



Press Release

For Immediate Release

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Free Customized Trainer Now Offered to Historic Half Runners *'NBFITS' From New Balance Enhances Runner's Goals, Tracks Progress*

QUANTICO, VA (April 8, 2010) – Marine Corps Historic Half marathon runners seeking the motivation to set personal goals while training for the May 16 race in Fredericksburg, VA, now can access a new technically-advanced online trainer completely free of charge.

New Balance® and the Marine Corps Historic Half have teamed up to offer NBFITS, a complete fitness training and tracking program developed to help runners set goals and fulfill their needs while losing weight, toning up or simply training to run.

“Training programs like the one being offered by New Balance are increasingly being utilized by runners training for marathons and half marathons,” says Rick Nealis, MCM Race Director, and organizer of the Historic Half. “New Balance’s offer of free training to Historic Half participants is a real demonstration of the company’s commitment to support runners and their training goals.”

Runners may access the service through the Historic Half website at **www.marinecorpshistorichalf.com** on the “Training” page. Runners can create daily, weekly and monthly schedules to easily track training progress and help maintain goals in preparation for the upcoming Historic Half or any distance running event.

NBFITS offers a wide variety of training programs created by New Balance fitness experts. While online, runners can join the training experts in the hottest new workouts or choose to develop a personal exercise program. In addition, Historic Half participants can invite friends or family members to join them in their half marathon training or share goals with other runners through NBFITS.

The free training program is offered through New Balance’s partnership with the Marine Corps Historic Half. Registration for the Historic Half marathon is available online at **www.marinecorpshistorichalf.com**.

For media information, contact Tami Faram, Marine Corps Marathon Public/Community Relations Coordinator at 703-432-1840 or tami.faram@usmc.mil.

The Marine Corps Historic Half marathon will be held on May 16, 2010 in Fredericksburg, VA. The Marine Corps Historic Half marathon is sponsored by Marine Federal Credit Union, Geico, the Free Lance Star and New Balance. No federal or Marine Corps endorsement implied.

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