

DERBY FESTIVAL UPDATE

2009 Kentucky Derby Festival: April 11 – May 1

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DERBY FESTIVAL OFFERS FREE TRAINING FOR MARATHON AND MINI

Program Sponsored by Jewish Sports Medicine Kicks Off Next Week

Dec. 30, 2008. Louisville, KY. – The introductory meeting of the **Jewish Sports Medicine Healthy Lifestyle Training Program** is set for **6 p.m.** on **Tuesday, Jan. 6**, at Bellarmine University's Frazier Hall. This free 16-week program is intended to benefit runners training for the Derby Festival Marathon and miniMarathon on April 25, 2009. The program will give runners an opportunity to talk with professionals regarding nutrition, training tips, injury prevention and education.

The Training Program meeting will include distribution of a free training packet and free T-shirt for the first 600 runners to register and attend the meeting; introduction of the race doctor, athletic trainers and nutritionists; an overview of the miniMarathon and Marathon; guest speakers and a question-and-answer session. Runners may register for the Training Program online at www.derbyfestivalmarathon.com. A pre-meeting run schedule, which includes weekly Saturday morning runs, may also be found on the race website. The deadline to sign up for the Training Program is Jan. 31. The Training Program is sponsored by Jewish Sports Medicine with contributing sponsor Fleet Feet Sports.

The 36th annual 13.1-mile Derby Festival miniMarathon will be held in conjunction with the eighth annual Derby Festival Marathon, starting at 7:30 a.m. near Iroquois Park on April 25, 2009, and finishing at Sixth and Market Streets. Both races will once again run a lap around the infield track at historic Churchill Downs. Marathon runners will follow the same course as the "mini" for the first 12 miles, then the 26.2 mile Marathon course will continue through Cherokee Park and the Highlands neighborhood. In addition, Marathon runners will complete a course segment in Southern Indiana, crossing the Second Street Bridge at mile 22 for a short loop in Jeffersonville before returning to downtown Louisville. The scenic route will also include sections of two city parks designed by the esteemed Frederick Law Olmsted, Louisville's newly developed waterfront and several eclectic neighborhoods.

Participants may also register for the Derby Festival miniMarathon or Marathon online at www.derbyfestivalmarathon.com. Early race registration fees are \$35 for the 13.1-mile mini and \$60 for the 26.2-mile Marathon if entered online or postmarked by Jan. 31, 2009.

Since 1956, the Derby Festival has worked to bring the community together in celebration. The Festival is an independent community organization supported by 4,000 volunteers, 400 businesses and civic groups, Pegasus Pin sponsorships and event participation. It entertains more than 1.5 million people in a two-week period and has a local economic impact of more than \$90 million. This involvement has made the Festival the largest single attended event in Kentucky and one of the leading community celebrations in the world.

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For more information, contact:
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