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Little Rock Marathon Registration Opens May 24

Race Officials Anticipating More Than 14,000 Participants for 2019 Season

LITTLE ROCK, Ark. (May 21, 2018) – Little Rock Marathon race officials today announced that registration will open at 8 a.m. CST on May 24 for its 2019 event to be held March 2-3, 2019. The Little Rock Marathon Weekend is presented by the *Arkansas Democrat-Gazette* and benefits Little Rock Parks & Recreation.

Race Weekend events include the Little Rock Health & Fitness Expo, presented by Heifer International, the Little Rock Marathon, the Little Rock Half Marathon, the Little Rock 10K, the Little Rock 5K Fun Run/Walk and the Little Rockers Kids Marathon.

Registration for the Little Rockers Kids Marathon will open in late August.

In the past, all races have sold out, due in part to the famously large finisher's medals and fun race themes. Race officials anticipate another sell out before the end of the year.

If the race hasn't sold out, registration will be available online through 11:59 p.m. CST Feb. 22, 2019. If a race sells out before the Feb. 22, 2019 date, registration for that race will no longer be available.

The Little Rock Marathon offers a training program to individuals participating in the 2019 race. Official training begins Sept. 17 with a "build-up" training phase to start Aug. 6. The Little Rock Marathon Training Program, presented by Bill Torrey's Rock City Running and KARK Channel 4, is free of charge but registration is required.

For more information about the race deadline and other details, please visit: <http://littlerockmarathon.com/>.

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About Little Rock Marathon

The mission of the Little Rock Marathon is provide a premier event open to athletes of all abilities, while promoting a healthy lifestyle through running and walking and raising money for Little Rock Parks & Recreation. Since inception in 2003, more than \$1,093,360.65 has been donated to Little Rock Parks & Recreation. Little Rock Marathon Race Weekend is held the first weekend in March each year and includes a marathon, half marathon, 10K, 5K run/walk, a children's mile and a free two-day health and fitness expo. With an estimated \$6 million in local spending annually, more than 140,000 individuals have participated in a Little Rock Marathon race, sponsored event, or free training program. This has been achieved through school-based programs, community outreach, partnerships with running/walking groups across the country and passionate grass roots promotion.

About Little Rock Parks & Recreation

Little Rock Parks and Recreation oversees 63 developed parks and twelve undeveloped parks totaling over 6,100 acres. In addition, the Little Rock Parks & Recreation 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. Little Rock's parks system is not only a source of pride for the city, but it has received national recognition for excellence! Little Rock Parks & Recreation became the 30th agency in the United States to receive accreditation of Park and Recreation Agencies. 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.