



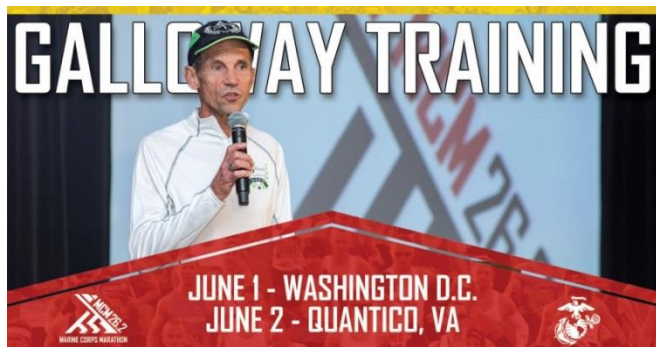
# MEDIA ALERT

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## MCM to Host Running Clinics with Olympian Jeff Galloway in Early June *Hall of Famer and trainer to offer running and injury prevention tips At venues in Washington, DC and Virginia*

**QUANTICO, VA (May 25, 2016)** – There’s perhaps no better source for running tips than Olympian Jeff Galloway. His renowned Run-Walk-Run training method has opened the door to runners of all abilities, enabling them to successfully complete long distance events, including the Marine Corps Marathon (MCM).

The public is invited to join the MCM as it hosts Galloway, a member of the MCM Hall of Fame, in two running clinics available *free of charge* on June 1 and 2 in Washington, D.C. and Quantico, VA.



The first Galloway clinic begins at 6 p.m. on Wednesday, June 1 at the United States Navy Memorial, located at 701 Pennsylvania Avenue in Northwest D.C. The Navy Memorial can easily be accessed by Metro via the Archives/Navy Memorial/Penn Quarter station.

A second session featuring Galloway will be hosted the following day, Thursday, June 2, at 11 a.m. This clinic will be held at Breckinridge Hall at 2076 South

Street on the Marine Corps University campus at Marine Corps Base Quantico, VA.

During both clinics, Galloway will provide tips for running and training for a variety of distances, while also discussing injury prevention techniques for a successful finish of the 41st MCM and MCM10K to be held this October in Arlington, VA and the nation’s capital.

Galloway’s Run-Walk-Run is well regarded throughout the running industry as his innovative training methods include all types of athletes -- from the competitor to the first-time marathoner. Also an inspirational speaker, Galloway is open to his audience through running presentations and on social media.

A 13-time MCM finisher, Galloway was inducted last October into the MCM Hall of Fame during the 40<sup>th</sup> celebration of “The People’s Marathon.”

*About the MCM: The Marine Corps Marathon (MCM) is voted “Best Marathon in the Mid Atlantic,” “Best Marathon for Charities” and the “Best Spectator Event.” The MCM honors the dedication, sportsmanship and patriotism of its participants. 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 41st MCM, sponsored by Arlington County, Brooks, Hyundai and Navy Federal Credit Union, will be held on Oct. 30, 2016 in Arlington, VA. No federal or Marine Corps endorsement is implied. #RunWithTheMarines*

*About Jeff Galloway: Jeff Galloway, a U.S. Olympian, is known as America’s Coach. Through his best-selling books, “Runner’s World” articles, fitness retreats and Galloway Training Programs in cities around the world, Galloway has coached over 300,000 runners to a successful marathon or half-marathon finish. The “Run-Walk-Run” method Galloway developed has a well-over 99 percent success rate, giving runners the opportunity to learn from the man himself. Jeff Galloway’s Running School has an open format allowing participants to ask questions at any time, so they will leave with the answers they came for. Galloway covers topics including race day preparation, mental training, injury prevention, nutrition and “Running Until You’re 100.”*