

MCM Health and Fitness Expo Open to Runners and Public This Weekend

Activations and booths are open on October 27 and October 28

QUANTICO, VA (October 26, 2023) – The Marine Corps Marathon (MCM) Health and Fitness Expo will open its doors for tens of thousands of runners and guests on Friday, October 27 and Saturday, October 28 at the Gaylord National Resort and Convention Center (201 Waterfront Street, National Harbor, Maryland).

The Expo is free and open to the public. The times are as follows:

- Friday, October 27 at 9:30 a.m. – MCM Health and Fitness Expo Opening Ceremonies
- Friday, October 27 from 10 a.m. to 8 p.m. – MCM Health and Fitness Expo and Packet Pick-up
- Saturday, October 28 from 10 a.m. to 6 p.m. – MCM Health and Fitness Expo and Packet Pick-up

The Expo will feature athletic wear, giveaways, sampling, the latest endurance and recovery products and more.

Runners will experience a diverse expo experience with a range of wellness products, active interests and can't-miss photo opportunities. Check out these incredible moments:

- MCM Store from Recover Brands, Altra Running and Pacers Running
- Donate old or unused cotton or polyester tees to recycle through Recover Brand's 360°Closed Loop program
- Free samples from multiple vendors
- Meet Jon Call (@jujimumfu), Monster Energy Ambassador on Friday from 1:00 p.m. to 4:00 p.m.
- Military-related organizations and other running events from around the region

The Expo also hosts Packet Pick-up. Runners will pick up their packets including the official bib with timing device, competitor shirt and more.

Entries remain for the MCM Kids Run running on Saturday, October 28 at the North Pentagon parking lot. This one mile fun run allows aspiring runners, ages 5 to 12, to join in on the MCM Weekend fun. Additionally, registration for 49th MCM Weekend opens on Friday, October 27. Interested runners can register at the expo and online.

Visit www.marinemarathon.com to register or for more information about MCM Weekend.

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