



Press Release

For Immediate Release

Media Contact: Beth Cline
elizabeth.cline@usmc.mil
703.432.1165

October 6, 2006

Marine Corps Marathon Health and Fitness Expo Speaker Series and Entertainment Schedule

Addition of Outdoor Entertainment Stage Promises Fun for the Whole Family

QUANTICO, VA- The Marine Corps Marathon announced today an extended live entertainment line up for the MCM Health and Fitness Expo at the DC Armory on October 27-28. Over the years, the MCM Speaker Series has become a must-see for runners and guests. Now visitors to the Health and Fitness Expo can enjoy live entertainment and music on the Outdoor Entertainment Stage.

“The Speaker Series offers runners the chance to get motivated and learn from well-known health and fitness experts,” said Rick Nealis, MCM Race Director. “Now, with the addition of the Outdoor Entertainment Stage, there’s even more great entertainment to get runners and spectators excited for race day.”

Health and Fitness Expo at the DC Armory, Washington DC

Friday, October 27

10:00 a.m.	Chi Running/ChiWalking	Outdoor Entertainment
10:45 a.m.	Sport & Health Clubs	Outdoor Entertainment
11:00 a.m.	Darris and Star Blackford, Clif Team Pacers	Speaker Series
11:30 a.m.	Jefferson Vineyards	Outdoor Entertainment
12:00 p.m.	Pat Connelly	Speaker Series
12:15 p.m.	Girls on the Run	Outdoor Entertainment
1:30 p.m.	Jazzercise	Outdoor Entertainment
2:00 p.m.	Dr. Michael Moses, Sports Chiropractor	Speaker Series
4:00 p.m.	Todd Philpot, 2005 MCM Handcycle Winner	Speaker Series

Health and Fitness Expo at the DC Armory, Washington, DC

Saturday, October 28

9:00 a.m.	Singular Sensations	Outdoor Entertainment
9:30 a.m.	Ronald McDonald Show	Outdoor Entertainment
10:00 a.m.	VSP- Magic to Trick the Eye	Outdoor Entertainment
10:00 a.m.	Rick Nealis, MCM Race Director	Speaker Series
10:45 a.m.	Girls on the Run	Outdoor Entertainment
11:00 a.m.	Mike Barz, Good Morning America Reporter	Speaker Series
11:30 a.m.	Jefferson Vineyards	Outdoor Entertainment
12:15 p.m.	Sport & Health Clubs	Outdoor Entertainment
12:30 p.m.	1 st Sgt Harvey Walden VH1 Celebrity Fit Club	Speaker Series
1:00 p.m.	Jazzercise	Outdoor Entertainment
1:30 p.m.	MCM Video Tour with Maj Jeff Blackwell	Speaker Series
1:30 p.m.	ChiRunning/ChiWalking	Outdoor Entertainment
2:30 p.m.	Mel Williams, MCM Groundpounder	Speaker Series
3:30 p.m.	Darris and Star Blackford, Clif Team Pacers	Speaker Series

-more-

2-2-2

About the Entertainment

CHI RUNNING/CHI WALKING- Explains programs that bring alignment and balance back into running or walking and tips to help engage core muscles.

SPORT & HEALTH CLUBS- Representing the largest chain of health clubs in the metro area, this fitness and dance group performs a variety of hip hop and jazz.

DARRIS AND STAR BLACKFORD- Clif Team Pacers teach runners about reaching time goals and explain the Clif Pace Team.

JEFFERSON VINEYARDS- Charlottesville based winery teaches about the history of wine-making in Virginia.

PAT CONNELLY- Running coach and former Los Angeles police officer give tips and advice on running a safe race.

GIRLS ON THE RUN- Family-oriented full-body interactive games such as "Rock, Paper, Scissors" or "Tangled Up" teach teamwork.

JAZZERCISE- A 30-minute workout featuring a fusion of dance and muscle toning movements choreographed to today's hottest music.

DR. MICHAEL MOSES- Virginia area sports chiropractor teaches runners about injury free marathoning and recovery.

TODD PHILPOT- 2005 MCM Handcycle Winner and member of the Achilles Track Club's Freedom Team shares his on course experiences.

SINGULAR SENSATIONS- Acclaimed ensemble of talented high school students from the Washington D.C. area perform song and dance from some of Broadway's most famous musicals.

RONALD MCDONALD- Get moving, get inspired, get happy with Ronald's Get Active show.

VSP- MAGIC TO TRICK THE EYE- The hand is quicker than the eye in this special magic show to inspire eye care.

RICK NEALIS- MCM Race Director answers questions regarding all aspects of "The People's Marathon."

MIKE BARZ- Good Morning America reporter discusses training for his first marathon.

1ST SGT HARVEY WALDEN- VH1 Celebrity Fit Club's trainer and real life Marine talks about fitness.

MCM VIDEO TOUR- Marine Major Jeff Blackwell and long time member of the USMC running team takes runners through on a video course tour.

MEL WILLIAMS- One of only five runners to complete all 30 MCMs, this Groundpounder remembers the early days of the race and explains the changes over the years.

Voted "Best Marathon for Families" by HerSports Magazine, the Marine Corps Marathon continues a combined tradition of dedication, sportsmanship and patriotism. Since its inception, over 300,000 civilian and military runners from all walks of life have participated, deservedly earning the event its nickname "The People's Marathon." The 31st Marine Corps Marathon to be held on October 29, 2006 in Arlington, VA is presented by USAA, Brooks Sports, Inc., and Cisco Systems. Visit marinemarathon.com for more information.

For media information, contact Beth Cline, Marine Corps Marathon Public Relations Coordinator at (703) 432-1165, or Elizabeth.Cline@usmc.mil. No federal or Marine Corps endorsement implied.