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a division of Little Rock Parks & Recreation



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For Immediate Release

Little Rock Marathon Training Program Begins Informational Meeting slated for Aug. 6

LITTLE ROCK, Ark. (Aug. 3, 2015) – The Little Rock Marathon will host an informational training meeting on Thursday, Aug. 6 at 6 p.m. at the Centre at University Park.

The Little Rock Marathon offers a free training program to individuals planning to participate in the 2016 race. The official training will begin Sept. 21. The Little Rock Marathon Training Program is presented by Bill Torrey's Rock City Running and KARK Channel 4.

"We have athletes at every level of fitness and ability," said Hobbit Singleton, training program coach. "Our training program is really a year-round program. After the first Little Rock Marathon in 2003, the group never stopped training and we never stopped coaching."

"The training schedules are very do-able and are for every level of fitness," said Singleton. "We had more than 2,100 people in last year's program. Our program caters to first-time marathoners and first-time runners/walkers (meaning they have never run a step)."

The Little Rock Marathon is presented by the *Arkansas Democrat-Gazette* and is a project of Little Rock Parks & Recreation.

The 14th annual Little Rock Marathon Weekend is presented by the *Arkansas Democrat-Gazette* and include the Little Rock Marathon; the Little Rock Half Marathon, presented by Baptist Health; the Little Rock 10K, presented by Windstream Communications; the Little Rock 5K; the Little Rockers Kids Marathon; and the Little Rock Health & Fitness Expo.

For more information about the training program, visit the training page of littlerockmarathon.com.

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About Little Rock Parks & Recreation

Little Rock Parks and Recreation oversees 60 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. 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.

About Rock City Running

Rock City Running is committed to helping each individual discover their passion for running or walking. Personal service and customer satisfaction are our goals with each individual we meet. We believe in helping people get the proper fit for their daily run or walk the first time. Rock City Running has an unwavering commitment to give back to the sport and to the community. Runners and walkers of all ages and abilities come to Rock City Running not just to buy shoes but to socialize, to train and to be a part of a true running and walking community.

About KARK Channel 4

KARK 4 is the NBC television affiliate for the Little Rock market. KARK 4's news division delivers local news that matters everyday through a variety of news programming, as well as award-winning weather, sports, and political coverage. KARK is owned and operated by Nexstar Broadcasting.