

LITTLE ROCKERS KIDS MARATHON



NOVEMBER 20, 2021

Parent's Frequently Asked Questions (FAQs)

What is the Little Rockers Kids Marathon?

The Little Rockers Kids Marathon encourages children to become more active by following a fun, simple running and/or walking program. The goal for each child is to complete at least 25.2 miles before November 20, 2021. On race day, children will run or walk the final mile on the official Little Rock Marathon course. When they cross the finish line, each child will receive his/her finisher's medal and finish line refreshments.

A child can participate through an official Little Rockers Program at their school, church, or civic organization. An official program is 10 or more children. Or, a child may participate at home with an adult's help. Parents please check with your child's physician before beginning this program.

How old does a child need to be to participate?

Children (*1st through 6th grades*) who are in good health and have been cleared by your family physician, may participate in the Little Rockers Kids Marathon. For safety reasons, only children who have been properly registered will be allowed to participate in the Final Mile on November 20th.

What is the marathon?

The idea of the modern marathon was inspired by the legend of an ancient Greek messenger named Pheidippides who ran from the plains of Marathon to Athens with the news of an important Greek victory over the invading Persian army in 490 BC. He ran about 26 miles (*or, around 40 kilometers*). The marathon got its name from Pheidippides dramatic run.

Today, thousands of people run marathons for fun every year! People who run marathons train a lot and have to be in good shape to run or walk such a long distance.

How long is a marathon?

A marathon is 26.2 miles. Your child may run or walk that distance at his or her own pace over an extended period of time.

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

Depending your child's level of fitness and eagerness, he or she should be able to complete the mileage in four or five months.

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

Due to the nature of the Little Rockers Final Mile event and COVID, **only 1,000** children will be allowed to register.

How can I enter my child in the Little Rockers Kids Marathon?

- There is a link on the Little Rockers page at www.littlerockmarathon.com. Follow the online instructions.
- Download a registration form from the website and mail it in with the appropriate fees.
- If there is an official program at your child's school you can pick up an entry form from the leader.

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

You will need to contact your child's school to determine this.

How much does it cost?

	<u>Child</u>	<u>Parent</u>
Thru 10/14/2021	\$20	\$10
after 10/14/2021	\$25	\$15

- Deadline is November 11, 2021.
- There is no race weekend or race day registration.
- There are no refunds or transfers on entry fees.
- There is no Expo or race day registration.
- A transaction and credit card processing fee will be applied to the total charge by RaceRoster.com.
- Course details and final race instructions will be sent to all participants race week.

What do you get?

- Each child will receive an official Little Rockers Kids Marathon race shirt, an official race number, and race packet.
- Parents participating with their children will receive an official race number. Race number **MUST** be worn on the front of the torso on the outer-most layer.
- Proud Parent shirts may be purchased for an additional charge during registration.
- Medals will be awarded race day as each child crosses the finish line. Sorry, parents/guardians do not receive a medal.
- Post-race refreshments will be available in the finish chute post-race.

When will we get it?

- Children not participating with an official program **MUST** pick up their race items at the Little Rock Marathon Health & Fitness Expo on Friday, November 19, 2021 (*please see the Expo page of the website for details*).
- Children participating with an official program will pick up their items from their program leader race week.

May I run with my child on race day?

Yes, you may participate with your child, but we encourage parents to allow their child to complete their last mile by themselves or with their classmates. It is their time to shine and be proud of their accomplishment. We understand there will be various reasons a parent may need to run with their child. Only one parent is allowed to run.

Parent registration fee is \$10 and you **MUST** register when you register your child. You will receive an official race number, which allows you to be on the course. Sorry parents, a shirt and medal is not included.

Deadline is November 11, 2021. The first 500 parents registered will be allowed to participate.

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 Rockers 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.

Who do I call with questions?

Little Rock Marathon

littlerockmarathon@littlerock.gov