

2nd Annual

FORT4FITNESS

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

Fort Wayne, Indiana • September 25-26, 2009



Fort-4-Fitness Festival
P.O. Box 9007
Fort Wayne, IN 46899-9007
(260) 760-3371

Fort-4-Fitness Festival Week Is Here!
Thousands Will Fill Parkview Field and Downtown for 2-Day Event

For Immediate Release: September 22, 2009
Media Relations Contact: Mark Wolf, Marketing Director (260) 414-6216

Leadership Team

Timothy Kenesey, Chairman
Brad Kimmel, Executive Director
David Craker, Race Director
Marty Bailey, Fundraising
Jon Bomberger, Finance
Kathie Fleck, Volunteers
Doug Kline, Healthy Food Expo
Timothy Newlin, Kid's Marathon
Brian Schackow, Parkview Field
Patrick Sullivan, Health Fair
Mark Wolf, Marketing

(Fort Wayne, IN) – Fort-4-Fitness Festival week is back in downtown Fort Wayne, and the 2nd annual Fort-4-Fitness Festival, presented by Parkview Health, promises to be bigger and better than the inaugural festival in 2008. Parkview Field serves as the host for this year's event, which features something for everyone, as we all share in the commitment to promoting healthy living and fitness in Northeast Indiana. A sold out race with 5,000 registered participants, combined with more than 50 Health Fair and Healthy Food Expo vendors ensure that there is something for everyone this weekend.

Weekend Schedule of Events:

Committee Members

Amy Archbold
Joe Astroski
Tammy Behrens
Antoinette Francher-Donald
Cathy Gallmeyer
Dr. Jamey Gordon
Jeff Gray
Molly Jordan
Toni Kayumi
Kristen Kimmel
Mac McAvoy
Elissa McGauley
Jennifer Roherty
Adam Smith
Stephanny Smith
Wendy Spitznagel
Kyna Steury
Todd Sullivan
Judy Tillapaugh
John Urbahns
Meghann Whetstone
Marsha Worthington
Patrick Yates

Friday, Sept. 25

3 pm – 8 pm

6 pm
6:30 pm
6:40 pm

Saturday, Sept. 26

7:10 am
7:23 am
7:27 am
7:30 am

7:50 am
8:40 am
9:15 – 10 am
8 am – Noon

11:30 am
11:45 am

Parkview Field

Health Fair (sponsored by Medical Protective)
Race Packet Pick-up
Kids' Marathon Check-In
Start of Kids' Marathon (sponsored by Lutheran Children's Hospital)
Kids' Marathon Finishers (time approximate)

Baker Street Station

All runners in start corrals for final instructions
National anthem (sung by Miss Indiana's Outstanding Teen 2009, Lydia Daley)
Parkview Samaritan flyover
Half Marathon (sponsored by Baker & Daniels) and 4 Mile (sponsored by Subway) races start

Parkview Field

First 4 Mile finisher (time approximate)
First Half Marathon finisher (time approximate)
Majority of Half Marathon finishers
Healthy Food Expo (sponsored by FW TinCaps)
Health Fair (sponsored by Medical Protective)
Awards ceremony
Course closes

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

www.fort-4-fitness.org

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Fast Facts About 2009 Fort-4-Fitness

- Fort Wayne Mayor Tom Henry will serve as the official starter for the races (7:30 a.m.-Baker Street Station)
- U.S. Senator Dick Lugar is the honorary chair of the 2nd Annual Fort-4-Fitness Festival
- 5,000 registered runners/walkers in Half Marathon and 4 Mile Races (67% increase over 2008)
- Average age of registered participants – 38 years old
- 64% of registered participants are women
- 36% of registered participants are men
- Registered runners represent 26 of the 50 United States, from coast to coast (California to New York)
- 2 individuals from Canada registered to participate
- Oldest / Youngest participants:
 - Half Marathon – Oldest – 78 years old
 - Half Marathon – Youngest – 11 years old
 - 4 Mile Run/Walk – Oldest – 85 years old
 - 4 Mile Run/Walk – Youngest – 3 years old (3 people)
- More than 400 volunteers involved to help make this event possible
- 300 kids registered for the Kids' Marathon (summer-long, incremental Marathon with the final 1.2 miles run Friday night)
- All races finish at home plate inside Parkview Field
- More than 5,000 spectators expected throughout the weekend

Event History

- 2008 Race Winners
 - Half Marathon
 - Men – Matt Blume – 1:10:26
 - Women – Shannon Bowles – 1:27:22
 - 4 Mile Run/Walk
 - Men – Bryan Hartman – 24:44
 - Women – Lori Cook – 26:37

Fort-4-Fitness, Inc. is a non-profit, 501(c)(3) organization committed to promoting healthy living and fitness in Northeast Indiana.

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www.fort-4-fitness.org

FORT4FITNESS COURSE MAPS

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MAP KEY

-  Half Marathon Route
-  4 Mile Run/Walk Route
-  Route Direction
-  Mile Markers
-  Points of Interest
-  Water/Aid Stations
-  Portable Restroom
-  Detour of northbound Fairfield/Baker/Ewing
-  Detour of Fairfield Ave
-  Cross Traffic Locations
Preferred locations for traffic to cross.



4 MILE RUN/WALK Turn-By-Turn Directions

- East on Baker
- South on Calhoun
- West on Packard
- North on Indiana
- East on Kinnaird
- North on South Wayne
- East on Beechwood
- East on Pontiac
- North on Hoagland
- West on Bass
- North on Fairfield
- East on Baker
- North on Ewing
- Finish in Parkview Field

HALF MARATHON Turn-By-Turn Directions

- East on Baker
- South on Calhoun
- West on Tillman
- North on Fairfield
- Northwest on Greenway Trail
- North on Hartman
- East on Lexington
- Southeast on Old Mill
- West on Westover
- South on Crestwood
- East on Sherwood Terrace
- North on Stratford
- Southeast on Old Mill
- East on Old Farm Circle
- North on South Wayne
- West on Pasadena
- Northeast on Westover
- Northeast on Drury
- North on Indiana
- East on Branning
- North on South Wayne
- West on Oakdale
- North on Indiana
- East on Kinnaird
- North on South Wayne
- East on Beechwood
- East on Pontiac
- North on Hoagland
- East on Williams
- North on Calhoun
- West on Baker
- North on Ewing
- Finish in Parkview Field



Course, Portable Restrooms and Water/Aid Station locations are subject to change.

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<u>Course Street</u>	<u>Closed From</u>	<u>Time Closed</u>	<u>Crossing Points</u>
Baker	Ewing to Harrison	11:00 PM-1:00 PM	
Baker	Harrison to Calhoun	7:00 AM-12:00 PM	
Baker	Fairfield to Ewing	7:00 AM-12:00 PM	Detour on Broadway
Ewing	Baker to Jefferson	7:00 AM-12:00 PM	Detour on Broadway
Calhoun	Brackenridge to Williams	7:00 AM-12:00 PM	
Calhoun	Williams to Packard	7:00 AM-8:30 AM	Creighton, Pontiac
Calhoun	Packard to Rudisill	7:30 AM-8:30 AM	Rudisill
Calhoun	Rudisill to Paulding	7:30 AM-9:00 AM	Sherwood Terr
Calhoun	Paulding to Tillman	7:30 AM-9:30 AM	Paulding, Concord
Packard	Calhoun to Indiana	7:30 AM-9:00 AM	Fairfield
Tillman	Open but lane restricted	6:30 AM-9:30 AM	Open but drive slow
Fairfield	Tillman/LHR to Southfair Ct	6:30 AM-9:30 AM	Detour on Winchester
Fairfield	Bass to Baker (NB only)	7:00 AM-12:00 PM	Detour on Broadway
Hartman	Greenway to Lexington/Old Mill	7:45 AM-10:00 AM	
Old Mill	Lexington to Old Farm Circle	7:45 AM-10:30 AM	Lexington, Pettit
Westover	Old Mill to Crestwood	7:45 AM-10:30 AM	
Westover	Pasadena to Drury	7:45 AM-10:30 AM	
Crestwood	Westover to Sherwood Terr	7:45 AM-10:30 AM	
Sherwood Terr	Hartman to Stratford	7:45 AM-10:30 AM	
Stratford	Sherwood Terr to Old Mill	7:45 AM-10:30 AM	
Old Farm Cir	Old Mill to South Wayne	8:00 AM-10:30 AM	
South Wayne	Old Farm Circle to Pettit	8:00 AM-10:30 AM	Pettit
South Wayne	Pettit to Pasadena (NB only)	8:00 AM-11:00 AM	Pettit
South Wayne	Branning to Oakdale	8:15 AM-11:00 AM	Rudisill
South Wayne	Kinnaird to Beechwood	7:30 AM-11:15 AM	Home
Pasadena	South Wayne to Westover	8:15 AM-11:00 AM	
Drury	Westover to Indiana	8:15 AM-11:00 AM	
Indiana	Drury to Branning	8:15 AM-11:00 AM	Lexington
Indiana	Oakdale to Packard	8:15 AM-11:00 AM	
Indiana	Packard to Kinnaird	7:30 AM-11:15 AM	
Branning	Indiana to South Wayne	8:15 AM-11:00 AM	
Oakdale	South Wayne to Indiana	8:15 AM-11:00 AM	
Kinnaird	Indiana to South Wayne	7:30 AM-11:15 AM	
Beechwood	South Wayne to Fairfield/Pontiac	7:30 AM-11:15 AM	Fairfield
Pontiac	Fairfield to Hoagland	7:30 AM-11:15 AM	Fairfield
Hoagland	Pontiac to Williams	7:30 AM-11:45 AM	Creighton
Hoagland	Williams to Bass	7:30 AM-9:00 AM	
Williams	Hoagland to Calhoun	8:15 AM-11:45 AM	Harrison
Bass	Hoagland to Fairfield	7:30 AM-9:00 AM	

NOTES AND TIPS FOR RACE MORNING: SATURDAY, SEPTEMBER 26, 2009

All times may be delayed up to one hour due to inclement weather

NO STREET PARKING ON COURSE STREETS

ALL COURSE STREETS will be **CLOSED** to traffic except as noted

Avoid travel on Saturday morning ... come join the fun instead !

If you need to travel, **PLAN AHEAD** and park your vehicle on a non-course side street

The Army National Guard and FW Police Department will control traffic/intersections

If you need to cross the course, do so at the major intersections noted above

DRIVE SLOW and **WATCH FOR PEDESTRIANS**

