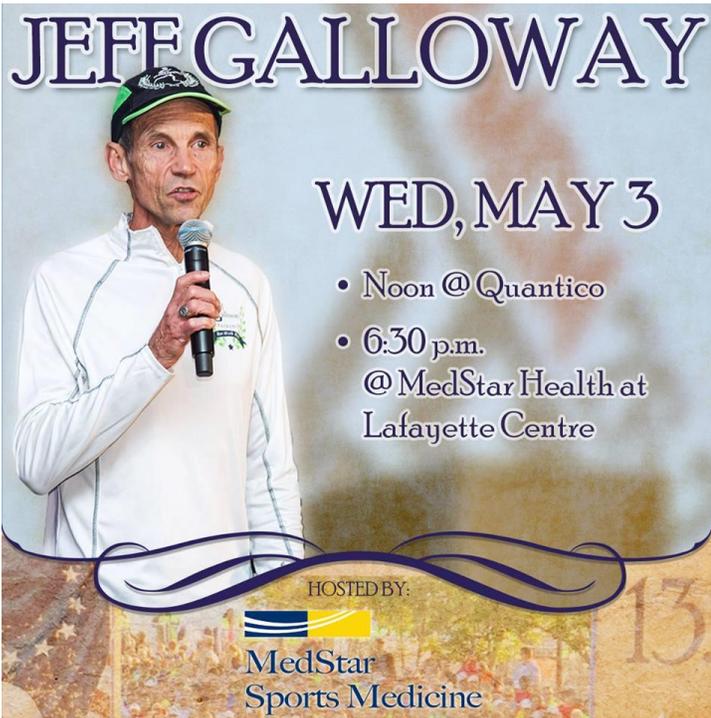




# MEDIA RELEASE

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**Get Essential Running Tips from Olympian Jeff Galloway on May 3**  
*Free clinics available on Quantico, VA and at MedStar Health in Washington, DC*



**QUANTICO, VA (May 1, 2017)** – Runners of all abilities – from veterans to newbies – are invited to attend a free clinic with Olympian and world renown trainer Jeff Galloway on Wednesday May 3 in both Virginia and Washington, D.C.

The first session begins at Noon at Marine Corps Base Quantico’s Little Theater, located at 2034 Barnett Avenue.

The second running clinic begins at 6:30 p.m. that evening at MedStar Health at Lafayette Center. The facility is located at 1133 21<sup>st</sup> Street in Northwest Washington, D.C.

Known as the guru of the “Run-Walk-Run” training method, Galloway is author of numerous books and his innovative ideas have opened up the possibility of training for, and running, a marathon to everyone. He not only offers great advice for running a long distance event, such as the Marine Corps Marathon, he also guides runners in their goal to remain injury free.

Galloway, a 1972 Olympian of the 10,000 meters, is also member of the Marine Corps Marathon Hall of Fame.

More information about the 42<sup>nd</sup> MCM is available at [www.marinemarathon.com](http://www.marinemarathon.com).

*About the MCM: 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. No federal or Marine Corps endorsement is implied. #RunWithTheMarines*

*About MedStar: MedStar Sports Medicine: MedStar Sports Medicine is one of the premier sports medicine programs in the country. Over the past 30 years, MedStar Sports Medicine has grown to include more than 60 physicians, 40 certified athletic trainers and a network of therapists, nutritionists, and support staff at MedStar Health’s 10 hospitals and diversified services. Focused on patient care, education, research and team relationships, this network of medical professionals is dedicated to enhancing the health and performance of all active people. More than 40 sports organizations, including the Baltimore Ravens, Baltimore Orioles, Washington Capitals, Washington Wizards, DC United and U.S. Lacrosse, have chosen MedStar Sports Medicine as their official medical team. Visit us at [MedStarSportsMed.org](http://MedStarSportsMed.org), or call 888-44-SPORT (888-447-7678).*

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