

December 16, 2008

## **Marine Corps Marathon Announces 2009 Event Series Schedule**

*Registration for All Races Opens January 7 online at [www.marinemarathon.com](http://www.marinemarathon.com)*

**QUANTICO, VA-** The Marine Corps Marathon Event Series returns in 2009 with old favorites and exciting new races. The MCM Event Series, held aboard Marine Corps Base Quantico, welcomes the military community and is open to the general public. The 2009 series features: MCM Run to Register 10K, Run Amuck 4-Miler, RunStock 5K, Crossroads 12K and the Turkey Trot 5K. Online registration for each of the events begins at noon eastern on January 7 on the MCM website, [www.marinemarathon.com](http://www.marinemarathon.com). The \$30 per event registration fee includes event shirt, race materials, hospitality, chip timing using the ChronoTrack Timing System and unique entertainment. Family-friendly registration including a kid's version of the Run Amuck is also available.

### **Run To Register 10K - March 28**

Secure a slot in the 2009 Marine Corps Marathon by completing the MCM Run to Register (R2R) 10K. Held on March 28, all eligible R2R finishers will have the opportunity to register for the 34<sup>th</sup> MCM, days before online registration commences. R2R is open to runners ages 10 and older.

### **Run Amuck 4-Miler and Kids Run Amuck - June 20**

Get ready to get dirty at Run Amuck! Participants will want to pack a towel and a change of clothes for the June 20 event. The four-mile course offers a variety of obstacles including hills, a tire dash, mud pit and plenty of opportunity for runners to get dirty. Younger runners can get dirty too at Kids Run Amuck. Run Amuck is open to runners ages 10 and older. Kids Run Amuck is open to runners ages 5-9 and registration is \$5.

### **RunStock 5K - August 15**

Runners will love the musically magical experience of RunStock, a 5K race with on-course entertainment, featuring pre and post-race concerts. The race will be held on August 15. RunStock is open to runners ages 10 and older, however younger runners (ages nine and under) may register for just \$5 as a noncompetitive runner and receive the same great services, including an official event shirt, but will not be chip timed.

### **Crossroads 12K and Turkey Trot 5K**

Kick off the holiday season on November 21 by running either the Crossroads 12K (7.46 miles) or the Turkey Trot 5K (3.1 miles). Both race courses begin and end in the same location. The Crossroads 12K is open to participants ages 10 and older. The Turkey Trot 5K is open to participants ages 10 and older. Younger participants (ages nine and under) may register for the Turkey Trot 5K for just \$5 as a noncompetitive runner and receive the same great services, including an official event shirt, but will not be chip timed.

*The new MCM Event Series invites runners and fitness enthusiasts to participate in a range of race experiences. The Event Series is sponsored by Brooks, GEICO, Marine Federal Credit Union and MetroSports DC. No federal or Marine Corps endorsement implied.*