

Little Rockers Kids' Marathon

Parents' Frequently Asked Questions (FAQs)

What is the Little Rockers Kids Marathon?

The Little Rockers Kids Marathon is all about getting kids moving and having fun! Children take part in a simple, kid-friendly running or walking program, working toward a total of **25.2 miles** before race day.

On race day, they'll complete their **final mile** on the official Little Rock Marathon course—crossing the same finish line as the marathoners! Every child receives a finisher's medal and post-race refreshments to celebrate their accomplishment.

Kids can join in two ways:

- **Through a group program** at their school, church, or civic organization (10 or more children).
- **At home with a parent or adult's support.**

Parents, please remember to check with your child's physician before starting the program.

How old does a child need to be to participate?

The Little Rockers Kids Marathon is open to children in **1st through 6th grades** who are in good health and cleared by their family physician.

For safety reasons, only children who are **officially registered** will be allowed to take part in the Final Mile on **February 28th**.

What is a marathon?

The modern marathon comes from the legend of an ancient Greek messenger, Pheidippides, who ran from the plains of Marathon to Athens—about 26 miles—to deliver news of victory in 490 BC. His dramatic run inspired the name and distance of today's marathon.

Now, marathons are run all over the world! Thousands of people take on the challenge each year, training for months to cover the distance either running or walking.

How long is a marathon?

A marathon is 26.2 miles. For the Little Rockers program, kids complete the distance at their own pace over several months.

How long will it take my child to complete a marathon?

Most children can finish their marathon mileage in about four to five months, depending on their fitness level and enthusiasm.

Why is there a limit to the number of children allowed to participate?

For safety, the Little Rockers Kids Marathon is capped at 1,800 children and parents. This ensures every participant has a safe and enjoyable race day experience.

How can I register my child for the Little Rockers Kids Marathon?

You have a few options:

- Register online through the Little Rockers page at www.littlerockmarathon.com.
- If your child's school has an official program, you can get an entry form directly from the program leader.

How do I know if my child's school has a program?

Please contact your child's school to see if they're participating.

How much does it cost?

Race	Thru 10/22/2025	10/23/2025 – 12/25/2025	12/26/2024 – 2/13/2026	At Expo
Kids	\$20.00	\$22.00	\$25.00	NA
parent	\$15.00	\$15.00	\$15.00	NA

- Fees are not refundable.
- Price changes occur online at 11:59 PM CST.
- A transaction and credit card processing fee is charged by RaceRoster.com when you register online. The fee is charged on the total amount not just the registration fee.
- Online registrants will receive an auto-generated email confirmation stating their registration was received. Keep this email confirmation as it has vital information needed to obtain the registrant's race packet on race weekend.
- There is NO RACE DAY REGISTRATION.
- There is NO RACE DAY PACKET PICK UP.

What does my child receive?

- An official Little Rockers Kids Marathon race shirt, race number, and race packet.
- A finisher's medal on race day when they cross the finish line.
- Post-race refreshments in the finish chute.

What about parents?

- Parents running with their child will receive an official race number (*must be worn on the front of the torso, outermost layer*).
- A "Proud Parent" shirt may be purchased during registration.
- Please note: medals are awarded to children only.

When will we get race items?

- Children who are not in an official program must pick up their race items at the Little Rock Marathon Health & Fitness Expo on Friday, February 27, 2026 (*see the Expo page on the website for details*).
- Children in an official program will receive their race items from their program leader during race week.

Can I run with my child on race day?

Yes! Parents may run, but we encourage kids to complete their Final Mile on their own or with classmates — this is their big moment to shine.

- Only **one parent per child** is allowed on course.
- Parent registration fee: **\$15** (*must be completed when registering your child*).
- Parents receive an official race number but **no medal or shirt**.
- Limited to the **first 900 registered parents**.
- Registration deadline: **February 13, 2026**.

Baby Strollers

Baby strollers will not be permitted on the course. They can be a trip hazard for excited feet.

Is the Final Mile a timed event?

No.

How does a child train for the marathon?

The Little Rockers Kids Marathon Training Program is free courtesy of the Little Rock Marathon. Your child does not have to participate in the marathon to participate in the training program. Training may be conducted at home on your time schedule or at your child's school (*if offered through an official program*). All forms are available online or from an official program leader.

How can I start an Official Program?

If your school, church, athletic team, or civic group does not have a group and you would like to be a coordinator, please complete the Leader Registration available on the Little Rocker's page of the website. This does not register the children for the Final Mile.

When does my child log miles and how can I monitor the distance covered?

If your child trains with an official program, the leader will keep up with the mileage. If your child trains at home, an adult should accompany the child. You can measure the distance with your car or take them to the local track or park.

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