



# Press Release

For Immediate Release

Media Contact: Marc Goldman  
marc.goldman@usmc.mil  
703.784.2113

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## **Marine Corps Historic Half Healthy Lifestyle Expo Adds New Speaker Series on Friday, May 15 and Saturday, May 16** *Two-Day Expo Features Exciting Vendors and Packet Pick-Up*

**QUANTICO, VA-** The Marine Corps Marathon today announced a partnership with Mary Washington Hospital to present a speaker series as part of the Marine Corps Historic Half marathon's Healthy Lifestyle Expo on Friday, May 15 from 4 p.m. to 7 p.m. and on Saturday, May 16 from 10 a.m. to 7 p.m. at the Fredericksburg Expo and Conference Center. The event, featuring more 60 booths showcasing health, wellness, diet and exercise products and services, is free and open to the general public.

"Adding a speaker series offers runners an opportunity to get questions answered and pick up helpful tips directly from experts," said Race Director Rick Nealis, who will host a "Meet the Director" session on Friday evening.

Other topics on Saturday, May 16 to be presented by Mary Washington Hospital's expert speakers include nutrition, injury prevention, runner safety and the impact of running on psychological health. Presenters include a cardiologist, clinical dietician, physical therapist, orthopedic surgeon and a trauma surgeon. A complete schedule is featured on the event website, [www.marinecorpshistorichalf.com](http://www.marinecorpshistorichalf.com).

Highlighted vendors include McCafe sponsored by McDonald's, Cannon Ridge golf booth, the Historic Half apparel store featuring New Balance, Geico and original Historic Half artwork by Lasting Commemoratives. Essential for runners, Packet Pick-up will be held during Expo hours. All participants in the Historic Half and the accompanying Semper Fred 5K are required to retrieve their bib, t-shirt and timing tag at the Expo. Runners must bring their E-Confirmation Card, downloaded from the Historic Half website and a photo ID.

*The Marine Corps Historic Half marathon will be held on May 17, 2009 in Fredericksburg, VA. Created by organizers of the Marine Corps Marathon, the Historic Half follows a tradition of excellence and impeccable planning. The Historic Half is sponsored by GEICO, Marine Federal Credit Union and New Balance. No federal or Marine Corps endorsement implied.*

*For media information, contact Marc Goldman, Marine Corps Marathon Sponsorship and Marketing Manager at (703) 784-2113 or [marc.goldman@usmc.mil](mailto:marc.goldman@usmc.mil).*