

## Healthy Lifestyle Expo Excites Runners in Fredericksburg, VA

*Marine Corps Historic Half Healthy Lifestyle Expo Free to on Public May 18 & 19*

**QUANTICO, VA (May 16, 2018)** – The two-day Healthy Lifestyle Expo presented by VA Runner will open its doors and make fitness fun for thousands. The Healthy Lifestyle Expo is free and open to the public during Marine Corps Historic Half Weekend from Friday, May 18 to Saturday, May 19. The Expo is conveniently located at the Fredericksburg Expo & Conference Center close to Historic Downtown Fredericksburg’s restaurants and shops.

The Healthy Lifestyle Expo kick-off ceremony will commence Marine Corps Historic Half Weekend, bring additional enthusiasm to the city and set an uplifting, positive tone for the weekend. The Opening Ceremonies will begin on Friday, May 18 at 11:30 a.m. and will feature exciting announcements, warm welcomes from Marine Corps Marathon Organization’s Director Rick Nealis and Fredericksburg Mayor Mary Katherine Greenlaw, a March on the Colors presented by Marine Corps Base Quantico Color Guard, and the National Anthem performed by Det. Kevin Rickens of the Spotsylvania Sherriff’s Office.

The Healthy Lifestyle Expo will be open on Friday, May 18 from Noon to 7:00 p.m. and on Saturday, May 19 from 9:00 a.m. to 6:00 p.m. at the Fredericksburg Expo & Conference Center (2371 Carl D. Silver Parkway) in view of the Marine Corps Marathon Historic Half Start Line. Free parking is available.

All Healthy Lifestyle Expo booths sold out this year, allowing runners a diverse expo experience packed with over 75 exhibitors and numerous other vendors. The Expo will feature a range of fitness activities, wellness products, active interests and can’t miss selfie spots. The Healthy Lifestyle Expo allows runners of the Marine Corps Historic Half, Semper 5ive and Devil Dog Double to pick up their packets which include the official bib with timing device, competitor shirt, obtain essential event-day information and collect the event program “Glory.”

Runners and supporters can visit the Historic Half Store which offers Historic Half branded apparel, souvenirs with epic designs unique to the 2018 event and for the first time features Brooks items. Mary Washington Healthcare will have an interactive booth with screenings, consultations, giveaways and a simulated treadmill climb of the infamous Hospital Hill. Pohanka Nissan will have an outstanding sign-the-pace-car display and runners can sign up for a chance to be on Team GEICO Running at the GEICO booth.

Limited entries remain available for the Marine Corps Historic Half, Semper 5ive and Devil Dog Double. Visit [www.marinemarathon.com](http://www.marinemarathon.com) to register or for more information about Marine Corps Historic Half Weekend.

For media interested in covering the Marine Corps Historic Half Weekend from May 18-20, please contact Ashley Topolosky, Public Relations Coordinator at [ashley.topolosky@usmc-mccs.org](mailto:ashley.topolosky@usmc-mccs.org) or 703-987-3191.

*The Marine Corps Historic Half Weekend hosted annually in Fredericksburg, VA, includes thousands of participants and spectators from all over the United States and the world to partake in the Historic Half Marathon, Semper 5ive and the Devil Dog Double which encompasses both distances. Considered “The Greatest Half in History,” the Marine Corps Historic Half boasts a course featuring landmarks dating back to our nation’s beginnings and the early homes of Presidents George Washington and James Monroe. A production of Marine Corps Marathon Organization, the Historic Half is sponsored by GEICO Military, Wegmans, Pohanka Nissan, Brooks and Mary Washington Healthcare. The Semper 5ive is presented by Navy Federal Credit Union. No federal or Marine Corps endorsement implied. #RunWithTheMarines*