

Ultramarathon Man to Run Inaugural MCM50K

Dean Karnazes announced as featured speaker at MCM Carbo Dining In

QUANTICO, VA (March 19, 2019) – Renowned ultramarathoner and bestselling author, Dean Karnazes, is set to run the inaugural MCM50K on Oct. 27 in Arlington, VA. Karnazes, named by TIME magazine as one of the “100 Most Influential People in the World,” will also be the featured speaker at the MCM Carbo Dining In on Oct. 26, as part of MCM Weekend.

The MCM50K sold out in one hour and is set to be the largest ultra in the United States with nearly double the participants of the 2018 record. Karnazes will add running with the Marines to his impressive resume that includes running 50 marathons in all 50 states in 50 consecutive days; competing on all seven continents; winning the ESPN ESPY Award for Best Outdoor Athlete; and being a three-time winner of Competitor magazine’s Endurance Athlete of the Year. The NY Times bestselling author has pushed his body and mind to inconceivable limits, such as running across the Sahara Desert and the South Pole; 350 continuous miles without sleep for three nights; and as a solo participant in ten different 200-mile relay races.

“I am thrilled and honored to be part of the inaugural MCM ultramarathon. Going beyond the marathon is the ultimate test of human endurance and I look forward to the challenge,” shares Karnazes.

Runners have the opportunity to purchase tickets to the Carbo Dining In featuring the Ultramarathon Man. Karnazes is slated to speak about his stories of persistence, perseverance and unlocking inner strength during the MCM’s pasta dinner.

<i>When</i>	Saturday, Oct. 26
<i>Where</i>	Gaylord National Resort and Convention Center at National Harbor, MD
<i>Time</i>	6 p.m. – 8 p.m.
<i>Cost</i>	\$65
<i>Menu</i>	A fabulous buffet of decadent pastas, salads, deserts and more. Gluten free options are available.

Tickets for the Carbo Dining In are available for purchase during MCM registrations. Key registration dates are:

- March 19 – MCM Rush Registration. Begins at noon today (March 19) and will close at 12:20 p.m. OR as soon as 7,000 runners have registered. Achieving this registration plateau would prompt Rush Registration to close prior to the planned 20-minute duration.
- March 20-26 – MCM Lottery. Runners may declare their intent to run the MCM by signing up for the Lottery from noon on March 20 to noon on March 26. All registered runners will be notified of their status through email on March 27.

Highlights:

>> Dean Karnazes enters MCM50K

>> “Ultramarathon Man” will speak at MCM’s pasta dinner

>> Carbo Dining In on Saturday, Oct. 26

>> Tickets on sale during MCM registration

The Carbo Dining In, held prior to “The People’s Marathon,” pays homage to a traditional military ‘dining in,’ with casual dress for the many runners who will embark on the MCM in Arlington, VA and throughout the nation’s capital the following morning. The Dining In also includes live entertainment while fostering camaraderie and esprit de corps.

The 44th MCM will take place on Oct. 27 in Arlington, VA and the nation’s capital. This annual event hosts 30,000 runners and more than 150,000 spectators. Entries are \$180 plus a processing fee and are available to runners ages 14-and-older at www.marinemarathon.com.

For media information please contact Ashley Topolosky, Marine Corps Marathon Public Relations Coordinator at 703-987-3191 or ashley.topolosky@usmc-mccs.org.

The Marine Corps Marathon (MCM), known as “The People’s Marathon,” promotes physical fitness and generates community goodwill while showcasing the high standards and discipline of the United States Marine Corps. Annually ranked as one of the largest marathons in the US and the world, the MCM welcomes runners from all 50 states and more than 60 countries. No federal or Marine Corps endorsement is implied. Connect with the Marine Corps Marathon on [Facebook](#), [Twitter](#), [Instagram](#), [YouTube](#) and [Flickr](#). #RunWithTheMarines