

LITTLE ROCK, AR (March 2, 2009)



**Little Rock Marathon race officials encourage participants to register now as field limits have been reached.**

With only a few registrations still available for the 2009 Little Rock Marathon and companion races, race officials encourage athletes to register now and not wait until race weekend as the field limits will have been reached.

The 7<sup>th</sup> annual Little Rock Marathon, presented by the Arkansas Democrat Gazette, is March 15, 2009 and benefits Little Rock Parks & Recreation.

"Each year we have had a nice increase in participation from the previous year and we are excited that we will continue that trend," Geneva Hampton, Co-Executive Director of the Little Rock Marathon, said.

Race officials are preparing for 8,000 participants and 25,000 spectators race weekend.

"Our race has grown over the past seven years because we put on a quality event, our volunteers exude true southern hospitality, the City of Little Rock rolls out the red carpet for our athletes, and we give the world's largest marathon finisher's medal," she said.

According to Hampton, the Little Rock Marathon could only guarantee entry for the first 8,000 registrants this year to ensure appropriate infrastructure is in place for all races and "every finisher goes home with their medal." With more than 75% of the field is from outside central Arkansas, participants are coming from all 50 states and at least 14 other countries.

On line registration is available through midnight CST on March 2, 2009 or until the registration cap has been reached at [www.littlerockmarathon.com](http://www.littlerockmarathon.com). Paper registration forms must be postmarked by March 2, 2009, but are strongly discouraged as the race may have filled prior to receipt of the form. Registration is temporarily closed so volunteers can prepare for packet pickup March 13 and 14 during the Little Rock Marathon Health & Fitness Expo, presented by Arvest Bank at the Statehouse Convention Center. If space is available in a particular event, late registration will resume at the Health & Fitness Expo.

The Little Rock Marathon Festival is actually seven separate events, which includes a two-day Health & Fitness Expo, presented by Arvest Bank, the Little Rock Marathon (26.2 miles), the Little Rock Half Marathon (13.1 miles), presented by Baptist Health, the Little Rock Relay Marathon (26.2 miles divided into four sections with each individual running/walking a little over 6 miles), presented by Verizon Wireless, the Little Rock 5K (3.1 miles), presented by Windstream Communications, the Little Rockers Kids Marathon (26.2 miles completed over an extended time frame), presented by Arkansas Children's Hospital and Today's THV Channel 11, and the Classic Rockers Marathon (26.2 miles completed over an extended time frame for individuals 55 +). Participant can run, walk or do a combination of running and walking in any of the events.

More details about the races are available [www.littlerockmarathon.com](http://www.littlerockmarathon.com).

### Sponsors

The Little Rock Marathon and companion races are also sponsored in part by Little Rock Convention & Visitors Bureau, Arkansas Department of Health - Center for Health Advancement, Heart Clinic Arkansas (presenting sponsor of the 2009 Training Program and medical provider), the University of Phoenix (presenting sponsor of Athletes Village), the Hatcher Agency (presenting sponsor of the Perks Pavilion), Peabody Little Rock (presenting sponsor of the Pasta Party), Whole Hog Café-North Little Rock (presenting sponsor of the Post Race Party), Arkansas Blue Cross Blue Shield, Arkansas Lamination, Clear Mountain Beverages, Coleman Dairy, Crowne Plaza Little Rock, Datamax of Arkansas, Diamond Bear Brewery, Easy Runner, Fence World, First United Methodist Church, Gatorade Endurance Formula, **Heart of Arkansas**, KKPT The Point, Magna 4 Printing, North Little Rock Visitors Bureau, Pepsi Americas, Stellar Sun, UPS, AARP Arkansas, Abbott Point of Care, Arkansas Specialty Orthopaedics, AT&T, Ben E. Keith Foods, Chick-fil-A, Conway Chamber of Commerce, EMS Innovations, Inc, Fiser Truck & Tractor/Twin City Tractor & Equipment, Fox 16 News, Grace Communications, E-Caps Inc./Hammer Nutrition Ltd., Image One, Philips Medical Systems, Road Safe Traffic, Roller Funeral Home, Hugg & Hall Equipment Company and Papa John's Pizza.

##

*Little Rock Parks and Recreation (LRPR) oversees 53 parks, four community centers, the Adult Leisure Center, War Memorial Fitness Center, four swimming pools, two tennis centers, the River Market, the Riverfest Amphitheatre, three golf courses, and the MacArthur Museum of Arkansas Military History. The LRPR system includes more than 5,000 acres of designated parks and open space. In addition, the organization offers a wide-range of youth and adult recreational and sports leagues, after-school and summer playground programs for children ages 6-15, outdoor recreation, therapeutic recreation and programs for seniors. Funds raised will continue to support parks and recreational programs for all ages. For more information about Little Rock Parks & Recreation please visit [www.lrpr.org](http://www.lrpr.org).*