



# PRESS RELEASE

Fort4Fitness, Inc. • P.O. Box 9007 • Fort Wayne, IN 46899-9007 • (260) 760-3371 • [www.Fort4Fitness.org](http://www.Fort4Fitness.org)

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

**For Immediate Release: April 21, 2015**

**Contact: Brad Kimmel, Executive Director, (260) 437-7422**

## *2015 Fort4Fitness Spring Cycle* *Event Scheduled For May 16, 2015*

(Fort Wayne, IN) - The 4th Annual Fort4Fitness Spring Cycle is scheduled for Saturday, May 16, 2015 at the Arts United Campus in downtown Fort Wayne.

Last year over 5,000 people participated in the 3rd Annual Spring Cycle and Kickstart Saturday events, and we look forward to increasing that number this year. In addition to the Spring Cycle there will be many other family-friendly Kickstart Saturday activities. These include: Kickstart4Kids, Fort Wayne Youtheatre's Second Annual Fairy Tale Fest, Arts United Entertainment Stage, Opening Day for the YLNI Barr St. Market, and the Downtown Improvement District's Spring Trolley.

New in 2015 the Spring Cycle will feature four different tour distances, including the addition of a new 10 Mile course. The other distances include a 21, 31 and 42 mile courses, so everyone from the beginner to the advanced cyclist can choose the perfect tour distance. The cost is \$20 for adults and just \$10 for kids 14 and under. The cost of registration includes a Spring Cycle T-shirt and Goody Bag!

Kickstart4Kids is a free, kid-friendly event during the Spring Cycle that is focused on providing fun and educational cycling information. Other activities will include: arts, crafts, and musical performances provided by Arts United; and a kids obstacle course provided by the Northeast Indiana Trail Riders Organization (N.I.T.R.O.).

The Fort4Fitness Spring Cycle is an Official Kickstart event.

For more information about the Spring Cycle, or to register, please visit [www.Fort4Fitness.org](http://www.Fort4Fitness.org)

### **Spring Cycle Schedule of Events - Saturday, May 16, 2015**

Check-In / Late Registration\*: 7 - 8:30 a.m.

Spring Cycle Begins: 9 a.m.

Kickstart4Kids: 11 a.m. - 2 p.m.

\*Late Registrations will incur an additional fee\*

