



For more information contact Bryan Driver, in the Plans, Policy and Analysis Directorate, Morale, Welfare, Recreation and Business Operations Division at (703) 432-7727 or e-mail: [driverbr@usmc-mccs.org](mailto:driverbr@usmc-mccs.org)

2/14/11

## **All-Marine Running Team Seeks Elite Runners**

**HQMC (MR), QUANTICO, Va.** — The All-Marine Running Team is looking for runners to apply to the team and to represent the Marine Corps in national and international level competitions.

The All-Marine Running Team competes annually in the Armed Forces Cross Country Championships, the Warriors from the Sea Challenge (13.1 miles in Plymouth, England), the U.S. Air Force Half-Marathon in Dayton, OH, and the Marine Corps Marathon in Arlington, VA, among other possible races. The best runners on the team may also have the opportunity to compete against military service members of other nations in the Conseil International du Sport Militaire (CISM), series of championships.

Runners on the team receive professional coaching, testing and training, to include: stride analysis, cardiopulmonary load testing (Vo2Max), and gait analysis, as well as the opportunity to race against Olympic-level and professional athletes.

In order to be considered, interested runners must meet one of the following qualifications:

- Men: 3K in 10:08, 5K in 17:17, 8K in 28:15, 13.1 miles in 1:18:09 and 26.2 miles in 2:48:15

- Women: 3K in 11:30, 5K in 19:30, 8K in 31:30, 10K in 42:00, 13.1 miles in 1:35:00 and 26.2 miles in 3:17:30.

Marines who meet these qualification standards are asked to submit an All-Marine Sports Application to Major G. A. Canedo at email: [canedog@usmc-mccs.org](mailto:canedog@usmc-mccs.org) or fax (703) 784-4125, or call (703) 784-3898.