

## Healthy Lifestyle Expo to Welcome Thousands May 13-14

*Free public event open during Marine Corps Historic Half Weekend in Fredericksburg, VA*

**QUANTICO, VA (May 6, 2016)** – As thousands of runners, supporters, spectators and volunteers are welcomed to Fredericksburg, VA from May 13-15, the Marine Corps Historic Half will showcase an expanded [Healthy Lifestyle Expo](#).

The Healthy Lifestyle Expo, free to the public, will feature over 70 exhibitors presenting the latest in fitness and running gear, nutritional products, exercise demonstrations, industry experts, free training in “Hands Only” CPR by the Red Cross, health screening by Mary Washington Healthcare, injury prevention techniques and giveaways from exhibitors such as GEICO, Pohanka Nissan of Fredericksburg, Navy Federal Credit Union and Fredericksburg Visitors & Tourism and the Main Street Initiative. In addition, Expo attendees can enjoy shopping at the Official Historic Half Apparel Store and sampling products from Dole® and Sprelly, a local gourmet peanut butter company.

The Expo will be held at the Fredericksburg Expo & Conference Center at 2371 Carl D. Silver Parkway, with free parking. The Expo will be open on Friday, May 13 from 4 to 8 p.m. and on Saturday, May 14 from 10 a.m. to 7 p.m.

Runners of the Marine Corps Historic Half and new Semper 5ive presented by Navy Federal Credit Union, will attend the Expo to pick up bibs, participant shirts, the event program “GLORY,” and to obtain important information.

In addition, the Expo will offer the Historic Half Speakers Square with a full schedule to include speakers and demonstrations – and a special meet n’ greet with Ret. Marine Gunnery Sgt. Tawanda “Tee” Hanible, star of the FOX Network reality show “American Grit.”

### Marine Corps Historic Half Speakers Square schedule:

#### Friday, May 13

5 p.m.	Hospital Hill Training Tips, presented by VA Runner
5:30 p.m.	Foam Roller Clinic, presented by VA Runner
6 p.m.	Dance Trance Fitness demonstration
7 p.m.	Pitaiyo demonstration

#### Saturday, May 14

10:30 a.m.	Tim Young, Marine Corps Historic Half course record holder and hometown runner
11 a.m.	Hospital Hill Training Tips, presented by VA Runner
11:30 a.m.	Foam Roller Clinic, presented by VA Runner
Noon	Gunnery Sgt. Tawanda “Tee” Hanible, star of “American Grit”
12:30 p.m.	Rick Nealis, Marine Corps Marathon Director
1 p.m.	Dance Trance Fitness demonstration

*Healthy Lifestyle Expo continued*  
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## **Speakers Square Schedule continued** **Saturday, May 14**

1:30 p.m. Pitaiyo demonstration  
2 p.m. Town Crier/James Monroe, “meet the President and the Town Crier”  
2:30 p.m. Miss Virginia Savannah Lane

In addition to exhibitors, Marine Corps Marathon Charity Partners such as Fisher House, TAPS, Homes for Our Troops and OAR will be available to Expo attendees.

Limited entries for both the Marine Corps Historic Half and the inaugural Semper 5ive presented by Navy Federal Credit Union on May 15 are available at [www.marinemarathon.com](http://www.marinemarathon.com).

Media interested in covering Marine Corps Historic Half Weekend from May 13-15 can submit the Credential Request Form on the [Press Inquiries page](#) of the website, or contact Tami Faram, Public Relations Coordinator at [tami.faram@usmc.mil](mailto:tami.faram@usmc.mil) or 703-432-1840. More information about the Marine Corps Historic Half is available at [www.marinemarathon.com](http://www.marinemarathon.com).

*The Marine Corps Historic Half hosted annually in Fredericksburg, VA, includes thousands participating in half marathon, and the Semper 5ive 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, Select Physical Therapy, Mary Washington Healthcare, Navy Federal Credit Union and Wegmans. No federal or Marine Corps endorsement implied. #RunWithTheMarines*

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