



MEDIA RELEASE

CONTACT: TAMI FARAM
tami.faram@usmc-mccs.org
703.432.1840 (o) 703.987.3191 (c)
www.MarineMarathon.com

MedStar Health and Marine Corps Marathon Offer Free Expert Training Tips *Sessions from May through October to occur at MedStar Center in Washington, DC*

QUANTICO, VA (April 28, 2017) – From May through October, area runners will have a great opportunity to attend free health, fitness and running clinics and glean expert training advice through MedStar Sports Medicine, proud partner of the 42nd Marine Corps Marathon.

Throughout the spring, summer and fall marathon training season, runners can attend the sessions to hear from MedStar Health's physicians, physical therapists and athletic trainers – to include DC's own world-class marathoner Michael Wardian. In addition, to the sessions held at MedStar Health at Lafayette Center in Northwest Washington, D.C., 30-minute training runs will be offered in September and October, prior to the 42nd MCM on Oct. 22. The training runs will be coordinated by running specialty stores Pacers and Potomac River Running. Attendees need not participate in the run to join any education session listed below.

The programs will be held at the MedStar's Building #1 at 1120 20th Street in Northwest Washington, D.C. Join MedStar, Michael Wardian and the MCM for one, or all, of the following dates. No registration is required.

Wednesday, May 3 – Olympian Jeff Galloway “Walk Run Program”

Tuesday, July 25 – “Exercises and cross training for the Marine Corps Marathon”

Tuesday, August 22 – “Nutrition and Hydration for MCM runners”

Tuesday, September 19 – “Injuries. When to see a doctor. What injury can you train through?”

Tuesday, October 10 – “Marine Corps Marathon: Event day tactics and recovery”

“MedStar Sports Medicine is proud to again be the sports medicine partner of the Marine Corps Marathon,” says Stephen R.T. Evans, MD, MedStar Health executive vice president and chief medical officer. “We are pleased to offer the MedStar Sports Medicine MCM Education & Training Program sessions to help you get to the starting line and the finish line of this great event.”

More information about the 42nd Marine Corps Marathon is available at 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 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, or call 888-44-SPORT (888-447-7678).

###