

# 2023 White River Marathon for Kenya

## Athlete Guide

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### SCHEDULE

#### November 17 | Friday

##### Packet Pickup & Pasta Dinner

5:30 -7:30 pm - Packet pickup (onsite registration as well, **5K is sold out**)

5:30-7:30 pm - Pre-race pasta dinner, WRM Merch, and Fit.1

Cotter School Cafeteria

181 Mabel, Cotter, AR

#### November 18 | Saturday

##### Packet Pickup

5:00 - 6:40 am

Cotter School Cafeteria

181 Mabel, Cotter, AR

##### Time to run!

6:45 am – Marathon and Half Marathon runners must make your way to the starting line.

ALL runners must be parked due to road closure. Regardless of your race start-time, we need everyone there by 6:40.

7:00 am

Marathon & Half start

7:30 am

5K start

2:00 pm

Race cut-off

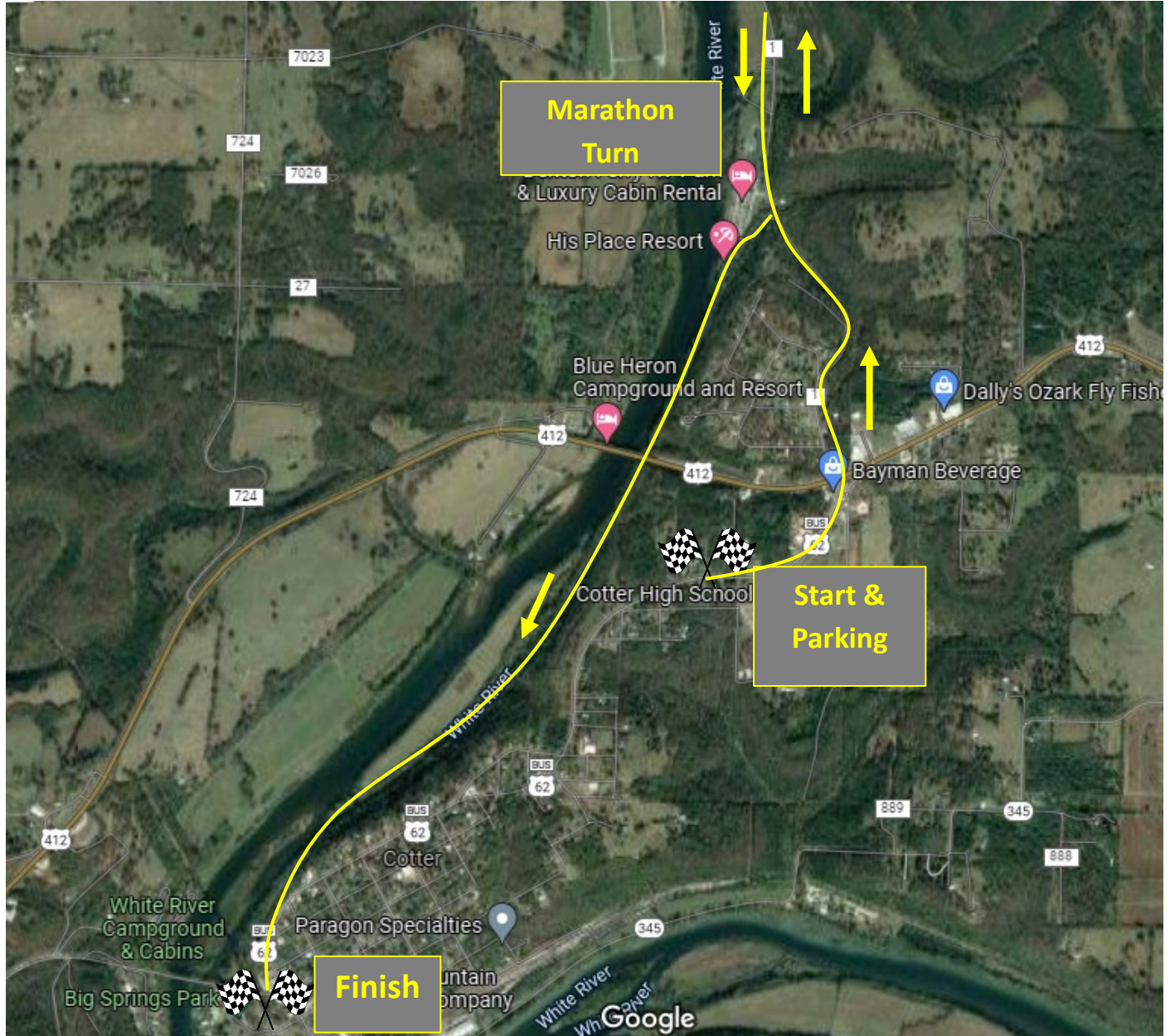
2023 WRM Shirt Sponsor!



Questions & Answers

**Where do I park?**

Cotter School Campus – there is plenty of parking on campus. Please follow the signs and the directions given by the parking attendants.





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### **Pasta Dinner?**

Tickets can be purchased [online](#) or onsite. Adults: \$12, Children: \$6.00

### **Can I park at the finish line?**

Yes! Parking is available at the Big Spring Park! Additionally, 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 the school.

### **Is it possible to defer to next year?**

Sorry, per official WRM Policy, we cannot accept these requests the week of the race. [Read the policy HERE.](#)

### **When is the start?**

7:00 am for marathon & half marathon

7:30 for 5K (must be onsite by 6:40)

### **Are there "drop bags"?**

Yes. Bags will be available at packet pickup. There will be a "drop bag" area inside the cafeteria. 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 is typical for this time of year?**

The weather for this time of year is very unpredictable. Typically, the start is in the low 30s and warms to the high 40s or low 50s. Check out the [WEATHER FORECAST HERE](#)

## Pasta Dinner Provided by:



### Where do I put my shoes to be recycled?

Shoe recycling drop off is located right outside the doors of packet pickup at the Cotter School Cafeteria. There will be signs you can't miss!

### SHOE RECYCLING



### ON THE COURSE:

#### Is this the same course as last year?

Almost. Still the same awesome flat course and same amazing finish, which is under the big, beautiful Cotter Bridge right next to the White River. No detours this year...we're back to a straight up course!

#### Is there a time limit?

We have a 7-hour time limit. Race starts at 7:00 am; we will clear the course at 2:00 pm.

#### 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 by keeping volume low, wearing only one earbud, etc., so you can be aware of your surroundings.

### 2023 WRM Bib Sponsor!



(870) 425-5464 | 2062 Hwy 62 W. Mountain Home, AR 72653 | [restoresportsmed.com](http://restoresportsmed.com)

### Are strollers permitted?

Strollers are only permitted for those doing the 5K since 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 2 miles.

### What will aid stations provide?

They will be stocked with Gatorade, GU Gels, water, and possibly candy bars, fruit, and pretzels.

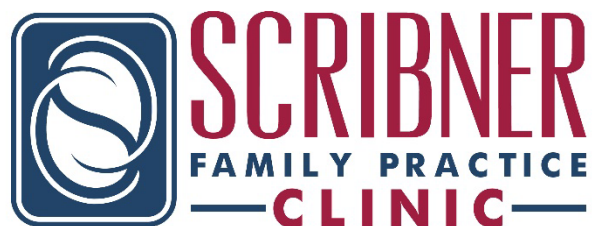
### How often will there be Port-a-johns?

Approximately every 2 miles along the course, and there are restrooms located at the Cotter School Cafeteria, as well as the finish.

### What is the course like?

- Course runs along the World Famous White River with scenic views!
- Race does NOT have a common start and finish line.
- All races start at Cotter Schools.
- All races finish at Cotter's Big Spring Park under the old Cotter Bridge.
- 5K is point to point.
- Half is out and most of the way back.
- Marathon is out, back to mile one, out again, and back to the finish.
- The last two miles of each race encompass a two-mile stretch of compacted and fine gravel pathway, everything else is asphalt.

## 5K Sponsor



### AFTER THE RACE:

#### What's at the finish line?

- Hiland Dairy has donated 500 cartons of chocolate milk for your quick recovery for the Marathon & Half Marathon finishers!
- Finisher Medals
- Water
- Bananas
- Results
- Waste Station (for ALL your trash and recyclables)

#### What about results?

- You may have your individual results printed for you at the finish area.
- Overall and Division results will be posted at the school.
- Overall and Division winners will be announced at the school.
- Unofficial Results will be posted on Run SignUp throughout race morning, but not up to the minute results as we have shotty service at the finish line.
- 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.

#### What about post-race meal?

There is an awesome potluck meal for all runners and their families beginning at 10:00 am at the Cotter School Cafeteria.

A big **THANK YOU** to **John Hilvert** for making the post-race meal an awesome reality!

#### Are showers available?

Yes, they're back in action!

### Aid Station Sponsors

**Mountain Home High School Track & Cross Country Teams**

**Cotter-Gassville Chamber of Commerce**

**Kiwanis Club of Mountain Home**

**Mountain Home High School FBLA**

### Finisher Medals?

Yes. All Marathon, Half Marathon, & 5K finishers will receive a Finisher's Medal!

### Awards and Divisions?

- Awards will be presented to the 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place overall finishers (men & women) for all races, including a Master's 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	70-74
	70+		70+		75 +

### Are there race photos?

Yes. Race photos will be made available post-race.

## Community Partner



Fit.1 will be onsite Friday night and Saturday morning. They will have apparel, single packets of Tailwind Nutrition, JUNK bands, handhelds, hydration packs, compression sleeves, gloves, tape, cozy beanies, and a few other random running goodies.

## CHIP TIMING:

### Is there timing at the start and finish?

Yes, chip timing at both the start and the finish by Agee Race Timing.

### 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 each shoe**.
- They should **NOT** be tucked inside the shoe or under the laces.

1. Feed shoelace through the tag so 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 return your chips.

### Is there a penalty for not returning chips?

We want you to return the chips; however, we will not charge you for unreturned chips.