

Runnin' with no excuses!

By **JULIA LeDOUX**

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You might know Harvey Walden IV as the no-nonsense fitness trainer on VH-1's *Celebrity Fit Club*.

But this morning, the retired Marine first sergeant from Quantico will be among the thousands participating in the 33rd annual Marine Corps Marathon.

"This time around training was a bit different and challenging because I'm running and training with someone who is running their first marathon and is not a runner," Walden said. "Our schedules are extremely crazy to say the least with the traveling and work. We have run as late as 11 p.m. some days just to get the miles in. It's been great to see the dedication and progress with her training, though."

Walden, 42, is a native of Chicago, Ill. He joined the Marine Corps when he 17 and retired in June of 2007. During his career in the Marine Corps, he served as a drill instructor at Marine Corps Recruit Depot Parris Island, S.C., and his platoons set records in drill, fitness, and marksmanship. He was also stationed at Quantico Marine Corps base where he was assigned to Officers Candidates School.

This is Walden's second Marine Corps Marathon. He ran in 2006 before retiring from the Marine Corps.

"The most challenging part will be singing cadence at the 25-mile mark,"

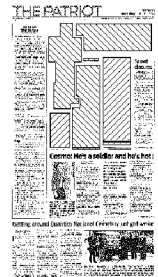
he joked.

The author of Harvey Walden's No Excuses Fitness Workout maintains a daily personal fitness regime and is planning a fitness and entertainment cruise next year and will be donating proceeds from that event to Toys for Tots.

"I've been a part of the charity since I was a young corporal in the Marines and really enjoy seeing the smiles on those parents' and kids' faces when they get their toys and know they don't have to worry about having a happy and merry Christmas," he said. For more information on Walden's entertainment cruise, visit lockeandloaded.com.

According to race organizers, the marathon will begin at 7:50 a.m. with wheelchair and hand cycle participants. Runners start at 8 a.m. and the MCM10K will kick off at 8:20 a.m. The 26.2-mile USA Track and Field certified route starts in Arlington, and winds its way through Rosslyn along Lee Highway before turning on Spout Run and the George Washington Parkway. Runners will experience a climb on Lee Highway in the first few miles of the course, but are rewarded with a descent along Spout Run and the parkway. After crossing the Key Bridge into Georgetown, runners will be on familiar territory through the District of Columbia. The course returns to the Palisades Community for a scenic view of Canal Road, and then returns to Georgetown.

Runners will enjoy the spectator friendly streets of Georgetown as they travel down M Street, turning on Wisconsin Avenue and then K Street. In a



significant change for 2008, the course passes the Kennedy Center
See MARATHON, Page D2 » and takes runners into Hains Point at approximately the halfway point of the race.

Afterward, runners pass the Jefferson Memorial before entering the National Mall and pass numerous monuments, memorials and landmarks, such as, the Lincoln, FDR, Korean War and Vietnam Veteran's memorials, Washington Monument and the U.S. Capitol. Runners continue along Jefferson Drive and cross the 14th Street Bridge back to Virginia.

For the last 10K runners will venture to Crystal City, return past the Pentagon and finish at the Marine Corps War Memorial.

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