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Final “Groundpounder” Announces Retirement

The Sole Remaining Marine Corps Marathon “Groundpounder” Will Not be Running This Year’s MCM

QUANTICO, VA (October 27, 2018) – Al Richmond of Arlington, VA, formally recognized as the last Marine Corps Marathon (MCM) beloved Groundpounder and retire Marine Corps Colonel, announced his retirement from running the event after having participated in “The People’s Marathon” for 42 consecutive years.

The 77-year-old Richmond made his final run during the 42nd MCM last year. The Groundpounders were a select few who had officially completed every year of the event. By the 40th MCM in 2015, only Al and Will Brown of Raleigh, NC remained MCM Groundpounders.



Al was registered to run this year, but recently withdrew.

Al began running in high school and says he disliked long-distance running, but a conversation in a locker room changed all of that. Richmond was working in the Marine Corps office that was helping put on the first ever Marine Corps Reserve Marathon in 1976. While he was working for the MCM, he never actually intended to run it. Then one day, a co-worker commented that he was going to take part in the marathon and Richmond figured that if his co-worker could do the marathon, then so could he. Richmond has completed more than 42 marathons. Richmond says the MCM is, “a personal thing, and I don’t want to be the one who breaks this streak early.”

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The Marine Corps Marathon (MCM), known as “The People’s Marathon,” promotes physical fitness and generates community goodwill while showcasing the high standards and discipline of the United States Marine Corps. Annually ranked as one of the largest marathons in the US and the world, the MCM welcomes runners from all 50 states and more than 60 countries. The 43rd MCM, coordinated by the Marine Corps Marathon Organization (MCMO), will be held Oct. 28, 2018 in Arlington, VA. The MCM is presented by Arlington County, Brooks, Cigna and Leidos. No federal or Marine Corps endorsement is implied. Connect with the Marine Corps Marathon on [Facebook](#), [Twitter](#), [Instagram](#), [YouTube](#) and [Flickr](#). #RunWithTheMarines