

MEDIA RELEASE



MCM EVENT SERIES 2010

Free Online Trainer and Marine Corps Marathon Book Among Awards to be Presented at Run to Register 10K

Author George Banker Book Signing at Event on March 27

QUANTICO, VA (March 17, 2010) – Expanding its health and fitness focus from the body to include the mind, the Marine Corps Marathon (MCM) will offer a free online training program to overall and age-category award winners at the MCM Run to Register (R2R) 10K race on Saturday, March 27 at Marine Corps Base Quantico.

In addition, all award winners will receive the book, “The Marine Corps Marathon: A Running Tradition,” by author George Banker, a well-known local marathoner, race photographer and journalist. Banker will be at the historic Butler Stadium finish line to sign copies of his book for each award-winning runner. The book also will be available for purchase.

The R2R will be held on Butler Stadium’s track and surrounding roadways, giving finishers, age 14 and above, a highly sought-after guaranteed entry into the 35th MCM. This year’s MCM will be held on October 31. Registration for the 35th MCM opens online to the public on April 7.

R2R awards will be presented to top male and female finishers in five-year age-group categories ranging from age 10 to 60-plus. In addition, all R2R winners who are eligible to run the MCM, will receive free access to the MCM’s online training program. The online training program is available at www.marinemarathon.com for \$39.95.

The 28th Irish Sprint, a one-mile fast-paced track and road race where runners test their maximum speed, will immediately follow the R2R. Online registration for the Irish Sprint is available at www.marinemarathon.com. The R2R registration is closed however, special awards will be presented to runners participating in both events.

Irish Sprint awards will be presented in five-year age group categories from ages 14 to 60-plus. In addition, the Commandant’s Trophy will be presented to branch of military service with the fastest combined time of its top male and female finishers.

Voted the best marathon for families, the Marine Corps Marathon honors the dedication, sportsmanship and patriotism of its participants. Runners from all walks of life participate in the largest marathon not to offer prize money, earning the nickname as “The People’s Marathon.” The MCM is the fourth largest marathon in the United States and eighth largest in the world. The 35th anniversary Marine Corps Marathon will be held on October 31 in Arlington, VA. No federal or Marine Corps endorsement is implied. For media information, contact Tami Faram, Marine Corps Marathon Public Relations Coordinator, at 703-432-1840 or tami.faram@usmc.mil.

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