



America Sports Fest in Hoffman Estates

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The Alexian Brothers Fitness for America Sports Festival, which takes place today through Sunday, July 26, in Hoffman Estates, has something for everyone, be they spectator or participant - and you don't need to be a pro to be involved. Here's a breakdown of what's in store, with a big expansion of last year's event:

INLINE SKATING:

- Pro Inline Tour: Cheer on some of the nation's fastest pro racers, skating at up to 35 mph in 4 stages: 340-meter dash today; a 2-mile time trial and 10K criterium Saturday; and marathon Sunday. Skaters from several states and Europe compete for individual stage prizes and overall win.
- Chicago Blackhawks Chicagoland Inline Marathon and Criterium: For more advanced skaters. Saturday criterium a 10K circuit with prizes for top-5 males and females. Sunday marathon is weekend's main event.
- Recreational/fitness inline skating races: For beginners and up, 10K and half-marathon Sunday. Groups of 4 or more can register as teams.
- Children's inline races: Includes Saturday criterium for children up to 14 with racing experience; free Young Guns 100-meter dash Sunday for 8 and under; kids' 2-mile race Sunday for beginner to intermediate 14 and under; and 2-mile advanced race Sunday for 12 and under.
- What else you need to know: Helmets required; wrist guards recommended; quad or roller skates allowed; racing suits and speed skates optional.

CYCLING

- Children's Bicycle Blast: 2-mile course open to all bike types; no mass start time; compete against individual par times for awards.
- Fitness Bicycle Blast: Tailored challenges based on age, gender and bicycle type on 10K course.
- Advancing Cycling 10K Sprint Time Trial: Compete for cash and prizes in several categories on short, technical course; chip-timed.
- Helmets required for all events; all held Saturday.

RUNNING-WALKING

- 5K Run-Walk and 10K Run: Saturday races include chip timing, clock/time splits at each mile. Awards based on top finishers and on preset par times for age groups.
- For kids: Tiny Tot Trot 100-meter dash for 6 and under and half-mile Fun Run for 12 and under, both Saturday.

FITNESS, HEALTH, SPORTS EXPO

- 15 exhibitors offers products and demos throughout event.

ALL THE BASICS

- Cost: Young Guns Inline skate race and Tiny Tot Trot are free; other fees range from \$4-\$125, includes T-shirt, eco-bag and ribbon or medal, with some proceeds to Special Olympics; free for spectators.
- Where: Today's events - packet pickup, expo and Stage 1 of pro tour at 7 p.m. - take place at Hoffman Estates Village Hall, 1900 Hassell Road. All Saturday and Sunday events, including races and expo, take place along AT&T campus, 2000 W. SBC Center Center Drive, Hoffman Estates, north of I-90 and east of Barrington Road off Lakewood Boulevard.
- Registration: 4:30-9 p.m. today or 6:15-7:45 a.m. Saturday and Sunday.
- Further info and times: hefitnessforamerica.com