



# MEDIA RELEASE

CONTACT: TAMI FARAM  
tami.faram@usmc-mccs.org  
703.432.1840 (o) 703.987.3191 (c)  
www.MarineMarathon.com

## Arlington, VA Adventure Runner Michael Wardian Featured Speaker at Marine Corps Marathon Carbo Dining In *Limited tickets remain for October 21 event at Gaylord National Resort*

QUANTICO, VA (September 18, 2017) – There is probably no other runner who embodies a modern-day Forrest Gump better than Arlington, VA runner Michael Wardian. It’s not just Wardian’s auburn ponytail flying in the wind and his long red beard that make him resemble the beloved film character, but it’s also Wardian’s absolute ‘love of running’ and joyous spirit.



And, like Forrest Gump, the 43-year-old Wardian, keeps running ... and running.

Tickets are available to hear Wardian speak about his journeys in running at the [Marine Corps Marathon](#) (MCM) [Carbo Dining In](#) on Saturday, Oct. 21. Tickets can be purchased online for \$65 each on the MCM website at [www.marinemarathon.com](http://www.marinemarathon.com).

The Carbo Dining In, with its fabulous pasta buffet, begins at 6 p.m. in the Potomac Ballroom of the Gaylord National Resort at National Harbor, MD, which is also the MCM headquarters hotel. Dessert and beverages are included.

Carbo Dining In attendees will enjoy Wardian’s colorful tales about running from the North Pole to the desert in Death Valley, CA and across all of the continents. Among Wardian’s “seven continents in seven days” marathon run in 2016, he has crossed marathon finish lines in Tokyo, London, Berlin, Boston, Chicago and New York. He has completed his hometown race -- the Marine Corps Marathon -- eight times, earning second-place overall at the 36<sup>th</sup> MCM in 2011.

The Carbo Dining In, held prior to “The People’s Marathon,” pays homage to a traditional military ‘dining in,’ with casual dress for the many runners who will embark on the MCM in Arlington, VA and throughout the nation’s capital the following morning. The Dining In includes live entertainment from “The American Bombshells,” a patriotic “a capella” group, with the event fostering camaraderie and esprit de corps.

On Tuesday, Sept. 19, Wardian will join MCM runners for 30-minute training run and injury-prevention session, “Injuries. When to See a Doctor. What can you train through?” hosted by Sports Medicine Physician Andrew H. Gordon, MD, PhD and Physical Therapist J.D. Sheppard, PT, DPT. The [training run and program](#) is free of charge at MedStar Sports Medicine’s Building #1 at 1120 20th Street in Northwest Washington, D.C.

For more information about [MCM Weekend](#) from Oct. 20-22, visit [www.marinemarathon.com](http://www.marinemarathon.com).

*The Marine Corps Marathon (MCM) is also known as “The People’s Marathon,” as runners from all walks of life annually participate. The 42nd MCM, coordinated by the Marine Corps Marathon Organization (MCMO) and United States Marine Corps, will be held Oct. 22, 2017 in Arlington, VA. The MCM is sponsored by Brooks, Arlington County, GEICO Military, Leidos and MedStar Sports Medicine. No federal or Marine Corps endorsement is implied. #RunWithTheMarines* ###