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**FOR IMMEDIATE RELEASE**

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## **Marine Corps Detachment holds 16th annual Volkslauf at Fort Leonard Wood**

**FORT LEONARD WOOD, Mo.** – Want to sign up for the U.S. Marine Corps Detachment Volkslauf? The sooner you register, the better, according to Gunnery Sgt. Robert Sallee.

Sallee, the marketing director for the 16th annual race, said that Volkslauf planners are trying to get participants to register as early as possible to help make sure this year's 10k event runs smoothly for race officials and runners alike.

“Last year, we had almost 400 runners sign up the week of the race. This caused delays in getting enough T-shirts and made food prep and setup difficult. This year, we have decided to provide online registration to allow people to sign up securely from home or work and avoid coming in person to register,” Sallee said.

The Volkslauf 10k is scheduled at 8 a.m., June 20.

Pre-registration is \$125 per five-person team, \$75 per youth team (participants 17 and younger with a team captain 18 or older), \$30 per individual adult or \$25 per individual youth. Participants can register online at [www.fleetfeetstlouis.com/racing/highlighted-races/volkslauf](http://www.fleetfeetstlouis.com/racing/highlighted-races/volkslauf) or in person from 8 a.m. to 3 p.m., Mondays through Fridays in Building 1702, located across from Pizza Hut.

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Signing up early can also save participants money. Rates increase after June 12.

Held each year since 1999, the Volkslauf has been described as an “extreme 10k” that challenges runners with multiple obstacles.

“It’s full of hills — up and down — forest trails, river crossings, mud pits and just too much fun for one to handle,” Sallee said. “Runners can expect a fun but challenging time, testing their mental courage and physical strength. Even children have completed the Volkslauf successfully.”

While the race is designed to be challenging, Sallee said officials also promote safety.

“Safety is a big issue to us, so bring water, bug spray and sunscreen and anything else you might want to have for comfort. Dress appropriately, but remember you will get wet and muddy,” he added.

Each runner receives a bib number, timing chip, food and drinks. Awards will be presented to the overall male and female winners, and to teams in male, female, coed and youth divisions.

All proceeds from the race benefit the annual Marine Corps birthday ball celebration held each November.

For more information about the Volkslauf, visit the event’s page on Facebook at [www.facebook.com/volkslauf.usmcflw](http://www.facebook.com/volkslauf.usmcflw).

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For more information contact the Fort Leonard Wood Public Affairs Office at 573.563.4145.

Encl(s) Photos

### *About Fort Leonard Wood*

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*Fort Leonard Wood is a thriving and prosperous installation that has evolved from a small basic training post 70 years ago to a premier Army Center of Excellence that trains about 80,000 military and civilians each year.*

*Home to the Maneuver Support Center of Excellence, Fort Leonard Wood now trains and educates service members and develops doctrine and capabilities for the Training and Doctrine Command’s U.S. Army Chemical, Biological, Radiological, and Nuclear School, U.S. Army Engineer School, and U.S. Army Military Police School, three gender integrated Initial Military Training brigades, one of only four reception stations in the Army, and the Army’s largest Noncommissioned Officers Academy.*

*Over the past several years, Fort Leonard Wood has received numerous additional responsibilities to include supporting the 4th Maneuver Enhancement Brigade, a large Forces Command unit that is responsible for all deployable capabilities at Fort Leonard Wood. A colonel-commanded Marine Corps Detachment and an Air Force Detachment, which are both the largest on any Army installation, are located on Fort Leonard Wood; a large Navy Seabee Detachment and elements of the Coast Guard train here as well.*

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