



Press Release

For Immediate Release

Media Contact: Tami Faram
tami.faram@usmc.mil
703.432.1840 (office)
703.862.6957 (cell)

MCM10K Expands to 10,000 Runners

Registration for Marine Corps Marathon's 6.2 Mile Race Begins May 5

QUANTICO, VA (May 4, 2010) – Running in conjunction with the 35th Marine Corps Marathon, on Sunday, October 31, the MCM10K presented by Aetna has become a celebrated event of Marine Corps Marathon Weekend. This year's MCM10K is expanding to a field of 10,000 runners and based on *Running USA's* 2009 rankings, the MCM10K would be in the position to become the second largest 10K race in Virginia and the 10th largest 10K in the United States.

Beginning at noon Eastern on Wednesday, May 5, runners ages 10 and over can register for the MCM10K online at www.marinemarathon.com. MCM10K runners will pay \$45 registration fee and receive a mock-neck shirt with a Halloween theme, finisher's medal, goodie bag, racing bib with B-tag timing device and post-race hospitality.

“Over the past five years, the popularity of the MCM10K has grown from a local running event to one sought after by runners from across the United States,” says Rick Nealis MCM Race Director. “The MCM10K gives participants the opportunity to experience running the same course as ‘The People’s Marathon.’”

Runners of the MCM10K will start on the National Mall at 12th and Jefferson Streets. The course turns onto 14th Street and runs across the bridge, over the Potomac, and into Virginia where runners will pass through the festivities on the streets of Crystal City. MCM10K runners will race along Crystal Drive and onto Jefferson Davis (Rt. 110) and as they head into Rosslyn, where they journey to the Marine Corps War Memorial, finishing alongside the 35th MCM!

Runners participating in the MCM10K will use the Smithsonian Metro station located near the start line. The MCM10K will start at 8:05 a.m. on October 31. Wheelchair and hand cycle participants are welcome. The MCM10K is a U.S. Track and Field 6.2 mile certified course.

Voted the best marathon for families, the Marine Corps Marathon honors the dedication, sportsmanship and patriotism of its participants. Runners from all walks of life participate in the largest marathon not to offer prize money, earning the nickname as “The People’s Marathon.” The MCM is the fourth largest marathon in the United States and the eighth largest in the world. The 35th Marine Corps Marathon will be held on October 31, in Arlington, VA. No federal or Marine Corps endorsement is implied.

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