



Press Release

For Immediate Release

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Healthy Kids Fun Run Registration Now Open

Marine Corps Marathon's Kids Race Promotes Health & Fitness for Life

QUANTICO, VA (May 5, 2010) – Excitement for the 2010 Marine Corps Marathon's (MCM) Healthy Kids Fun Run is building as registration opened today for kids ages 6 to 13. The one-mile race and outdoor family fitness festival will be held on Saturday, October 30 in Arlington, VA, the day prior to the 35th MCM.

For just \$5, kids can join 3,000 of their peers to run the event and receive a commemorative T-shirt, finisher's medal, goodie bag, hospitality and more! Registration is available at www.marinemarathon.com.

The 2010 Healthy Kids Fun Run opens at 9 a.m., on Oct. 30 with kids scheduled to run the one-mile race in six separate waves throughout the morning and early afternoon. School waves will be held at 9:30 and 10:00 a.m., with public waves held every half hour from 10:30 a.m. to noon. The MCM will operate free shuttle service from the Pentagon Metro to the Kids Run start area in the Pentagon North Parking lot. For security purposes, parking will not be available to the public within the Pentagon lot.

In addition to the Kids Run, all participating runners and their families will be invited into Camp Miles, a free outdoor festival featuring health and fitness demonstrations, crafts, games, nutritional experts, healthy snacks and entertainment.

All schools are invited to participate too. Parents and teachers can register kids individually, or register groups of students to join in the fun run. The top five schools with the greatest student participation will receive the MCM's Healthy School Award and a donation from MCM sponsor, Sodexo. For group registration contact Hannah Maier, MCM Sponsorship Coordinator at hannah.maier@usmc.mil or 703-432-1236.

"The Healthy Kids Fun Run is an opportunity for parents and teachers to encourage kids to actively participate in running," says Rick Nealis, MCM Race Director. "Many PE teachers help their students set individual fitness goals at the beginning of the school year, and then participate in the Kids Run allowing their students to see the results of their training and preparation. We hope to start kids on the road to fitness at a young age."

In 2009, three Virginia schools received the Healthy School Award and \$1,000 donation from MCM partners Sodexo and FAMILY Magazine of Reston, VA. The awards were presented by the MCM during school assemblies and included the "Museum Without Walls" program hosted by the National Children's Museum in Washington, D.C.

Alert: Visit MCM mascot, Miles the bulldog, and hear more about the Healthy Kids Fun Run at the Prince William County Public Schools All-County Health and Physical Education Expo on Friday, May 7. The Expo from 5 to 8 p.m., will be held at the Prince William County Fairgrounds located at 10624 Dumfries Road in Manassas, VA.

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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