



Press Release

For Immediate Release

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Marine Corps Marathon and Marine Corps Community Services Announce Semper Fit Running Seminars

Would-be Marathoners Are Invited to Three Running Informational Sessions

QUANTICO, VA- The Marine Corps Marathon and Marine Corps Community Services announced today a series of Running Seminars presented by Semper Fit. The monthly seminars will offer would-be marathoners tips and advice from local experts on long distance running. Each seminar in the series will begin at 12:00 p.m. in the Health Promotion Classroom at the Barber Physical Activity Center and is open to military personnel, dependants and civilian employees in the Washington, DC region.

The first seminar focusing on the importance of proper footwear and mechanics will be held on April 4 and feature guest speaker Jeff Van Horn, BAA Sports Medicine/Exercise Science. The second seminar hosted by MCM Operations Manager Bret Schmidt will be held on May 2 will address marathon and half marathon training. The final seminar, to be held on June 6, will welcome Semper Fit Dietitian Tracy Bowman to prep runners on nutrition for long distances. Light refreshments will also be provided for each session.

More information is available on www.quantico.usmc-mccs.org, or by contacting Ira Seth, Fitness Event Coordinator at 703-432-0592 or by email at Sethim@usmc-mccs.org.

Voted "Best Marathon for Families", the Marine Corps Marathon continues a combined tradition of dedication, sportsmanship and patriotism. The MCM is the largest marathon in the world that does not offer prize money, deservingly earning the event its nickname "The People's Marathon." The 32nd Marine Corps Marathon to be held on October 28, 2007 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 Johnson, Marine Corps Marathon Public Relations Coordinator at (703) 432-1165, or Elizabeth.Johnson1@usmc.mil. No federal or Marine Corps endorsement implied.