

## Healthy Lifestyle Expo Open to Runners and Public This Weekend

*The Finish Festival continues the party following the race*

**QUANTICO, Va. (May 17, 2024)** – The Healthy Lifestyle Expo will open its doors and make fitness fun for thousands of runners and guests on Saturday, May 18.

The Expo is free and open to the public at the Fredericksburg Convention Center (2371 Carl D. Silver Parkway). It is conveniently located near Central Park Shopping Complex and close to Historic Downtown Fredericksburg's restaurants and shops. Free parking is available. The times are as follows:

- Saturday, May 18 at 8:30 a.m. - Healthy Lifestyle Expo Opening Ceremonies
- Saturday, May 19 from 9 a.m. to 6 p.m. - Healthy Lifestyle Expo and Packet Pick-up

The festivities kick off with the opening ceremony and continue with Packet Pick-up and the expo, which will feature athletic wear, giveaways, 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:

- Purchase exclusive Marine Corps Historic Half apparel from Recover Brands
- Get a shirt and make an inspirational poster with Navy Federal Credit Union
- Virginia based small businesses selling local products like peanut butter, teas and more
- Opportunity to sign the special cheer banner from the City of Fredericksburg
- Military-related organizations and other running events from around the region

High school student athletes and those interested in learning more about the Marine Corps are invited to join the All-Marine Running Team for a shakeout run at 10 a.m. Participants should meet at the Marine Corps Fredericksburg Recruiting Sub-Station booth within the expo. The easy three miles will allow those in attendance to mingle with Marines while loosening their legs for the half marathon the next day.

The post-race Finish Festival is also free and open to the public on Sunday, May 19 from 6:30 a.m. to 11:00 a.m. in the Wegmans parking lot and will celebrate runner's achievement with even more fun experiences:

- Meet & Greet with the Marine Corps Mounted Color Guard
- Enjoy iced coffee and iced tea samples from the Dunkin Donuts Cruiser
- Jam out to a free performance from the Marine Corps Base Quantico Rock Band
- Buy more Marine Corps Historic Half branded gear from Recover Brands

Limited entries remain available for the Marine Corps Historic Half. Visit [www.marinemarathon.com](http://www.marinemarathon.com) to register or for more information about Marine Corps Historic Half Weekend.