



**Fort Wayne, Indiana • September 26-27, 2008**

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

## **Fort-4-Fitness Races A Huge Success!**

*More than 2,600 runners/walkers successfully finish*

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(Fort Wayne, IN) – 58 degrees and clear skies greeted thousands of runners, walkers and spectators at today's inaugural running of the Fort-4-Fitness Half Marathon and 4 mile run/walk.

Matt Blume, 27, of Fort Wayne, won the Half Marathon race in a time of 1:10:27. He won the race by nearly three minutes over his closest competitor, Brandon Reichert, 26, Fort Wayne. Reichert's second place finish was followed by Bluffton's Casey Shafer, 28, who finished third.

The female winner of the half marathon was 33-year-old Shannon Bowles of Fort Wayne, finishing in a time of 1:27:26. She was followed closely by Elizabeth Williams, 29, of Starkville, MS in 1:27:45. Third place in the women's half went to 35-year-old Meredith Lee of Ekhart, IN.

The Four Mile Race was won by Bryan Hartman, 24, of Chicago, IL in 24:46. Fort Wayne's Casey Witzigreuter, 20, and Tony Galassini, 38, in second and third place, respectively.

35-year-old Lori Cook of Spencerville, IN finished first among the women in the 4 mile race, coming in with a time of 26:52. Cook was followed by 49-year-old Dawn Mabry of Fort Wayne in second place, with 28-year-old Melissa Ludack of Fort Wayne finishing third.

### **Fort-4-Fitness Results Snapshot.**

#### **Total Finishers For Both Races Combined**

Total finishers – 2,623  
Number of female finishers – 1,650  
Number of male finishers – 973

#### **Half Marathon (13.1 miles)**

Total finishers – 1,651  
Number of female finishers – 908  
Number of male finishers – 743  
Average finish time – 2:18:01 (2 hours, 18 minutes, 1 second)

#### **Four Mile Run/Walk**

Total finishers – 972  
Number of female finishers – 742  
Number of male finishers – 230  
Average finish time – 54:15 (54 minutes, 15 seconds)

Complete race results are also available online at [www.fort-4-fitness.org](http://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.

[www.fort-4-fitness.org](http://www.fort-4-fitness.org)