



# MEDIA RELEASE

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## **Marine Corps Marathon Health & Fitness Expo at DC Convention Center**

*Expo is free and open to public on Oct. 23 & 24 via Mount Vernon Metro*

**QUANTICO, VA (Oct. 9, 2015)** – The 40<sup>th</sup> Marine Corps Marathon (MCM) will host this year’s Health & Fitness Expo at the Walter E. Washington Convention Center in Washington, D.C. Free and open to the public on Friday, Oct. 23 and Saturday, Oct. 24, the [Health & Fitness Expo](#) will be held in Hall C of the Convention Center, which can be accessed through the building’s front entrance. The Health & Fitness Expo will be open from 9 a.m. to 7 p.m. both days.

It is recommended all attendees arrive to the Expo via the Mount Vernon Metro station (green/yellow). The Walter E. Washington Convention is located at 801 Mount Vernon Place in northwest Washington, D.C. Once off the Metro, visitors will walk to the front entrance of the Convention Center on Mount Vernon Place to access the Health & Fitness Expo in Hall C. There is no parking located at the Convention Center.

The Health & Fitness Expo traditionally kicks off [MCM Weekend](#) with a celebratory opening ceremony and prize giveaways for those first in line. The opening ceremony starts at 8:30 a.m. on Friday, Oct. 23.

Thousands of MCM, MCM10K and MCM Kids Run participants, their families and supporters will attend the Expo to pick up exclusive MCM Weekend materials. The Expo includes essential services, such as Packet Pick-up where all MCM and MCM10K participants will obtain their official bib, event program “[Salute](#),” technical participant shirt, clear plastic bag and UPS baggage sticker. All MCM and MCM10K participants are required to present their e-card and photo ID at Packet Pick-up.

More than 200 vendors will showcase fitness products and equipment and provide samples, giveaways, health screenings and more. Hyundai, the MCM’s proud automotive partner, will display the MCM pace car for runners and supporters to sign; Brooks unveils the 2015 collection of MCM apparel; MARSOC (Marine Corps Special Operations Command) showcases a Marine Corps ATV; Arlington County hosts its new mobile visitor center and Wegmans welcomes runners with a special launch zone.

Throughout MCM Weekend, runners can follow the MCM Twitter account (@Marine\_Marathon) for the chance to win one of 40 extra special SuperSize Goodie Bags. These awesome prize bags will randomly be distributed at MCM events with clues provided by the MCM Twitter account. Some of the SuperSize Goodie Bags include running shoes from Brooks, iPad Minis from First Command and Dunkin Donut gift cards. Even the SuperSize Goodie Bags themselves will be a treat as they are produced by Relan from the 2014 MCM finish line banners. Relan re-purposes banners into bags and other items that can be purchased by MCM participants.

### **Shoe and Toy Drop Off**

MCM runners can bring their used – but not abused – running shoes to the Health & Fitness Expo for donation to the MORE Foundation Group, benefiting West Africa’s poorest family farms. Running shoes can be dropped off in bins located near MCM Packet Pick-up. Also, U.S. Marines from the Marine Corps Reserve Toys for Toys program will accept new toys for both girls and boys during the Health & Fitness Expo. The Marines will be located in Packet Pick-up.

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*Health & Fitness Expo*  
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## **Celebrity appearances**

Health & Fitness Expo attendees will have a chance to meet celebrities at the Military Benefit Association booth #829. Appearing on Friday, Oct. 23 from 9:30 to 11:30 a.m. are retired Marine Corps Sgt. Maj. Jim Kuiken and his guide dog, Freedom. Kuiken and Freedom work with K9s for Warriors, helping “give a new leash on life” to rescue dogs and service members.

Rocky Bleier – former Pittsburgh Steeler, four-time Super Bowl Champion and decorated Vietnam Veteran -- Rocky Bleier will greet Expo attendees from 1 to 3:30 p.m. A former Army Specialist, Bleier received both the Purple Heart and Bronze Star for his actions in Vietnam. He played for the Steelers in 1968, until being drafted into the U.S. Army, and then returned to play for the Steelers from 1971 to 1980.

Appearing on Saturday, Oct. 24, is former Washington Redskins Jeff Bostic. The three-time Super Bowl Champion was a major contributor to the Redskins’ success while on the team from 1980 to 1993. Bostic will greet Expo attendees from 9:30 to 11:30 a.m.

Media interested in covering the Health & Fitness Expo or any MCM Weekend event should complete the [Credential Request form](#) available on the Media Services page of the MCM website. All media must be credentialed. For more information about the MCM Press Conference or other weekend coverage contact Tami Faram, Marine Corps Marathon Public Relations Coordinator at 703-432-1840 or tami.faram@usmc.mil. Further information about the 40<sup>th</sup> MCM is available at [www.marinemarathon.com](http://www.marinemarathon.com).

*Voted the “Best Marathon in the Mid Atlantic” and “Best Marathon for Spectators,” the Marine Corps Marathon (MCM) honors the dedication, sportsmanship and patriotism of its participants. Also known as “The People’s Marathon,” runners from all walks of life participate in the MCM, the largest marathon not to offer prize money. The 40th MCM sponsored by Arlington County, Brooks, Hyundai and Aetna will be hosted in Arlington, VA on Sunday, Oct. 25, 2015. No federal or Marine Corps endorsement is implied. #RunWithTheMarines.*

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