



# Press Release

For Immediate Release

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October 6, 2006

## **Marine Corps Marathon Announces Entertainment for Pasta Dinners**

*Carbo Dining In held at the Hyatt Regency Washington on October 28 at 4:30 p.m. and 6:15 p.m.*

**QUANTICO, VA-** The Marine Corps Marathon announced today legendary John "The Penguin" Bingham will be the featured speaker at the 4:30 p.m. seating of the Carbo Dining In, an upscale pasta party event for the MCM, on October 28 at the Hyatt Regency Washington on Capitol Hill. Running coach and former Los Angeles police officer Pat Connelly will be the featured speaker at the 6:15 p.m. seating. The Leatherneck Pipe and Drums and the Marine Corps Silent Drill Platoon will entertain the audience at both events.

Best known for his monthly column in Runner's World, John "The Penguin" Bingham has become one of the running community's most popular and recognized personalities inspiring a generation of new runners to find joy in walking, running, and racing. His transformation from a life of "sedentary confinement" to marathoner has become a model for people of all ages and abilities. Since then, he has participated in over 25 marathons and hundreds of 5K and 10K races.

Bingham is joined by author and coach Jenny Hadfield. An endurance athlete, Hadfield has written on health and fitness for several publications including HerSports, Health, Cooking Light, and Chicago Athlete Magazines.

Pat Connelly, a long time runner and running coach, will be running his 50<sup>th</sup> marathon at this year's MCM. During his 30-year career as a Los Angeles Police Officer, he participated in three Police Olympic trial qualifications that lead to the Police Olympic World Games and set several age group records. Connelly is currently the coach of the University of Southern California's women's cross country team, and over 27,000 runners have benefited from his "Novice to Natural" program over the last 16 years. He is also the author of a book on running titled "Go the Distance".

Following the spirit of traditional military formal dinners called "Dining-In", the Carbo Dining in will also include entertainment with a military style. The Marine Corps Silent Drill Platoon, based out of the historic Marine Barracks Washington, carry out precisely orchestrated rifle drills with no verbal instructions. Then, patriotic music will be preformed by the Leatherneck Pipe & Drums, wearing the dress blue uniform and kilt similar to that of the United States Marines.

The program concludes with a raffle featuring prizes from VSP, Brooks, Garmin and airfare on Jet Blue Airways. All military guests are invited to visit the [Military.com](http://Military.com) booth to obtain a special gift.

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The Carbo Dining In will feature a buffet including pasta, salad, drinks, desert and more. Seatings are available at 4:30 p.m. and 6:15 p.m. Tickets may be purchased at the Information Kiosk in the MCM Health and Fitness Expo at the DC Armory or at the Hyatt Regency Washington on Capitol Hill on October 27-28. Online tickets are no longer available, but all pre-ordered tickets will be inserted into the runner's race materials received at Packet Pick-up.

*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, deservingly earning the event its nickname "The People's Marathon." The 31<sup>st</sup> 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](http://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](mailto:Elizabeth.Cline@usmc.mil). No federal or Marine Corps endorsement implied.*

**31st Marine Corps Marathon -- October 29, 2006 -- [www.marinemarathon.com](http://www.marinemarathon.com)**