

Making Fitness Fun at Healthy Lifestyle Expo in Fredericksburg, VA

Expo is open free to the public during Marine Corps Historic Half Weekend May 19 & 20

QUANTICO, VA (May 9, 2017)

– The Marine Corps Historic Half and U.S. Marines are making fitness fun for the thousands who will visit the two-day [Healthy Lifestyle Expo](#) on May 19 and 20 in Fredericksburg, VA. The Expo is free and open to the public during Marine Corps Historic Half Weekend, now celebrating its tenth year with the signature “greatest half marathon in history.”

The kick-off ceremony to [Marine Corps Historic Half Weekend](#)

begins at 11:30 a.m. on May 19 with the public opening of the Expo to follow at Noon, which is earlier than in year’s past. The Expo remains open through 7 p.m., and again on Saturday, May 20 from 9 a.m. to 6 p.m.

The Healthy Lifestyle Expo will be held at the Fredericksburg Expo & Conference Center, 2371 Carl D. Silver Parkway, with free parking.

The Healthy Lifestyle Expo includes 75 exhibitors providing the latest in commemorative gear and apparel at the Official Historic Half Store and numerous other vendors. Attendees can receive free community CPR training by Cogent Steps; learn more about injury prevention techniques and train for the infamous section of the course known as Hospital Hill, with treadmills set for the 200-foot elevation at the Mary Washington Healthcare booth.

Expo attendees can also visit Historic Half partners such as GEICO Military, Navy Federal Credit Union, Sprint, Fredericksburg Visitors & Tourism and Select Physical Therapy. Stop by Pohanka Nissan of Fredericksburg and autograph a “cheer vehicle” to motivate runners along the course. Also, sample products from Dole® and Sprelly, a local gourmet peanut butter and crepe company.

Runners of the [Marine Corps Historic Half](#), the [Semper Five](#) presented by Navy Federal Credit Union and the new [Devil Dog Double](#) will attend the Expo to pick up bibs, participant shirts, the magazine event program “GLORY,” and to obtain essential event-day information. Registration remains open for each running event at www.marinemarathon.com.

The Healthy Lifestyle Expo includes Speakers Square to include Actor Jim Klock who’s blockbuster film includes “Deepwater Horizon,” NBC4 Meteorologist Chuck Bell and Bart Yasso, Chief Running Officer of “Runner’s World.”



Healthy Lifestyle Expo continued
2-2-2-2

Marine Corps Historic Half Speakers Square schedule:

Friday, May 19

5 p.m. Actor Jim Klock
5:30 p.m. Historic Half Tips from Lucky Road, specialty running

Saturday, May 20

11 a.m. Chuck Bell, NBC4 Meteorologist and Historic Half finisher
11:30 a.m. Bart Yasso, Runner's World Chief Running Officer
12:30 p.m. Rick Nealis, Marine Corps Marathon Director
1 p.m. "Meet the Town Crier"
1:30 p.m. Historic Half Tip from Lucky Road
2 p.m. Actor Jim Klock

In addition to exhibitors, Marine Corps Marathon Charity Partners Fisher House, Semper Fi Fund and wear blue: run to remember will be available. The wear blue Mile will be located on Mile 8 of the Historic Half course as the event pays tribute to fallen service members from all military branches.

Media interested in covering Marine Corps Historic Half Weekend can submit the [Credential Request Form](#). Contact Tami Faram, Public Relations Coordinator at tami.faram@usmc-mccs.org or 703-432-1840 for questions. More information about the Marine Corps Historic Half is available at www.marinemarathon.com.

The Marine Corps Historic Half hosted annually in Fredericksburg, VA, includes thousands participating in half marathon, and the Semper Five presented by Navy Federal Credit Union. Considered "the greatest half marathon in history," the Marine Corps Historic Half boasts a course featuring landmarks dating back to our nation's beginnings and the early homes of Presidents George Washington and James Monroe. Organized by the Marine Corps Marathon, the Historic Half is sponsored by GEICO Military, Navy Federal Credit Union, Select Physical Therapy, Mary Washington Healthcare and Wegmans. No federal or Marine Corps endorsement implied. #RunWithTheMarines

###