



PRESS RELEASE

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

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Fort4Fitness Adding Marathon and Metric Century Distances for 2016 26.2 Mile Race Added to the Fall Festival and Interstate 100K Ride to the Spring Cycle

Fort Wayne, IN -- Fort4Fitness announced today at a morning press conference that it is expanding to host a metric century distance at the 5th Annual Spring Cycle on May 21, 2016 and a marathon at the 9th Annual Fall Festival on October 1, 2016.

"Since our start eight years ago, Fort4Fitness has delivered signature fitness events each year, and has inspired healthy living and community pride throughout Greater Fort Wayne," said Board Chairman Tim Kenesey. "Each year, Fort4Fitness strives to add something new and exciting, and 2016 will be no exception as we add a "century" to our Spring Cycle and a marathon to our Fall Festival."

The Fort4Fitness Spring Cycle will kick off on Main Street in Downtown Fort Wayne in front of the Arts United Center on Saturday, May 21st with four distances of 10, 16, 34, 44 miles and the new 100K (62 miles). The new 100K "Metric Century" will cross the Ohio state line, travel to the mid-point in Antwerp, Ohio and return to the Cinema Center in Fort Wayne. The annual Kickstart4Kids will feature an obstacle course, snack station, helmet and bike fittings, and a bike parade. The Spring Cycle will conclude with post race refreshment and a festive atmosphere downtown.

Fort4Fitness's Fall Festival will take place September 30-October 1, 2016 at Parkview Field in Downtown Fort Wayne. The Marathon, Half Marathon, 10K (the 2016 RRCA National Championship 10K) and 4 Mile Run/Walk are held on Saturday, October 1st. "It has been always been a goal of Fort4Fitness to answer the call of our participants' needs. Two years ago, we began offering multi-race options to accommodate those runners and walkers wanting to complete longer distances. By adding a 26.2 mile course, Fort4Fitness participants are given the option to set new goals of completing this impressive accomplishment," said Carrie Reeb, Director of Marketing and Community Relations. "Since Fort4Fitness strives to improve our events each year, the marathon has been put in place in an effort to build upon the previously successful Triple Crown (running all 3 races--10K, Half Marathon and 4 Mile for a total of 23.3 miles), with a continuous distance to eliminate the break between races." The registration fee for the Marathon is \$65 before May 2nd, and then the price increases incrementally.

Also new for 2016, Fort4Fitness will be setting a maximum number of participants in each race. The Marathon will be limited to 1,000 participants, the Half Marathon 3,000, the 10K 2,500 and 3,500 for the 4 Mile. These race caps will allow for better planning and a higher quality experience for those running or walking one of the Fort4Fitness events.

The basic course layouts for the new distances are available at Fort4Fitness.org. More detailed information concerning registration, fees, start times, participant amenities, and race week info will be available on the Fort4Fitness website. Registration for both the 2016 Spring Cycle and Fall Festival open on January 1, 2016 at Fort4Fitness.org.

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