



Fort Wayne, Indiana • September 26-27, 2008

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

Fort-4-Fitness Festival Week Is Here!

Thousands planning to gather downtown for inaugural event

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Bradley Kimmel, Executive Director
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(Fort Wayne, IN) – This will be an historic weekend for the city of Fort Wayne and Northeast Indiana, as thousands of people will take part in the inaugural Fort-4-Fitness Festival, promoting overall health and fitness in our community. All of the Fort-4-Fitness events sold out earlier this month when the pre-determined cap of 2,000 runners registered for the half marathon and 1,000 runners signed up for the 4 mile run/walk. In addition to the races, more than 50 vendors agreed to come together for Friday's Health Fair and Saturday's Healthy Food Expo, both of which are open to the public.

More than a year of planning has gone into this inaugural event, organized by a committee of over 25 volunteers committed to helping Northeast Indiana take steps toward healthier living.

Interesting facts about the participants of this year's races:

- o Fort Wayne Mayor Tom Henry is running the 4-mile race
- o Senator Richard Lugar is the honorary chairman of the inaugural Fort-4-Fitness
- o 23 out of 50 states are represented by registered runners, including Alabama, California, Colorado, Florida, Iowa, Illinois, Indiana, Kansas, Kentucky, Michigan, Minnesota, Missouri, Mississippi, North Carolina, Nebraska, New Mexico, Ohio, Oklahoma, Pennsylvania, Tennessee, Texas, Virginia and Wisconsin
- o 64% of registered participants are women, 36% are men

Fort-4-Fitness Schedule of Events. (Course and area maps are also included).

Friday, September 26 – Allen County Public Library

4 – 8 p.m. – Health Fair & Race Packet Pick-up

Saturday, September 27 – Freimann Square

6 – 7 a.m. – Race Packet Pick-up
7:10 a.m. – All runners in start corral for final instructions
7:30 a.m. – Half marathon & 4 mile races start
7:50 a.m. – First 4-mile finisher (time approximate)
8:40 a.m. – First half marathon finisher (time approximate)
9:15 – 10:00 a.m. – Majority of half marathon finishers
10:00 a.m. – 1:00 p.m. – Healthy Food Expo
11:30 a.m. – Awards ceremony
11:45 a.m. – Course closes

Race results will be available online following the race at 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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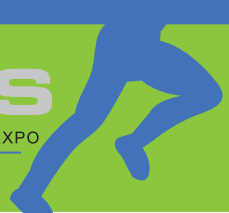
www.fort-4-fitness.org

HALF MARATHON ROUTE MAP

FORT4FITNESS

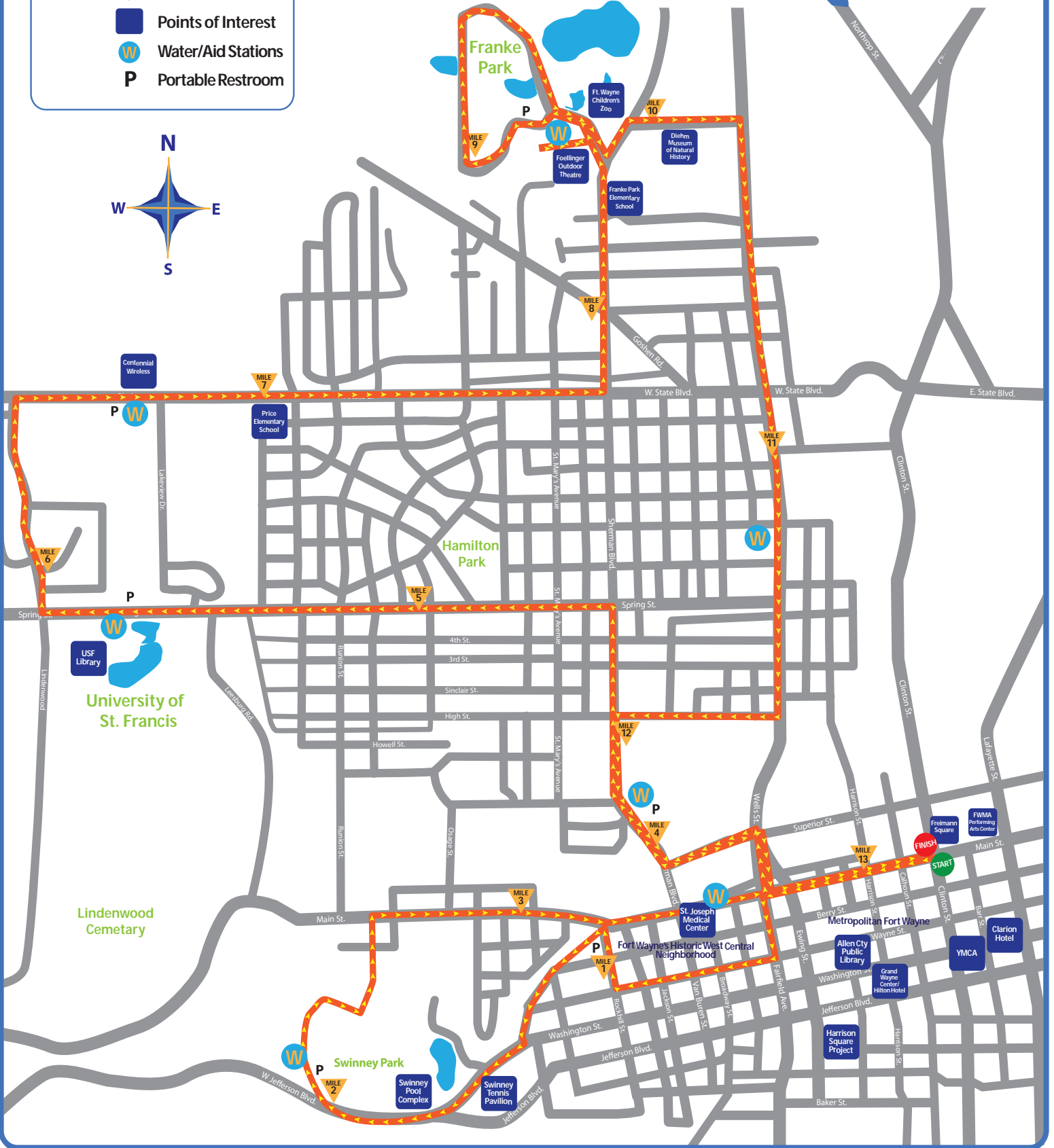
HALF MARATHON • 4 MILE RUN/WALK • HEALTH FAIR • HEALTHY FOOD EXPO

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MAP KEY

- Route
- Route Direction
- Mile Markers
- Points of Interest
- Water/Aid Stations
- Portable Restroom



4 MILE WALK/RUN ROUTE MAP

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