

2025 White River Marathon

Athlete Guide

SCHEDULE

November 21 | Friday

Packet Pickup & Pasta Dinner

5:30 - 7:30 pm - Packet pickup and onsite registration for races with openings.

5:30 - 7:30 pm - Pre-race pasta dinner

Cotter School Cafeteria

181 Mabel, Cotter, AR

November 22 | 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 their 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

2025 WRM Shirt Sponsor!





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[Restore Regenerative & Sports Medicine](#), our shirt sponsor, will be onsite to help you feel your best before and after the race. Stop by for Normatec compression (hips or legs), percussive massage, or a quick foam-rolling reset.

They'll also have a full table of athlete essentials available for purchase*, including Incrediwear sleeves, Tiger Tail tools, Squirrel's Nut Butter anti-chafing products, Trailheads gloves and visors, JUNK headbands, PMT CBD Pain Cream, Charlotte's Web CBD gummies, Momentous protein/creatine/collagen, and recovery favorites like Sweet Bee Organics Sleep magnesium butter, calming rollers, and more.

***10% of ALL Restore's proceeds will go toward the 2025 charities!**

2025 WRM Charity Recipients



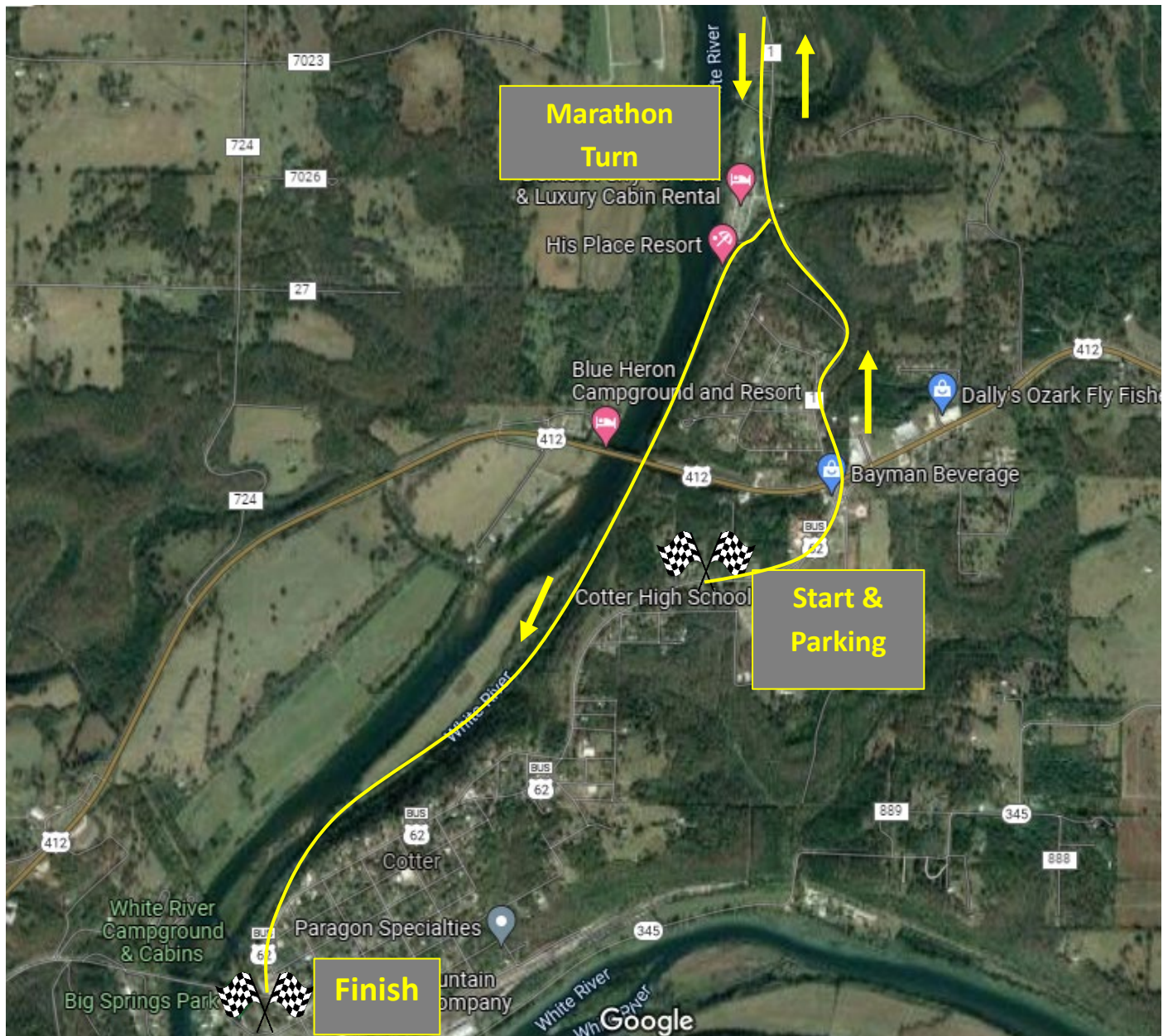


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Questions & Answers

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. Proceeds go to this year's charities.

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 WRM 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. Small 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 is a Boston Qualifier. All courses are 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](#)

Shuttle Services and Pasta Dinner Provided by:





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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!

ON THE COURSE:

Is this the same course as last year?

Yes. We have the same awesome flat course and same amazing finish, which is under the big, beautiful Cotter Bridge right next to the White River.

Is there a time limit?

We have a 7-hour time limit. The 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.

Where can spectators see the runners?

The best place is at the finish line. Not going to lie, WRM is not a spectator-friendly course due to the out-and-back nature and limited access. Friends & family may drive to, or take a free shuttle, to the finish line to see your accomplishments!



2025 Bib Sponsor:



ACCESS MEDICAL CLINIC





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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 area.

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.

Finish Line Sponsor

BAXTER
HEALTH



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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

What about results?

- Unofficial Results will be posted on Run SignUp throughout race morning, but no live results as we have shotty service at the finish line.
- 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 the WRM 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

The Good Shepherd Methodist Church of Cotter

Cotter-Gassville Chamber of Commerce

Kiwanis Club of Mountain Home



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Finisher Medals?

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

Awards and Divisions?

- Awards will be presented to the 1st, 2nd, & 3rd 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	45-49	0 - 13	45-49	13-19	50-54
14-19	50-54	14-19	50-54	20-24	55-59
20-24	55-59	20-24	55-59	25-29	60-64
25-29	60-64	25-29	60-64	30-34	65-69
30-34	65-69	30-34	65-69	35-39	70-74
35-39	70-74	35-39	70-74	40-44	75 +
40-44	75+	40-44	75+	45-49	

Are there race photos?

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

Photo Backdrop Sponsor



Farmers &
Merchants Bank

Show off your stuff post-race in front of the Farmers & Merchants Bank backdrop!



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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.

Community Partners





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2025 WRM CHARITY RECIPIENTS



Sparks Gamma House
60% of proceeds will go towards Critical roof repairs for this vital local shelter.

Mruk Family Center on Aging
20% of proceeds will fund the purchase of recumbent bikes for senior wellness.



**MRUK FAMILY
CENTER ON AGING**



Ozarks Keystone Trail Endowment
20% of WRM proceeds will go towards the installation of trailhead signs and markers for 40+ miles of completed trail. The Ozark Keystone Trail will connect the Ozark Trail to the Ozark Highlands Trail as part of the overall Trans Ozarks Trail which spans from St. Louis, MO to Fr. Smith, AR.

World Vision WASH Fund
Remembering our roots, WRM will still give a donation to World Vision's WASH (Water, Sanitation and Hygiene) program.

