

2014 White River Marathon for Kenya

Runner information Sheet

SCHEDULE

All races held rain or shine at Cotter School, 181 Mable Street in Cotter, Arkansas. Parking for all events is also at Cotter School. Packet pick-up, dinner & awards held at Cotter School.

Friday, November 21, 2014 - Cotter School

5:00-7:00 pm - Registration & packet pick up

5:30-7:00 pm - Pre-race pasta dinner & expo

Saturday, November 22, 2014 - Cotter School

5:00-6:40am - Packet pick up at Cotter School

6:45 am - Line-up for all races

7:00 am - All races start (5K, Half, Full)

8:30 am - 5K Awards

10:00 am - Post-race meal begins

11:00 am - Half marathon awards

1:00 pm - Full marathon awards

When is next year's race?

November 21, 2015

TRANSFORMANCE

FIRST ffbh.com
FEDERAL®

WHERE THE....?

How do I get there?

The address is:

198 Mabel
Cotter, AR 72626

Where do I park?

Cotter Schools – there is parking near the school and in the large, empty field between the school and the starting line.

Can I park at the finish line?

No. Due to lack of parking at the finish, any family/friends that wish to make it to the finish line are welcome to come to the finish area in one of the shuttle vans that pick up / drop off outside of the cafeteria.

Where is packet pickup?

Friday:

You can pick up your packet at the Cotter School in Cotter, AR Friday Nov. 21st from 5 -7:30 p.m.

Saturday / Race day:

ALSO you can pickup your packet on Nov. 22nd (Race morning) at the Cotter School between 5:00 and 6:40 a.m.



2014 White River Marathon for Kenya - Runner information Sheet

When is the start?

7:00 am for all races

Are there "drop bags?"

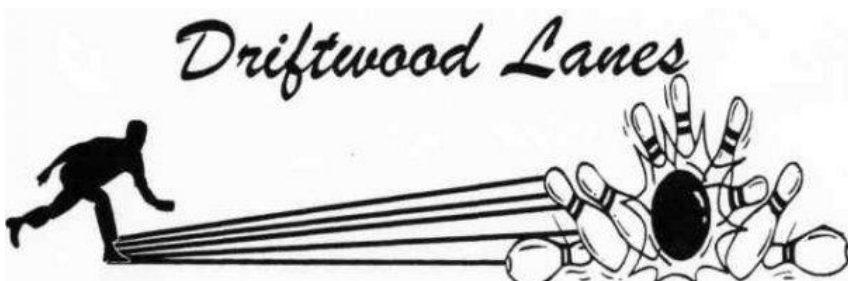
Yes. Bags will be available at packet pickup. You can leave them in the school for pick up or bring them up to the starting line. Drop bags should not be considered secure. White River Marathon takes no responsibility for drop bags other than their safe transfer from the start to the finish area.

Is this race a Boston Marathon Qualifier?

Yes. The Marathon, Half Marathon and 5K are all USATF certified. (See Certification Numbers on Course Maps and Info Page)

What sort of weather for this time of year?

The weather for this time of the year is very unpredictable. Typically the start is in the low 30's and warms to the high 40's or low 50's



ON THE COURSE:

Is this the same course as last year?

YES! The finish line is approximately 1 mile from the start. Shuttles will take runners, friends & family to and from the finish line back to Cotter School during the race.

Is there a time limit?

We have a 7 hr. time limit.

Are earphones / music permitted?

We do not prohibit earphones, but please take into consideration that this is not a 100% closed course. Runners should use common sense, keep volume low, wear only one earphone, etc. so you can be in tune with your surroundings.

Are strollers permitted?

Strollers are only permitted for those doing the 5K. Because this is not a 100% closed course, for safety reasons, we wish to get strollers off the course before the field thins out.

How will aid stations be spaced?

Approx. every mile and a half.

What will aid stations provide?

They will be stocked with Gatorade, GU gels, water and possibly fruit & pretzels.

How often will there be Port-a-johns?

Approximately every 2 miles along the course, and there are restrooms located at Cotter School at the start and also at the finish along the river next to Denton Ferry RV Park.

What is the course like?

We start at Cotter School and down the hill to the course along the river. It will be the SAME flat course and will finish at the same spot along the river. The finish line is approximately 1 mile from the start. Shuttles will take runners, friends & family to and from the finish line back to Cotter School during the race.

Kirby &
Funeral &
Cremation
Services *Family*



AFTER THE RACE:

Finisher Medals?

Yes. All Marathon & Half Marathon finishers will receive a Finishers Medal

What's at the finish line?

- Hiland Dairy and Shamrock Farms have donated 500 bottles of *Rock'n Refule* chocolate milk based recovery drinks for the Marathon & Half Marathon finishers! Learn more here: <http://rockinrefuel.com>
- Finisher Medals
- Water
- Results

What about results?

- You may have your individual results printed for you at the finish area
- Overall and Division results will be brought up to the school and be posted
- Overall and Division winners will be announced at the school
- Unofficial Results will be posted on our website the evening of the race
- Official Results will be posted on our website approximately one week after the race.
- Results will be emailed to participants as soon as possible

What about post-race meal?

An awesome pot-luck meal for all runners and their families at 10:00 at the Cotter School.

Are showers available?

Showers are available at cotter school. Bring your own towel and soap.



2014 White River Marathon for Kenya - Runner information Sheet

Awards and Divisions?

- Awards will be presented to the 1st, 2nd & 3rd place overall finishers for all races as well as at the Masters Division for the Marathon.

Age Group Awards (men & women)					
5 K		Half		Marathon	
0-13	40-44	0 - 13	40-44	16-19	45-49
14-19	45-49	14-19	45-49	20-24	50-54
20-24	50-54	20-24	50-54	25-29	55-59
25-29	55-59	25-29	55-59	30-34	60-64
30-34	60-64	30-34	60-64	35-39	65-69
35-39	65-69	35-39	65-69	40-44	70+
	70+		70+		

Are there race photos?

Yes. Race photos will be made available from Podium Images at <http://www.podiumimages.com>
Photo availability will also be emailed to participants in the days after the race as well as posted on our website.



CHIP TIMING:

Is there timing at the start and finish?

Yes, chip timing at both the start and the finish

How are times recorded?

Times will be displayed by both the chip and gun start

How are division winners calculated?

Division winners are determined by the chip time.

How do I put on my chip?

- There are two tags – one for each shoe
- Tags should **hang freely off the side of the shoes.**
- They should **not** be tucked inside the shoe or under the laces.

1. Feed shoe lace through the tag so that it rests **on the side** of the shoe

2. Then tie your shoes back.

- The tag will hang off the shoe; **you won't even know it's there!**

(If you don't have laces, pin the tags onto shorts/pants no more than 2-3 inches above the bottom of the shorts.)



What happens to my chip?

Receptacles will be available at the finish line and back at the school for you to place your chip

Is there a penalty for not returning chips?

No. We want you to return the chips, however we will not charge you for unreturned chips.



Carter's
Jewel Chest
A Tradition of Fine Diamonds and Jewelry