SPECTATOR'S GUIDE TO THE MCM

key to the incredible support MCM runners receive is the contagious enthusiasm of Marine Corps and civilian volunteers, plus tens of thousands of the Metro-riding, bridge-crossing, map-toting, sign-waving, hand-clapping, "OORAH"ing family and friends. Follow this guide to be a super spectator and secure viewing spots in various on-course locations including Crystal Run. Be sure to get your packet spectator guide at the Health & Fitness Expo as will the information tents on race day.



Spectators have the opportunity to see their runner in five great locations due to the new MCM course. Spectators should follow these tips to optimize viewing potential and catch a runner in action along the course.

- 1. MCM start area. Access via Arlington Cemetery (blue line) metro. Watch the opening ceremonies and runners begin their journey on Route 110 in Arlington.
- 2. Lincoln Memorial in Miles 10 and 16. Access by walking across the Memorial Bridge. While waiting for runners to arrive, check out the World War II Memorial on the east side of the Reflecting Pool.
- 3. National Mall in Miles 18 and 19. Access by walking east on Constitution Avenue past the Washington Monument. Spectators seeking more historical scenery can enjoy some of the nation's most notable landmarks such as the Smithsonian Castle.
- 4. Crystal Run at Miles 22 and 23. Access via Smithsonian metro to Crystal City (blue or yellow line). The family-friendly festival will combine live music, restaurant tastings, street activity, an art market, and plenty of kid-oriented activities, including moon bounces,



arts and crafts with the National Children's Museum, and high energy, percussive dance by world acclaimed dance company Step Afrika!

5. MCM finish at the Marine Corps War Memorial. Access via a quick metro ride to Rosslyn or MCM shuttle from 23rd street in Crystal City. The finish line offers bleacher seating to watch the final ascent and push to the Iwo Jima finish line. Plan to reunite with runners in the Family Link-Up area at the Finish Festival in Rosslyn. After the marathon, return to Crystal City for the new Post Race Celebration beginning at 3:00 p.m. Located on Crystal Drive, the free event features a live concert.

Aetna Wellness Programs

I want a health care company that helps me stay healthy.



Staying healthy matters. That's why Aetna believes in the power of health promotion, preventive care and wellness. We offer a range of programs to help you stay healthy, whether your goals include running after your children or running a marathon.

To learn more, visit www.aetna.com or contact your Aetna representative.

Aetna is proud to sponsor the Marine Corps Marathon "The People's Marathon"

October 26, 2008



MARATHON PACE GUIDE

Mile Marke	13			Minutes per Mile							
MM	5	6	7	8	9	10	11	12	13	14	
Start Line	8:00	8:00	8:02	8:04	8:06	8:09	8:11	8:16	8:19	8:21	
1	8:05	8:06	8:09	8:12	8:15	8:19	8:22	8:28	8:32	8:35	
2	8:10	8:12	8:16	8:20	8:24	8:29	8:33	8:40	8:45	8:49	
3	8:15	8:18	8:23	8:28	8:33	8:39	8:44	8:52	8:58	9:03	
4	8:20	8:24	8:30	8:36	8:42	8:49	8:55	9:04	9:11	9:17	
5	8:25	8:30	8:37	8:44	8:51	8:59	9:06	9:16	9:24	9:31	
6	8:30	8:36	8:44	8:52	9:00	9:09	9:27	9:28	9:37	9:45	
7	8:35	8:42	8:51	9:00	9:09	9:19	9:38	9:40	9:50	9:59	
8	8:40	8:48	8:58	9:08	9:18	9:29	9:49	9:52	10:03	10:13	
9	8:45	8:54	9:05	9:16	9:27	9:39	10:00	10:04	10:16	10:2	
10	8:50	9:00	9:12	9:24	9:36	9:49	10:11	10:16	10:29	10:4	
11	8:55	9:06	9:19	9:32	9:45	9:59	10:22	10:28	10:42	10:5	
12	9:00	9:12	9:26	9:40	9:54	10:09	10:33	10:40	10:55	11:09	
13.1	9:05	9:18	9:33	9:48	10:03	10:19	10:44	10:59	11:09	11:24	
14	9:10	9:24	9:40	9:56	10:12	10:29	10:45	11:04	11:21	11:37	
15	9:15	9:30	9:47	10:04	10:21	10:39	10:55	11:16	11:34	11:5	
16	9:20	9:36	9:54	10:12	10:30	10:49	11:06	11:28	11:47	12:0	
17	9:25	9:42	10:01	10:20	10:39	10:59	11:17	11:40	12:00	12:19	
18	9:30	9:48	10:08	10:28	10:48	11:09	11:28	11:52	12:13	12:3	
19	9:35	9:54	10:15	10:36	10:57	11:19	11:39	12:04	12:26	12:4	
20	9:40	10:00	10:22	10:44	11:06	11:29	11:50	12:16	12:39	1:01	
21	9:45	10:06	10:29	10:52	11:15	11:39	12:01	12:28	12:52	1:15	
22	9:50	10:12	10:36	11:00	11:24	11:49	12:12	12:40	1:05	1:29	
23	9:55	10:18	10:43	11:08	11:33	11:59	12:23	12:52	1:18	1:43	
24	10:00	10:24	10:50	11:16	11:42	12:09	12:34	1:04	1:31	1:57	
25	10:05	10:30	10:57	11:24	11:51	12:19	12:45	1:16	1:44	2:11	
26	10:10	10:36	11:04	11:32	12:00	12:29	12:56	1:28	1:57	2:25	
26.2	10:11	10:37	11:05	11:33	12:01	12:31	12:58	1:30	1:59	2:27	



SPECTATOR TIPS

TIMING IS EVERYTHING.

Find out the projected pace per mile for the runner. This will help in determining where and when they should reach certain points in the course. Remember, it could take a runner as much as 10 minutes to cross the start line, so timing should not be based on the 8 a.m. start time. Adjust projected viewing times following the first sighting of your runner.

GETTING AROUND TOWN.

Metro is the best transportation option to reach the far corners of the course quickly. Be aware that a weekend wait for Metro could be up to 15 minutes. Spectators will want to purchase a Metro One Day pass online at wmata.com prior to race day.

GETTING NOTICED.

Paint a sign. Wear brightly colored clothing. Know your marathoner's bib number and how they are dressed. It's an imperfect science trying to time the convergence of a runner and spectator. If you suspect you've missed each other, move to the next viewing location.

WWW.MAR!NEMARATHON.COM

Use the Remote Runner Tracking to obtain a runner's latest split times. Register for this service on the MCM website or at the Health and Fitness Expo to get instant split results by text message. If family or friends can't be present to chase after their runner, refer them to the website to keep tabs on the progress of the race.

BE PREPARED.

Be another resource along the course for your runner. MCM water points and food stations will support runners; however, a good hand off during the race might be helpful. It's late October in the Washington DC area so the weather will be unpredictable. If it's raining, bring extra socks. If it is sunny, bring sunscreen. As the day warms up, be ready to receive items from your runner as they shed extra clothing.

MAPTRACK.

You can check your runner via the USAA map tracking system located behind the finish line bleachers. The map tracking system allows you to view your runner's