



Press Release

For Immediate Release

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Marine Corps Marathon Adds New “Expert Bar” to Health and Fitness Expo

*Face –to–Face Running Support and Answers from Experts Including
Harvey Walden, IV of VH1’s Celebrity Fit Club and LT Andy Baldwin, MD, ABC’s “The Bachelor”*

QUANTICO, VA- The Marine Corps Marathon will introduce the MCM Expert Bar, add a new feature at the popular Health and Fitness Expo. The Expert Bar will offer runners the unique opportunity to speak one-on-one with a variety of fitness, running and medical professionals including Harvey Walden, IV, retired Marine and fitness trainer on VH1’s “Celebrity Fit Club”, LT Andy Baldwin, MD, active-duty Navy doctor and triathlete, best know for his appearance on ABC’s “The Bachelor” and Runners’ World Magazine’s Chief Running Officer, Bart Yasso.

“The addition of the Expert Bar provides runners an exciting chance to have their questions answered by some of the leaders in the health and fitness industry,” Rick Nealis, Race Director. “Plus, it’s a great way to learn last minute tips and get excited for race day!”

At any time, up to three experts are available at the Expert Bar, part of the three-day Health and Fitness Expo, Thursday, October 23 through Friday, October 25 at the DC Armory.

Schedule of Events

Health and Fitness Expo at the DC Armory, Washington DC Thursday, October 23

4:00 p.m. – 5:00 p.m.	Rick Nealis, MCM Race Director
4:00 p.m. – 7:00 p.m.	Dr. Michael Moses, Injury Prevention and Recovery
4:00 p.m. – 7:00 p.m.	Pacers, Local Training Groups

Health and Fitness Expo at the DC Armory, Washington DC Friday, October 24

10:00 a.m. – 12:00 p.m.	Bart Yasso: My Life on the Run
10:00 a.m. – 1:00 p.m.	Pacers presents Local Training Groups
11:00 a.m. – 1:00 p.m.	Pacers presents Sandra May: Running Later in Life
12:00 p.m. – 2:00 p.m.	Rachel Toor, Running Times and Pace Team
1:00 p.m. – 3:00 p.m.	Jim Hage, Two-Time MCM Winner
1:00 p.m. – 4:00 p.m.	Clif Pace Team: Reaching a Time Goal
2:00 p.m. – 4:00 p.m.	Pacers presents Adrian Farley: Spectator Tips
3:00 p.m. – 5:00 p.m.	Dr. Michael Moses, Injury Prevention and Recovery

4:00 p.m. – 6:00 p.m. BP presents Linda Quirk: Live Younger for Longer
4:00 p.m. – 7:00 p.m. Pacers presents Race Day Strategies
5:00 p.m. – 7:00 p.m. Bart Yasso: My Life on the Run

Health and Fitness Expo at the DC Armory, Washington DC

Saturday, October 25

9:00 a.m. – 11:00 a.m. Healthy Solutions presents Dr. Robert Wildman: Sports Nutrition
9:00 a.m. – 11:00 a.m. Aruba Sport Eyewear presents Frank Bozanich: Sprints to Ultras
9:00 a.m. – 12:00 p.m. Dr. Michael Moses, Injury Prevention and Recovery
11:00 a.m. – 1:00 p.m. LT Andy Baldwin, MD, Injury Prevention and Recovery
11:00 a.m. – 1:00 p.m. Clif Pace Team, Reaching a Time Goal
12:00 p.m. – 2:00 p.m. BP presents Linda Quirk: Live Younger for Longer
1:00 p.m. – 3:00 p.m. Touring Washington, DC
1:00 p.m. – 3:00 p.m. Harvey Walden, IV, “Celebrity Fit Club” Trainer
2:00 p.m. – 4:00 p.m. Kristen Henehan, 2007 MCM Women’s Winner
3:00 p.m. – 5:00 p.m. Pacers presents Adrian Farley: Spectator Tips
3:00 p.m. – 5:00 p.m. Foot Solutions: Biomechanics and Running
4:00 p.m. – 5:00 p.m. Bart Yasso: My Life on the Run

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, deservingly earning the nickname “The People’s Marathon.” The 33rd Marine Corps Marathon to be held on October 26, 2008 in Arlington, VA is presented by USAA, Brooks Sports, Inc., and CVS/Caremark. Registration opens online at www.marinemarathon.com on April 30 at noon eastern.

For media information, contact Beth Johnson, Marine Corps Marathon Public Relations Coordinator at (703) 432-1165, or Elizabeth.Johnson1@usmc.mil. No federal or Marine Corps endorsement implied.