



Press Release

For Immediate Release

Media Contact: Beth Johnson
elizabeth.johnson1@usmc.mil
703.432.1165

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Make Memories at the 34th Annual Marine Corps Marathon

One of the Lowest Marathon Entry Fees Gets Even Lower When Registration Begins on April 1

QUANTICO, VA- Runners from across the country and around the world are invited to experience the energy and excitement of the Marine Corps Marathon when registration opens on April 1 at noon eastern at www.marinemarathon.com. The 34th annual event features a 26.2 mile course showcasing the legendary landmarks of the nation's capital as it travels throughout Washington, DC and Arlington, Virginia.

"Completing a marathon requires participants to make an investment in paying the entry fee, dedicating time to their training and altering their lifestyle to achieve this goal," said Rick Nealis, Race Director, "but MCM runners also know finishing "The People's Marathon" and making long lasting memories are worth it!"

Held on October 25, 2009, the MCM is limited to 30,000 participants and is expected to fill up quickly. The short registration process includes accepting a waiver, completing the form, clicking through payment and receiving a confirmation email. Confirmation emails will include a runner's registration number, imperative to access e-confirmation cards online beginning in September. E-confirmation cards are required at Packet Pick-up, part of the Health and Fitness Expo prior to the MCM, to retrieve race materials.

An \$88 registration fee includes all race materials, bib, mock neck participant shirt, free virtual trainer, goodie bag, and timing tag with ten split locations, provided by ChronoTrack Timing Systems, Inc.

"The MCM already offers one of the lowest marathon entry fees in the country," explained Angela Huff, MCM Business Manager. "In this tough economy, I am happy to announce the MCM will also be absorbing this year's online registration processing fees for each runner."

Additionally, registered runners will receive a free subscription to the online virtual trainer, designed by Olympian Jeff Galloway. Participants will opt-in for daily or weekly emails featuring training tips to achieve a variety of finish time goals, plus health, fitness and nutrition messages. Runners can also access an online training log and community message board.

Active Duty- Early registration for active duty military members (including reservists), and a discounted entry fee of \$80, are available on the MCM website now through March 31. Runners will need to present their military ID at event check-in.

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 34th Marine Corps Marathon to be held on October 25, 2009 in Arlington, VA is presented by USAA and Brooks Sports, Inc. No federal or Marine Corps endorsement implied.

For media information, contact Beth Johnson, Marine Corps Marathon Public Relations Coordinator at (703) 432-1165, or Elizabeth.Johnson1@usmc.mil.