



500 W. Markham, Room 108  
Little Rock, AR 72201

[www.littlerockmarathon.com](http://www.littlerockmarathon.com)  
a division of Little Rock Parks & Recreation



Contact:

Jamie Moody, Media Director  
[littlerockmarathonmedia@gmail.com](mailto:littlerockmarathonmedia@gmail.com)

*For Immediate Release*

## Little Rock Marathon Unveils Medals, Reboots Training Program for 2021 Event

LITTLE ROCK, Ark. (4/16/2021) – The Little Rock Marathon has unveiled its 2021 finisher’s medals and announced the reboot of its acclaimed training program in a virtual form as it continues preparing for another sell-out event in the fall.

The 2021 Little Rock Marathon Race Weekend was originally slated for March 5 - 7, but was pushed back to November 19 - 21 to accommodate necessary changes due to COVID-19. This year’s race will again be held in downtown Little Rock and will benefit Little Rock Parks & Recreation.

“For many years, the Little Rock Marathon medals have set a standard in the marathon industry,” said Geneva Lamm, Executive Director of the Little Rock Marathon. “Our medals are an extraordinary keepsake that celebrates each participant’s finish.”

The 2021 family of finisher medals feature the race’s whimsical Runderland theme. This year’s marathon medal weighs more than 3 pounds. According to Lamm, the medal is a significant factor in the event’s growing popularity and sold-out races each year.

Meanwhile, the six-week build up to the official Little Rock Marathon training program begins on April 26. Training registration is now open at [www.littlerockmarathon.com](http://www.littlerockmarathon.com). The program is free, but registration is requested. “We are one of the few marathons that offers free training,” Lamm said. “It is because of our dedicated coaches, Tom and Hobbit Singleton that we’re able to continue doing that year after year.”

More than 32,000 athletes have trained with the Singleton’s through the Marathon’s program since 2003. “Finishing a marathon requires remarkable determination,” Hobbit Singleton said. “Whether you are a beginner or a seasoned athlete, there’s a place for you in the training program.”

Tom Singleton noted that the Little Rock Marathon training program hosted more than 2,000 athletes last year. Training happens every Saturday morning at various locations around Little Rock. “The training schedules are very do-able and are for every level of fitness,” Tom Singleton said. “Our program caters to first time marathoners and first-time runners/walkers (meaning they have never run a step.)”

Rock City Running and KARK Channel 4 are the presenting sponsors of the training program this year.

During race weekend, participants can take advantage of other events happening in conjunction with the race, including the Little Rock Marathon Health & Fitness Expo, the Little Rock Marathon, presented by the *Arkansas Democrat-Gazette*, the Little Rock Half Marathon, presented by Baptist Health, the Little Rock 10K, the Little Rock 5K, presented by Arkansas Federal Credit Union, and the Little Rockers Kids Marathon, presented by the Hatcher Agency.

The 2021 Little Rock Marathon is also sponsored in part by the Little Rock Convention & Visitors Bureau, the Heart of Arkansas, Premium Refreshment, Little Rock Marriott, Golden Eagle of Arkansas, Loreal USA, KTHV Channel 11, Fence Brokers, and DataMax Office Systems.

Race registration will be available online through 11:59 p.m. CST Friday, Nov. 12, 2021 or until the race is sold out. To view the video of the 2021 finisher medals, [click here](#). For more information about deadline, details and the race, visit [www.littlerockmarathon.com](http://www.littlerockmarathon.com).

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#### **About Little Rock Marathon**

*The mission of the Little Rock Marathon is to 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 its inception in 2003, more than \$1 million dollars 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 62 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](http://www.lrpr.org).*