



**FOR IMMEDIATE RELEASE**

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**FOR MORE INFORMATION**

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**Heart of Arkansas Welcomes the Little Rock Marathon**

Little Rock's signature event set to bring over 10,000 to central Arkansas

LITTLE ROCK, AR (Wednesday, January 14, 2009) – The Heart of Arkansas is happy to participate in the Little Rock Marathon for 2009. The race is a project of the Little Rock Parks and Recreation and has grown from just under 3,000 participants in 2003 to becoming a signature event for Little Rock with over 10,000 participants in just six short years.

The Little Rock Marathon truly does offer something for everyone with several race categories in addition to the full and half marathons and the relay. Those 55 and over can participate in the Classic 55 + race in which seniors complete 25 miles of running/walking over an extended period of time prior to the race. Classic participants will complete the last mile during the race at the Final Mile marker.

Also offered are the 5K Fun Run/ Walk which is a non-competitive race designed for families with young children and casual walkers, and the Little Rockers Final Mile which is a program designed to encourage children ages 7 to 12 to be more physically active by participating in a simple walking and/or running program where they are encouraged to complete 25.2 miles of running and walking prior to race day. The final mile is a non-competitive, Fun Run/Walk for children participating in this program in which the Little Rockers will run and walk the final mile of the marathon course on Saturday and will receive medals and refreshments at the end of the race just like the grown ups.

Marathoners will be out in full force on Saturday for the annual Pasta Party and the event will be concluded with an after party at the Clinton Presidential Library & Park on Sunday evening.