



Press Release

For Immediate Release

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

September 4, 2007

Marine Corps Marathon Announces Speaker Series Schedule

Line-up Featuring Author of New Book, "Marine Corps Marathon: A Running Tradition"

QUANTICO, VA- The Marine Corps Marathon announced today the schedule for the Speaker Series, part of the Health and Fitness Expo presented by CVS Caremark. The Series, a must-attend for runners and guests, features a variety of experts covering topics ranging from the history of the MCM to food and nutrition to what to expect on race morning. Located in the southwestern corner of the Expo Hall, the Series begins Thursday, October 25 and continues through Saturday, October 27.

"The Speaker Series offers runners the chance to get motivated and learn from well-known health and fitness experts," said Rick Nealis, MCM Race Director. "Plus, it's a great way to learn last minute tips and get excited for race day!"

Marine Corps Marathon: A Running Tradition, written by MCM historian George Banker, captures the unique soul and military spirit of the MCM. Stories from some of the more than 330,000 runners who have crossed the finish line since 1976 are captured within its pages- from the mental and physical pain to the many joys and triumphs endured over 26.2 miles. To support the text, this book includes a collection of pictures dating back 32 years. There are top athletes who run alongside amateur runners, and even a few celebrities. The appendices are an extensive collection of race statistical facts and top performances. The book will be available at the Speaker Series and at the MCM Store, located in the Expo Hall at booth 1027.

SCHEDULE OF EVENTS*

**Additional speakers are always being added*

Health and Fitness Expo at the DC Armory, Washington DC

Friday, October 26

- 11:30 a.m. Lisa Dorfman, The Running Nutritionist
- 2:00 p.m. George Banker, Author of *Marine Corps Marathon: A Running Tradition*
- 2:30 p.m. Jefferson Vineyards
- 3:00 p.m. Susan Reynolds, Author of *The First Marathon: the Legend of Pheidippides*
- 4:00 p.m. Clif Pace Team
- 5:00 p.m. Dr. Mike Moses

Saturday, October 27

- 9:30 a.m. Clif Pace Team
- 10:00 a.m. Lisa Dorfman, Nutritionist
- 11:00 a.m. Dr. Mike Moses

1:00 p.m. HerSports Magazine
2:00 p.m. Susan Reynolds, Author of *The First Marathon: the Legend of Pheidippides*
3:00 p.m. Rick Nealis, MCM Race Director
4:00 p.m. George Banker, Author of *Marine Corps Marathon: A Running Tradition*

About the Speakers

GEORGE BANKER- MCM Historian recently published the first authorized history of the MCM. Hear his stories of 32 years of the MCM and pick up a copy of the new book at the MCM Store, booth 1027.

DARRIS AND STAR BLACKFORD- Clif Team Pacers teach runners about reaching time goals and explain the Clif Pace Team.

LISA DORFMAN- Known as *The Running Nutritionist*, Dorfman educates runners on proper nutrition and hydration for marathon training, running and recovery.

JEFFERSON VINEYARDS- Charlottesville based winery teaches about the history of wine-making in Virginia.

DR. MICHAEL MOSES- Virginia area sports chiropractor teaches runners about injury free marathoning and recovery.

RICK NEALIS- MCM Race Director answers questions regarding all aspects of "The People's Marathon."

SUSAN REYNOLDS- Author of *The First Marathon: the Legend of Pheidippides*, Reynolds will discuss Pheidippides and the battle of Marathon.

About CVS Caremark

CVS Caremark is the No. 1 provider of prescriptions and related healthcare services in the nation. The Company fills or manages more than 1 billion prescriptions annually. Through its unmatched breadth of service offerings, CVS Caremark is transforming the delivery of healthcare services in the U.S. The Company is uniquely positioned to effectively manage costs and improve healthcare outcomes through its 6,200 CVS/pharmacy stores; its pharmacy benefit management, mail order and specialty pharmacy division, Caremark Pharmacy Services; its retail-based health clinic subsidiary, MinuteClinic; and its online pharmacy, CVS.com. General information about CVS Caremark is available through the Investor Relations portion of the Company's website, at <http://investor.cvs.com>, as well as through the pressroom portion of the Company's website, at www.cvs.com/pressroom.

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 32nd Marine Corps Marathon to be held on October 28, 2007 in Arlington, VA is presented by USAA, Brooks Sports, Inc., and CVS/Caremark. 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.