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a division of Little Rock Parks & Recreation



FOR IMMEDIATE RELEASE:

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CHI St. Vincent Heart Institute Returns as Sponsor of 2018 Little Rock Marathon

LITTLE ROCK, Ark. (1/17/2018) – Little Rock Marathon officials announced today that CHI St. Vincent Heart Institute has renewed its sponsorship of the Little Rock Marathon.

For the past ten years, cardiologist, Jim Shuffield, M.D. has led a team of nearly 60 physicians and other healthcare professionals who staff aid stations along the 26.2 mile course that ends at the Statehouse Convention Center where his team of volunteer physicians and staff provide additional assistance to runners.

Medical issues have typically included blisters, muscle cramps, and dehydration, however being prepared for far worse illnesses, including medical emergencies, is an important part of the planning process.

"We always strive to encourage people to get up and get active by finding an activity that they enjoy like running or walking," said Gina Pharis, co-executive director of the Little Rock Marathon. "It's an honor to have the support of an organization like CHI St. Vincent Heart Institute which shares our goals."

The 16th Annual Little Rock Marathon Race Weekend, presented by the *Arkansas Democrat-Gazette*, is slated for March 3 – 4 in downtown Little Rock and benefits Little Rock Parks & Recreation.

Race weekend includes the two-day Little Rock Marathon Health & Fitness Expo, presented by Heifer International; the Little Rock Marathon; the Little Rock Half Marathon, presented by Baptist Health; the Little Rock 10K; the Little Rock 5K Fun Run/Walk and the Little Rockers Kids Marathon Final Mile, presented by Delta dental.

For more information about deadlines, details and the race, visit littlerockmarathon.com.

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About CHI St. Vincent Heart Institute

CHI St. Vincent Heart Institute has the state's largest and most diverse network of heart specialists with six hospitals, more than 30 clinics and more than 50 providers across Arkansas. Providing comprehensive cardiac services, CHI St. Vincent heart doctors are dedicated to the prevention, diagnosis, and treatment of heart and vascular disease.

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.