



# MEDIA RELEASE

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## **Marine Corps Marathon Health & Fitness Expo at Gaylord National Resort**

*Expo is free and open to public on Oct. 28 & 29, with MCM shuttle service*

**QUANTICO, VA (Oct. 26, 2016)** – The two-day [Health & Fitness Expo](#) hosted annually by the Marine Corps Marathon (MCM) will open on Friday, Oct. 28 at the Gaylord National Resort & Convention Center at National Harbor in Oxon Hill, MD.

A short kickoff ceremony will be held at 9:45 a.m., with doors open to the public from 10 a.m. to 8 p.m. The Expo reopens Saturday, Oct. 29 from 8 a.m. to 6 p.m. in Halls D & E.

With limited parking in National Harbor, the MCM recommends Expo attendees take [free shuttles](#) provided from three Metro Stations: Eisenhower, Branch Avenue and Van Dorn in Arlington, VA. Expo attendees can also take the Water Taxi from Old Town Alexandria, VA or take Uber to the drop-off located in plateau parking, near the Gaylord.

Thousands of [MCM](#), [MCM10K](#) participants, their families and supporters will attend the Expo to pick up exclusive MCM Weekend materials. The Expo includes essential 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.com](http://www.marinemarathon.com) for more information.

Numerous vendors will showcase fitness products and equipment and provide samples, giveaways, health screenings and more. Hyundai, the MCM’s proud automotive partner, will display the MCM pace car for runners and supporters to sign; Brooks unveils the 2016 collection of MCM apparel; MARSOC (Marine Corps Special Operations Command) showcases a Marine Corps ATV; Navy Federal Credit Union hosts an interactive video booth and Wegmans welcomes runners with a special launch zone; Cabot Creamery and Tropical Smoothie will distribute product samples; massaging tools will be demonstration by Trigger Point and The Stick; KT Tape and Orig3n will be conducting Life Profiles and Buff Headbands will sell MCM-branded buffs.

Throughout MCM Weekend, runners can follow the MCM Twitter account (@Marine\_Marathon) for the chance to win a SuperSize Goodie Bag. These awesome prize bags will randomly be distributed at MCM events with clues provided by the MCM Twitter account. Some of the SuperSize Goodie Bags include running shoes from Brooks, Fitbit Blazes from First Command and Silver Diner gift cards. Even the SuperSize Goodie Bags themselves will be a treat as they are produced by Relan from the 2015 MCM finish line banners. Relan re-purposes banners into bags and other items that can be purchased by MCM participants.

### **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. Please no toy guns or stuffed animals.

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*Health & Fitness Expo continued*  
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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. All media must be credentialed. For more information about the MCM Press Conference or other weekend coverage contact Tami Faram, Marine Corps Marathon Public Relations Coordinator at 703-432-1840 or tami.faram@usmc-mccs.org.

Further information about the 41st MCM is available at [www.marinemarathon.com](http://www.marinemarathon.com).

*The Marine Corps Marathon (MCM), voted “Best Marathon in the Mid Atlantic,” the “Best Marathon for Charities” and the “Best Spectator Event, honors the dedication, sportsmanship and patriotism of its participants. Known as “The People’s Marathon,” runners from all walks of life participate in the MCM, the largest marathon not to offer prize money. The 41st MCM on Sunday, October 30, is sponsored by Arlington County, Brooks, Aetna, Hyundai and GEICO. No federal or Marine Corps endorsement is implied. #RunWithTheMarines*

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