place at the Allen County Public Library from 4 to 8 pm the Friday evening before the races. Over 40 organizations will be on hand to provide health and fitness education, screenings, services, equipment and apparel. Participants are encouraged to pick up their Race Packets at that time. On Saturday, September 27th, the races will start at 7:30 am and be followed by the Healthy Food Expo from 10 am to 1 pm on Main Street near Freimann Square. Over a dozen local restaurants will showcase their healthy cuisine at reasonable prices for race participants and attendees.

“We’ve had an incredible response, from serious runners to people wanting to get back into shape,” said Dave. “We’ve also had terrific support from our many

www.fort-4-fitness.org



FORT4FITNESS

HALF MARATHON • 4 MILE RUN/WALK • HEALTH FAIR • HEALTHY FOOD EXPO



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sponsors, particularly our Diamond sponsor, Parkview Health. I think the amazing response and support comes from the fact that there's been a need for something like Fort-4-Fitness in our community for a long time. I'm encouraged by the enthusiasm being shown in the first year of this annual event, and know it will translate into an enjoyable and healthy weekend of activities."

For more information or to register online, please visit www.Fort-4-Fitness.org.

Fort-4-Fitness, Inc. is a non-profit, 501(c)(3) organization, which supports the Governor's fitness initiative for the state of Indiana.

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