



MEDIA RELEASE

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MCM Health & Fitness Expo to Open at Gaylord National Resort

Award-winning Expo is open October 20 & 21 with free shuttle service

QUANTICO, VA (Oct. 18, 2017) – The Marine Corps Marathon (MCM) will open its award-winning Health & Fitness Expo on Friday, Oct. 20 at the Gaylord National Resort & Convention Center, at National Harbor in Oxon Hill, MD.

A short kickoff and ribbon-cutting ceremony occurs at 9:45 a.m., with the Expo open to the public from 10 a.m. to 8 p.m. The Expo reopens Saturday, Oct. 21 from 8 a.m. to 6 p.m., in Halls C, D & E.

In August, the Marine Corps Marathon Organization (MCMO) received “Best of Show,” a national award presented by the Trade Show News Network for the Health & Fitness Expo.

With limited parking in National Harbor, the MCMO recommends Expo attendees take free shuttles from either the Eisenhower or Van Dorn Metro stations.

Expo attendees can also arrive in style via the Potomac Riverboat water taxi from the Old Town Alexandria, VA waterfront. MCM runners and guests get \$2 round-trip discount with promo code MMPR.

The Health & Fitness Expo includes essential runner services, such as Packet Pick-up where participants will obtain their official bib, event program “[Salute](#),” technical participant shirt, clear plastic bag and UPS baggage sticker. All MCM and MCM10K participants are required to present their e-Card and photo ID at Packet Pick-up. [Proxy pick-up](#) is also available, visit www.marinemarathon for more information.

MCM Kids Run participants can pick up their packets throughout the day on Friday, or prior to their event on Saturday, Oct. 21. The MCM Kids Run will be held in the Pentagon North parking lot in Arlington.

Numerous vendors will showcase products and equipment; provide samples and giveaways; offer health screenings; and display booths highlighting everything from fitness to food and technology to tourism.

Hyundai, the MCM’s proud automotive partner, will display the MCM pace car for runners and supporters to sign; Brooks unveils the 2017 collection of MCM apparel; MARSOC (Marine Corps Special Operations Command) showcases a Marine Corps ATV; Navy Federal Credit Union hosts a special barracks display; Wegmans welcomes runners with samples in the Launch Zone and Cabot Creamery will distribute product samples.

For added excitement throughout MCM Weekend, runners can follow #RunWithTheMarines on Twitter for the chance to win a Golden Ticket. The Golden Ticket secures one entry for the 43rd Marine Corps Marathon in October 2018.

Toys for Tots Drop Off

U.S. Marines from the Marine Corps Reserve Toys for Toys program will accept new toys for boys and girls ages 2-14. The Marines will be located in Packet Pick-up. Expo attendees are asked to drop off new, unwrapped toys.



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Health & Fitness Expo
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Media interested in covering the Health & Fitness Expo, or any MCM Weekend event, should complete the Credential Request form available on the [Press Inquiries page](#) of the MCM website.

For more information about media credentials, contact Tami Faram, Marine Corps Marathon Public Relations Coordinator at 703-432-1840 or tami.faram@usmc-mccs.org. Further information about MCM Weekend is available at www.marinemarathon.com.

Honoring the dedication, sportsmanship, and patriotism of its participants, 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 October 22, 2017 in Arlington, VA. The MCM is sponsored by Arlington County, Brooks, GEICO Military, Leidos and MedStar Sports Medicine. No federal or Marine Corps endorsement is implied. #RunWithTheMarines

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