



# MEDIA RELEASE

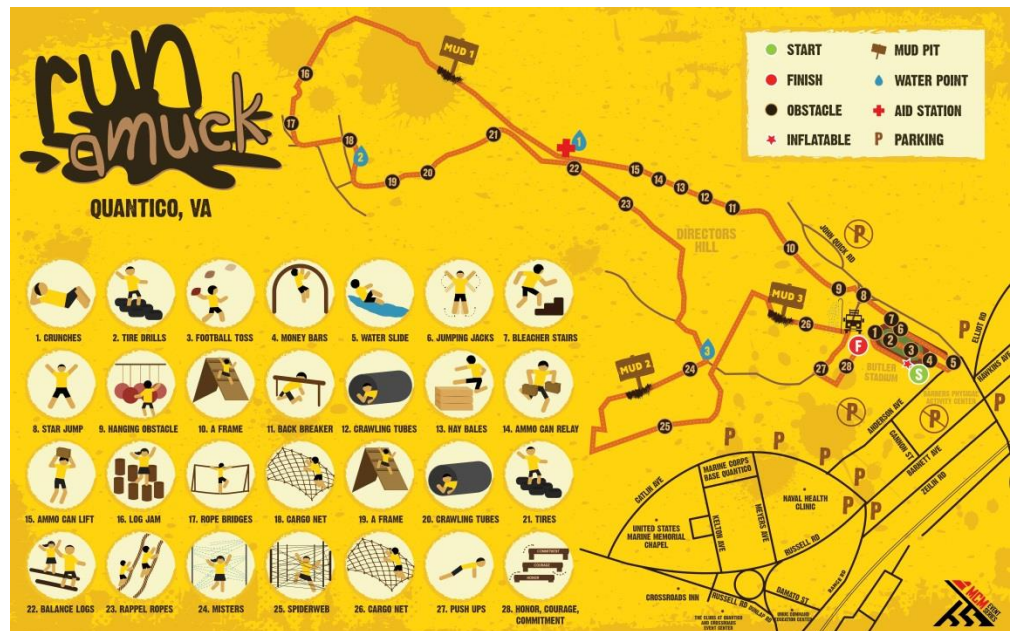
MARINE CORPS MARATHON  
3399 Russell Road, P.O. Box 188  
Quantico, VA 22134  
1.800.RUN.USMC  
www.MarineMarathon.com

## Run Amuck Offers More Obstacles and Messy Fun on Quantico

*Limited entries remain for Run Amuck or Mini Run Amuck on June 4*

**QUANTICO, VA (May 24, 2016)** – Looking for good, *clean* fun? That’s what you will find at Run Amuck – the messy, muddy adventure over the steep hills and through the trails of Marine Corps Base Quantico, VA. On June 4, over 2,500 will run the mud and obstacle escapades with limited spots still available for the four-mile Run Amuck, or the two-mile Mini Run Amuck at [www.marinemarathon.com](http://www.marinemarathon.com).

Run Amuck includes a new adventurous course with 28 challenging obstacles and PT drills pitted against participants running throughout Quantico’s steep hills, deep valleys and dense woods. Deep mud pits and messy mud crawls are strewn throughout a course littered with obstacles like the A-frame climb, narrow tunnel crawl, tire dash, cargo lift, log jam, monkey bars and rappel ropes along with cargo nets and spider webs – just to add to the challenge.



Run Amuck and Mini Run Amuck, will launch runners in waves every half hour from 7 a.m. to 10:30 a.m., with the start and finish located at Quantico’s historic Butler Stadium.

Messy, muddy Run Amuck and Mini Run Amuck participants can enjoy some relief from misters set along the course and from a giant water blast, courtesy of the Quantico Fire Department. In addition, participants can “get their game faces on” at the complimentary camouflage paint and tattoo stations, located near the Run Amuck start.

Registration for Run Amuck is \$50, and Mini Run Amuck is just \$30 to register at [www.marinemarathon.com](http://www.marinemarathon.com).

All participants will receive a technical T-shirt and commemorative bib and towel – most appropriate after the muddy run. In addition, participants 21 and over can enjoy the Mic Ultra beer garden post event.

Media interested in Run Amuck or Mini Run Amuck should contact Tami Faram, MCM Public Relations Coordinator at 703-432-1840 or [tami.faram@usmc.mil](mailto:tami.faram@usmc.mil).

*Run Amuck and Mini Run Amuck are part of the 2016 MCM Event Series, organized by the Marine Corps Marathon. The MCM Event Series is sponsored by Brooks, GEICO, Sentara Healthcare, Discover Prince William County/Manassas and Wegmans. No federal or Marine Corps endorsement implied. #RunWithTheMarines*

###