

LITTLE ROCKERS KIDS MARATHON

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 March 5, 2016. On race day, children will run or walk the final mile on the official Little Rock Marathon course. Then 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 can 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 7th 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 a properly registered will be allowed to participate in the Final Mile on March 5.

How long is a marathon?

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

Can I run with my child on race day?

Yes! There is no charge for a parent, but you **MUST** register when the child registers for the race. One parent can participate with up to 3 children. **Deadline is February 1, 2016.**

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, **only 2,000** children will be allowed to register. The biggest reason for limiting the number of registrations is safety of all the children participating on race day.

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 much does it cost?

	<u>Online</u>	<u>Mail In</u>
Thru 12/31/2015	\$20	\$25
1/1/2016 to 2/26/2016	\$25	\$30

- 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 RacesOnline.com.
- There is no charge for a parent, but they **MUST** register when the child registers. Deadline is February 1, 2016.
- Mail In registration fees are \$5 higher than online fees and postmarked by February 26, 2016. Registrations postmarked after February 26, 2016 will be held until the Little Rock Marathon Health & Fitness Expo and processed at Expo rates (*if the desired race is not sold out*).

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 that matches the child's race number. Race number **MUST** be worn on the front of the torso on the outer-most layer.
- 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, March 5, 2016 (*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.

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 2016 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?

Jennifer Pomerleau, Chair

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