

 **For Immediate Release**

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**National Running Day Hits National Mall
with the Marine Corps Marathon and DC Mayor Adrian Fenty**

DC Mayor Adrian Fenty joins Marine Corps Marathon and the local running leadership for a one-mile run on the National Mall

Quantico, VA, June 3, 2009—The Marine Corps Marathon hosted the Washington, DC portion of the inaugural National Running Day. Organized to promote running as a healthy, easy, and accessible form of exercise, the day included a one mile fun run beginning at the Lincoln Memorial and continuing around the World War II Memorial along the National mall.

Today's DC run featured a variety of local running leadership including DC Mayor Adrian Fenty, MCM Race Director Rick Nealis and 2008 MCM winner Andrew Dumm.

"It's not about running for 26 miles," said Rick Nealis, Marine Corps Marathon Director. "Today is about inspiring everyone to live an active, healthy lifestyle that includes running."

Through a grassroots effort, the foremost road racing and track and field organizations from major U.S. cities—including the Marine Corps Marathon in Washington, D.C.—in addition to national running organizations USA Track & Field and Running USA, encouraged Americans of all ages and fitness levels to get out and run. Runners of all ages could participate in National Running Day by lacing up their shoes and heading out for a run, whether at home, at work or as part of an organized event.

Voted "Best Marathon for Families", the Marine Corps Marathon continues a combined tradition of dedication, sportsmanship and patriotism. Runners from all walks of life have participated in the world's largest marathon to not offer prize money, deservedly earning the nickname "The People's Marathon." The 34th Marine Corps Marathon to be held on October 25, 2009 in Arlington, VA. No federal or Marine Corps endorsement implied.




JUNE 3, 2009
EVERYONE / EVERYWHERE

