

2019 White River Marathon for Kenya Athlete Guide

SCHEDULE

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

Friday, November 22, 2019 - Cotter School

5:30-7:30 pm - Packet pickup (onsite registration as well, IF not sold out)

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

Saturday, November 23, 2019 - Cotter School

5:00-6:40 am - Packet pickup at Cotter School

6:45 am – Line-up for all races

6:45-6:59 am – National Anthem & last-minute announcements

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

8:00 am - 5K Awards

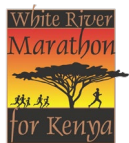
10:00 am - Post-race meal begins

10:00 am - Half marathon awards

11:30 am - Full marathon awards

Shirt Sponsor





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Questions & Answers

How do I get there?

The address is:
181 Mabel
Cotter, AR 72626

Where is packet pickup?

Friday:

You can pick up your packet at the Cotter School Cafeteria in Cotter, AR Friday Nov. 22nd from 5:30-7:30 p.m.

Saturday / Race Day:

ALSO, you can pickup your packet on Nov 23rd (Race morning) at the Cotter School Cafeteria between 5:00 and 6:40 am.

Pasta Dinner?

Yes! Dinner is served between 5:30 & 7:30 pm on Friday. If you've pre-purchased tickets, your name will be on the list. Additional tickets can be purchased at the door.

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.



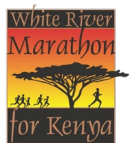
Can I park at the finish line?

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 the school.

5K Bib Sponsor

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2019 White River Marathon for Kenya Athlete Guide

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 all races

Are there “drop bags”?

Yes. Bags will be available at packet pickup. Please bring them to the marked area at 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?

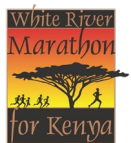
The weather for this time of year is very unpredictable. Typically, the start is in the low 30s and warms to the high 40s or low 50s. Check out the [WEATHER FORECAST HERE](#)

Where do I put my shoes to be recycled?

Shoe recycling drop off is located right outside the doors of packet pick up at the Cotter Schools. There will be signs that you can't miss!

SHOE RECYCLING





2019 White River Marathon for Kenya Athlete Guide

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, and family to and from the finish line back to Cotter School during the race.

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, 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 [Tailwind](#), GU gels, water and possibly candy bars, fruit & pretzels.

How often will there be Port-a-johns?

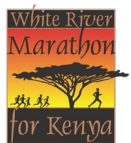
Approximately every 2 miles along the course, and there are restrooms located at Cotter School at the start, as well as the finish along the river next to Denton Ferry RV Park.

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, and family to and from the finish line back to Cotter School during the race.

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AFTER THE RACE:

Finisher Medals?

Yes. All Marathon, Half Marathon & 5K finishers will receive a Finishers Medal!

What's at the finish line?

- Hiland Dairy has donated 500 bottles 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 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?

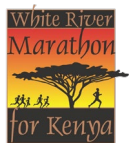
An awesome potluck meal for all runners and their families beginning at 10:00 at the Cotter School.

Are showers available?

Showers are available at Cotter School. Bring your own towel and soap.

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2019 White River Marathon for Kenya Athlete Guide

Awards and Divisions?

- Awards will be presented to the 1st, 2nd, & 3rd place overall finishers (men & women) for all races as well as at the 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+		75-79
					80+

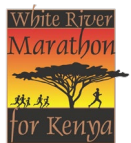
Are there race photos?

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

Photo availability will also be emailed to participants within a few days after the race, as well as posted on our website.

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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 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 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.