



MEDIA RELEASE

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Quantico Tri and New 12K Offer Summer Fun and Training for 41st MCM *Registration Opens April 27 for August events at Quantico's Officer Candidate School*

QUANTICO, VA (April 26, 2016) – The Marine Corps Marathon (MCM) is offering something new and very unique to athletes this summer with the introduction of the Quantico 12K, along with the return of the Quantico Tri on Saturday, Aug. 20. The new Quantico 12K provides a perfect training opportunity for those preparing to participate in the 41st MCM this October.

The [Quantico Tri and Quantico 12K](#) will be hosted on Marine Corps Base Quantico's scenic Officer Candidate School. The Quantico Tri includes a 750-meter swim in the open water of the Potomac, 20K bike ride and 5K run.

The Quantico 12K will start consecutively with the Tri providing runners a challenging run through the wooded trails that wind throughout OCS. The 7.45 mile distance times well for many marathoner training plans as they prepare for the 41st MCM on Oct. 30. Both events will traverse along the same terrain that OCS candidates run during Marine Corps physical training.

Registration for both the Quantico Tri and Quantico 12K opens at noon Eastern on Wednesday, April 27 at www.marinemarathon.com. Athletes can participate in either the Tri or the 12K on event day.

The Quantico Tri is \$75, while the Quantico 12K is \$45 to register. Both events offer impressive finisher medals, technical shirts and enhanced hospitality.

Finishers of the Quantico Tri and Quantico 12K will be treated to packets of nutritional seaweed among other hospitality items from Clif Bar, Wegmans, Jelly Belly sports beans and Mic Ultra, for those over 21.

The Quantico 12K is part of the distinguished participant challenge sponsored by VA Runner. A special medal will be awarded to individuals who complete Run Amuck in June; the Quantico Tri or the Quantico 12K in August; the Turkey Trot 10K in November and either the Marine Corps Historic Half or the Semper Five (five miler) on May 15.

The USA Triathlon-sanctioned [Quantico Tri and the Quantico 12K](#) are part of the MCM Event Series, hosted annually by the Marine Corps Marathon. For more information about the MCM Event Series, visit www.marinemarathon.com.

The 2016 MCM Event Series includes a series of road races and a triathlon occurring in Prince William County and on Marine Corps Base Quantico, VA. The MCM Event Series is sponsored by Brooks, Discover Prince William County/Manassas, GEICO, Holiday Inn Quantico Center, National University, Sentara Healthcare and Wegmans. No federal or Marine Corps endorsement implied.
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