

## Healthy Lifestyle Expo Open to Runners and Public This Weekend

*Featuring samples and experiences on May 20 & 21*

**QUANTICO, VA (May 19, 2022)** – The Healthy Lifestyle Expo will open its doors and make fitness fun for thousands of runners and guests on Friday, May 20 and Saturday, May 21.

The Expo is free and open to the public at the Fredericksburg Expo & Conference Center (2371 Carl D. Silver Parkway). Free parking is available. The times are as follows:



- Friday, May 20 at 3:30 p.m. - Healthy Lifestyle Expo Opening Ceremonies
- Friday, May 20 from 4 p.m. to 7 p.m. - Healthy Lifestyle Expo and Packet Pick-up
- Saturday, May 21 from 9 a.m. to 6 p.m. - Healthy Lifestyle Expo and Packet Pick-up

The Healthy Lifestyle Expo is conveniently located near Central Park Shopping Complex and close to Historic Downtown Fredericksburg's restaurants and shops. The Expo will feature athletic wear, giveaways, sampling, the latest endurance and recovery products and more.

Runners will experience a diverse expo experience with a range of wellness products, active interests and can't-miss photo opportunities. Check out these incredible moments:

- Brooks will feature the popular brand's shoes and exclusive event apparel
- Wild Bill's Craft Beverage Co. truck with Historic Half branded mugs
- Virginia based small businesses selling local products like peanut butter, teas and more
- Sampling of Kodiak Cakes product and a stationary bike competition
- Opportunity to sign the special cheer banner from the City of Fredericksburg
- Military-related organizations and other running events from around the region

The Expo also hosts Packet Pick-up. Runners will pick up their packets including the official bib with timing device, competitor shirt and more.

Limited entries remain available for the Marine Corps Historic Half, Semper 5ive, presented by Navy Federal Credit Union, and Devil Dog Double. Visit [www.marinemarathon.com](http://www.marinemarathon.com) to register or for more information about Marine Corps Historic Half Weekend.

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