



# Press Release

For Immediate Release

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## Thrilling Weekend of Events Planned for Marine Corps Historic Half

*City of Fredericksburg to Expect Thousands of Visitors, Increased Commerce*

**QUANTICO, VA (May 13, 2010)** – An exciting weekend of Marine Corps Historic Half marathon events will begin with the ceremonial opening of the two-day Healthy Lifestyle Expo in Fredericksburg VA on Friday, May 14 and culminate with 8,000 runners and thousands more spectators participating in the Marine Corps Historic Half marathon and Semper Fred 5K on Sunday, May 16.

The Healthy Lifestyle Expo is a free health and fitness showcase. The public is invited to attend as Fredericksburg Mayor Tom Tomzak and Marine Corps Marathon Race Director Rick Nealis cut the ribbon to open the Expo in a ceremony that begins at 3:30 p.m. on May 14 at the Fredericksburg Expo & Conference Center at 2371 Carl D. Silver Parkway in Fredericksburg, VA.

The first five Half marathon or Semper Fred 5K runners in line at the ceremony will participate in the Historic Half Bib Grab including a grand prize entry into upcoming Marine Corps Marathon events; Platinum Season Pass to Celebrate Virginia Live concert series; free massage from Massage Envy; six-month membership to the Rappahannock Area YMCA and free download from MarathonFoto.

The Healthy Lifestyle Expo includes 60 vendors and features running and fitness products and nutritional vendors. The Expo is open from 4 to 8 p.m. on Friday, May 14 and from 10 a.m. to 7 p.m. on Saturday, May 15.

On Sunday, May 16, nearly 7,000 runners will gather at the Historic Half start line on Carl D. Silver Parkway, outside the Expo & Conference Center. Historic Half opening ceremonies begin at 6:30 a.m. with the official start of the race at 7 a.m.

A Virginia Patriot Town Crier will announce the Historic Half as Fredericksburg City Councilman Matthew Kelly fires a replica British Enfield Civil War-era musket, sounding the official start. Kelly will fire the musket donning the uniform of the 28th Massachusetts, 4th Regiment of the Irish Brigade.

Another 1,000 runners of all ages will gather at 7:15 a.m. for the Semper Fred 5K (3.1 miles).

More than 500 volunteers and 300 U.S. Marines and Navy Medical personnel from the Fredericksburg area and beyond will assist during the three-day weekend. A wide variety of entertainers will showcase their talents throughout the 13.1 miles of the Marine Corps Historic Half marathon course.

*The Marine Corps Historic Half marathon will be held on May 16, 2010 in Fredericksburg, VA. The Historic Half is coordinated by organizers of the Marine Corps Marathon. The Marine Corps Historic Half 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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