



MEDIA RELEASE

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MedStar Teams with MCM Offering Free Runner Programs in Virginia *Doctors, physical therapists and athletic trainers to help runners prepare for October Marathon*

QUANTICO, VA (July 28, 2016) – The Marine Corps Marathon (MCM) has teamed up with MedStar Sports Medicine to offer MCM participants a fantastic opportunity to better prepare for their marathon run this October with the help of MedStar physicians, physical therapists and athletic trainers – free of charge. These runner education sessions will be held at both Potomac River Running and Pacers stores located in Virginia.

With fewer than 13 weeks until the 41st MCM on Oct. 30, the time to train is now.

In August and through October, MedStar physicians, physical therapists and athletic trainers will provide expertise on the following topics:

- MCM Nutrition & Hydration
- MCM Preparation & Tactics
- Plan Your MCM Recovery

The first of two Nutrition & Hydration sessions will be held on Tuesday Aug. 30 at 7 p.m. at the Potomac River Running store at 4501 Fairfax Drive in Arlington, VA. A second session will be held the following day, also at 7 p.m., at the Pacers store located at 3100 Clarendon Boulevard in Arlington.

Runners interested in Preparation & Tactics can attend the session on Sept. 8 at Pacers in Old Town Alexandria, or on Sept. 20 at Potomac River Running in Arlington. The remaining Recovery sessions will be held Oct. 13 and Oct. 19 at MedStar's new Lafayette Sports Medicine Center at 1120 20th Street in Northwest Washington, D.C. For more information about MedStar Sports Medicine, visit www.medstarsportsmedicine.org/mcm.

In addition to the educational sessions, free Saturday training runs will be offered in September and October starting from the Lafayette Sports Medicine Center. The training runs will provide MCM participants a chance to get familiar with, and acclimate to, Washington, D.C. sections of the MCM course.

Pacers and Potomac River Running also offer MCM runners their marathon training programs with a variety of options that do include some free Saturday training runs. Additional coach-led training programs offered by both running stores typically include a fee.

More information about the 41st MCM is available at www.marinemarathon.com.

About the MCM: The Marine Corps Marathon (MCM) is voted the "Best Marathon in the Mid Atlantic" and "Best Marathon for Spectators." The MCM honors the dedication, sportsmanship and patriotism of its participants. Also known as "The People's Marathon," runners from all walks of life participate in the MCM, the largest marathon not to offer prize money. The 41st MCM will be held on October 30, 2016 in Arlington, VA. No federal or Marine Corps endorsement is implied. #RunWithTheMarines

About Medstar Sports Medicine: In addition to providing medical support to more than 15 road and trail races in the Baltimore & Washington region, MedStar Sports Medicine is also most preferred by the area's professional sports teams, including the Washington Capitals, Mystics, and Wizards, D.C. United, as well as the Baltimore Ravens and Orioles. With more than 55 specialized sports medicine physicians and 70+ locations, MedStar Sports Medicine is here for you - before, during and after the MCM. MedStar's athletic trainers, physical therapists and physicians are focused on providing MCM participants with the latest in running injury prevention, treatment and recovery. www.medstarsportsmedicine.org.

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