

# Run in the footsteps of Presidents & Generals

# MARINE CORPS HISTORIC HALF

★ ★ ★ ★ ★ May 16, 2010  
Fredericksburg, VA



Healthy Lifestyle Expo  
Fredericksburg Expo and Conference Center  
Friday and Saturday, May 14-15, 2010

## SEMPER fred 5K

Sunday, May 16, 2010  
A traditional hard-charging Marine Corps-style 5K right through the Central Park area of Fredericksburg. Beginning just after the Historic Half, Semper Fred 5K can be run for speed or for fun.



## Keep on Running

The MCM Event Series held on Marine Corps Base Quantico includes the MCM Run 2 Register 10K in March, Crossroads 17.75K in June, Run Amuck in August and Turkey Trot in November. Find out about these great races organized by the Marine Corps Marathon at [www.MarineCorpsHistoricHalf.com](http://www.MarineCorpsHistoricHalf.com).



Online Registration opens November 18, 2009  
[www.MarineCorpsHistoricHalf.com](http://www.MarineCorpsHistoricHalf.com)

# 13.



13.1 Miles Through History  
May 16, 2010  
Fredericksburg, VA

[www.MarineCorpsHistoricHalf.com](http://www.MarineCorpsHistoricHalf.com)

Run the streets where the nation's first president lived as a boy and the North and South came face to face in battle. Throw out the clocks and run 13.1 in timeless Fredericksburg (don't worry, we'll still keep official time).

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