

Healthy Lifestyle Expo Open to Runners and Public This Weekend

Featuring over 90 booths and experiences on May 17 & 18

QUANTICO, VA (May 16, 2019) – The Healthy Lifestyle Expo presented by VA Runner will open its doors and make fitness fun for thousands of runners and guests on Friday, May 17 and Saturday, May 18.

The Expo is free and open to the public at the Fredericksburg Expo & Conference Center (2371 Carl D. Silver Parkway). Free parking is available. The times are as follows:



- Friday, May 17 at 3:30 p.m. - Healthy Lifestyle Expo Opening Ceremonies
- Friday, May 17 from 4 p.m. to 8 p.m. - Healthy Lifestyle Expo and Packet Pick-up
- Saturday, May 18 from 9 a.m. to 6 p.m. - Healthy Lifestyle Expo and Packet Pick-up

The Healthy Lifestyle Expo is conveniently located near Central Park shopping district and close to Historic Downtown Fredericksburg’s restaurants and shops. The Expo will feature over 90 booths and experiences, giveaways, sampling, the latest endurance and recovery products, new technology and athletic wear. Sample Row will be electric – offering samples from Jelly Belly Sports Beans, Beet Juice, Honey Stinger, Select Physical Therapy and more!

Runners will experience a diverse expo experience featuring a range of fitness activities, wellness products, active interests and can’t miss selfie spots. Check out these incredible moments:

- Mr. Peanut and the Planters NUTmobile distributing excitement and nutritional samples
- Mary Washington will have treadmills mimicking the elevation of Hospital Hill
- VA Runner, the Expo presenting sponsor, will fit guests and provide them with professional tips on running and proper shoe wear
- Brooks will feature the popular brand’s shoes and apparel
- Navy Federal will have recovery “MRE” packets for a full Marine Corps experience
- Opportunity to sign the wrapped Pohanka SUV that will be used as the pace vehicle
- Veteran-made, unique and memorable merchandise from Flags of Valor
- 26.2 Beer booth with samples and celebration
- Numerous charities and military-related organizations

In addition to these amazing booths and interactive opportunities, the Expo hosts Packet Pick-up. Runners will pick up their packets including the official bib with timing device, competitor shirt, obtain essential event-day information and collect the event program “Glory.”

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

For questions about coverage of any MCM Weekend event, please contact Ashley Topolosky, MCM Public Relations Coordinator at 703-987-3191 or ashley.topolosky@usmc-mccs.org.

About the Marine Corps Marathon:

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. Coordinated by the Marine Corps Marathon Organization (MCMO), the Historic Half is sponsored by Boston Beer 26.2, Brooks Running, Gatorade, GEICO Military, Honey Stinger, Mary Washington Healthcare, Pohanka Nissan, USO Metro, VA Runner and Wegmans. The Semper 5ive is presented by Navy Federal Credit Union. No federal or Marine Corps endorsement implied. Connect on [Facebook](#), [Twitter](#), [Instagram](#), [YouTube](#) and [Flickr](#). #RunWithTheMarines