



PRESS RELEASE

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Fort4Fitness, Inc. is a non-profit, 501(c)(3) organization committed to promoting healthy living and fitness in Northeast Indiana

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2014 Fort4Fitness Race Results

(Fort Wayne, IN) - Perfect weather added to a great weekend celebration of fitness in Fort Wayne with the 7th Annual running of the Fort4Fitness races. Fort4Fitness even had two wedding parties running, including the first ever wedding during the Half Marathon when Dave Martin and Kim Yates tied the knot around the 7.5 mile mark in Foster Park. Another couple got engaged shortly after the finish of the Half Marathon. As far as the race itself, the Half Marathon was won by Alex Cushman, 21, of Ossian, IN in a course record time of 1:08:52. Ashley Ade, 29, of Fort Wayne, IN won the women's Half Marathon with a time of 1:25:44. Both runners earned RRCA Central Regional Championships with their wins. Randall Kongar, 19, of Berne, IN won the wheelchair division in the Half Marathon in 1:33:46.

The 10K was won by John Damen, 34, of Fort Wayne, IN, finishing in a course record time of 35:15, with Bridget Niezer, 25, of Fort Wayne, IN winning the women's race in 42:17. Damen and Niezer each earned RRCA Indiana State Championships with their victories. Randy Outman, 49, of Huntertown, IN took the win in the 10K Wheelchair division with a time of 1:04:30.

Ryan Landis, 32, of Decatur, IN crossed the finish line first in the 4 Mile, winning that race in 24:02. Kirstin Hegelein, 24, of Ligonier, IN took first place in the women's race, finishing in a course record 26:00. The 4 Mile wheelchair win went to Alex Haag, 10, of Fort Wayne, IN in 42:33.

Fort4Fitness 2014 Results Snapshot

Total Finishers for all 3 races combined (Half Marathon, 10K, 4 Mile)

Total Finishers - 7,468

Female Finishers - 4,656

Male Finishers - 2,812

Total Finishers in the 10K (RRCA Indiana State Championship)

Total Finishers - 1,914

Female Finishers - 1,273

Male Finishers - 641

Average Finish Time - 1:15:00

Total Finishers in the Half Marathon (RRCA Central Regional Championship)

Total Finishers - 2,397

Female Finishers - 1,268

Male Finishers - 1,129

Average Finish Time - 2:15:39

Total Finishers in the 4 Mile

Total Finishers - 3,157

Female Finishers - 2,115

Male Finishers - 1,042

Average Finish Time - 59:41

33 participants completed the Triple Crown and 57 completed the Double Play.

Complete results are available at www.Fort4Fitness.org.

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