



12.16.23



PROJECT OF AND BENEFITING

Little Rock Parks and Recreation oversees 63 developed parks and twelve undeveloped parks totaling over 6,100 acres. In addition, the Little Rock Parks & Recreation offers a wide-range of youth and adult recreational and sports leagues, after-school and summer playground programs for children ages 6-15, outdoor recreation, therapeutic recreation and programs for seniors. Funds raised will continue to support parks and recreational programs for all ages. For more information about Little Rock Parks & Recreation please visit <https://www.littlerock.gov/residents/parks-and-recreation/>.

PACKET PICK UP

Every running/walking event has a “packet pick-up” of some type. This is when an athlete receives his/her race number, final race instructions, and other items considered part of their registration (t-shirt, etc).

Friday, December 15, 2023

Noon to 6 pm

Volkswagen of Little Rock
25 Colonel Glenn Plaza Drive
Little Rock AR 72210



Saturday, December 16, 2023

7:00 am to 8:45 am

Registration Tent – Two Rivers Park
6900 Two River Park Road
Little Rock, AR 72223

- Identification will be required to pick up a race packet. Identification must match the name on the race packet.
- Local virtual participants are **required** to pick up their race packets during packet pick up.
- Virtual participants who are outside of central Arkansas will have their packets mailed Monday after the race.

Can't pick up your packet on Friday? Athletes *unable* to pick up their race packet during packet pick up on Friday may have someone else retrieve it for them. That individual **MUST** provide the following to receive the athlete's race packet:

- A copy of your registration confirmation email (*digital is preferred*) or an email stating we can give them your race packet.
- Their photo ID (***we do not need a copy of the athlete's id***).

RACE DAY TIMELINE

7:00 – 8:45 am Packet pick up and late registration open
8:45 am Elf Dash
9:00 am 5K Start

TIME LIMIT

5K 1 hour

RACE NUMBERS

You aren't in a rodeo! **Race numbers must be worn on the front of your person on the outermost layer.** Race officials **must** be able to see your entire race number to know you are officially registered. You will be considered a bandit if your number is not visible. Do not cut or fold your number in any way. Failure to comply with this rule could result in disqualification. Race numbers are non-transferable and may only be worn by the participant to whom it is assigned. Please see **RULES OF COMPETITION** for penalties.



IMPORTANT REMINDER: Your personal safety is very important to us. Please take time to write out emergency information on the back of your race number along with any life threatening conditions, as well as allergies for medical personnel.



PARTICIPANT SHIRTS/EXCHANGE

Participants will be given the shirt size selected during registration. If a different size is needed, please bring back to packet pick up on Saturday after 10 am. If we have the size available, we will gladly exchange it.

START LINE/START CORRALS

The start line and start corrals are areas for athletes only. The goal is to provide a smooth start, as well as a positive race experience with sufficient room to run/walk along the race course for all athletes.

- Start Corrals are assigned based on the estimated finish time given at registration.
- Faster athletes have been assigned to the "A" Corral, which is in the front of the start line. All other athletes should self-seed in the start line. Faster athletes in the front and slower athletes in the back.

TIMING

The 5K will be timed using a disposable timing chip, which is attached to each athlete's race number. This chip requires no battery, is lighter than a feather and has a built in microprocessor customized to ensure maximum reads even during the most challenging of conditions.

- No chips or tags to return post-race.
- Your finishing time will be emailed to the address we have on file and text to your phone (*if you gave us your cell phone number*)
- Official results will be available online after the race.

COURSE

The course runs on the paved trails at Two Rivers Park, combining the safety of a smooth surface and the beauty of park.

- It is the athlete's responsibility to know the course. Please see the course map.
- Course is a loop course. Please stay to your right on the path. **In other words, please allow faster athletes to pass.**

AID STATION

- All athletes are encouraged to provide their own hydration while running/walking the race. Volunteers and staff will be on hand to supplement hydration, or to provide to those who do not bring their own.
- Garbage cans are placed along the road past the tables, so that the athlete can deposit their used cup after drinking their water. Please do not ask a volunteer to pick up your used cups- ewe!

POST RACE

- Please exit the finish chute as quickly as possible.
- Do not wait inside the finish chute for friends or family to finish.
- 5K finishers receive a 5K medal when they cross the finish line
- Elf Dash finishers receive a treat bag when they cross the finish line

AWARDS

Top 3 women and top 3 men will be awarded vintage cookie jars at the finish line.

There is no award ceremony.

No age group awards.

PHOTOS

Photography will be provided by Run Bike Swim Photos. www.runbikeswimphotos.com



CANCELLATION POLICY/REFUNDS

Race officials want to provide a safe race environment for all athletes. Once we receive and accept your registration, you will not receive a refund if you cannot participate. Should there be a time that it is determined to be unsafe to start a race or proceed with the race, once it has started, the following policy may be enforced:

- If weather or other conditions present a danger to athletes, race officials maintain the right to cancel or modify the race.
- Extreme weather conditions will be recognized as "an act of god" and will not result in the refunding of race registration fees or future race credits.
- Public safety officials and medical authorities will be consulted prior to any race cancellation or modification. Should City of Little Rock officials, which are beyond the race's control, impact race official's ability to conduct the event, the same refund policy will be in effect.

- Race officials assert that each athlete assumes a personal responsibility when entering an athletic event and accepts the potential risks. Race officials encourages all athletes to take all precautions and cooperate with directives given during the race by event personnel.
- **Unfortunately, almost all race related expenses will have been incurred prior to the actual race. Should the race be forced to modify the course or cancel the race, the financial impact on the race would not be any different than if the race was held in its entirety. Thus, refunding of registration fees would devastate the financial future of the race.**

WEATHER POLICY

Races are held rain, shine, sprinkles or locust and will not be cancelled except for cases of severe weather. Race officials will evaluate weather conditions and make an appropriate determination regarding initiation, cancellation, or continuation of the race. Such determination shall be based on prudent consideration by race officials in conjunction with local law enforcement and/or other officials. In the event of inclement weather or unforeseen circumstances, race officials reserve the right to alter, cancel, or eliminate any/all portions of the race or to make any modification concerning the time, length, or nature of the event.

EVENT ALERT SYSTEM

A color-coded alert system will communicate the status of course conditions to participants leading up to and on race day. Color coded signs will be placed at each aid station on the course. The levels range from low to extreme based on a number of factors, including weather conditions. All participants are advised to familiarize themselves with the event alert system prior to race day. Please remain alert for directions from race officials/course volunteers and take precautions to properly prepare for a variety of weather conditions on race day.

| ALERT LEVEL | EVENT CONDITIONS | ACTIONS RECOMMENDED |
|-----------------|---|--|
| MODERATE | Less than ideal conditions | Slow down, prepare for the possibility of worsening conditions |
| HIGH | Potentially dangerous conditions | Slow down, observe course changes, follow event official instructions, consider stopping |
| EXTREME | Event Cancelled. Extreme and dangerous conditions | Participation stopped, follow all event official instructions |

RULES OF COMPETITION

The most important thing is to have fun and enjoy your race, but we do have some basic rules that will ensure that things run smoothly.

- *Race officials reserve the right to remove an athlete from the course if, in their best judgment, it is possible that serious or fatal injury could result from continued participation.*
- *Non-registered individuals pacing is prohibited and may result in disqualification.*
- *Bandits/non registered individuals are prohibited and will be removed from the course.*
- *No pets, roller blades, skateboards, bikes, or strollers are allowed in any of the races.*
- *Race numbers must be worn on the front outer most layer of clothing or costume and must be visible at all times.*
- *Do not change start corrals on race day.*
- *Transferring of race number to someone else is not allowed. While the practice of giving your race number to someone else, may seem harmless, it can result in serious consequences to all individuals involved. It's an issue of false identity and a liability issue.*

Why?

- *Your race number is attached to your identity. If an emergency occurs that requires medical attention or a race official must identify an athlete, we need to have the correct information.*
- *Awards could also be impacted.*
- *If race organizers identify an individual who has given their race number to another person, it will result in disqualification and a minimum two-year ban for all individuals for any race conducted by the Little Rock Marathon.*

UGLY SWEATER RACE

YES THE SWEATER TO BE TAGGY!

COURSE MAP

