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Thursday, November 18, 2004

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World-class Kenyan runners coming for marathon

GENE McCOY
Bulletin Staff Writer

As preparations for Saturday's first Mountain Home Marathon for Kenya enter into a final kick, nine native Kenyan runners are expected to be among more than 200 runners from 14 different states for the three-race event.

The Kenyan runners who will attend the marathon festivities and run in the event include world-class runners Charles Kamindo and Moses Waweru. Kamindo will be running in the half marathon, and Waweru will compete in the full marathon. Waweru recently placed second in the Philadelphia Marathon. Well-known barefoot marathon runner and barefoot running enthusiast Rick Roeber also has committed to the event, running in the complete marathon.

The three races will include a full marathon, a half marathon and a 5K run. All three races will begin at 8 a.m. with the full marathon and the 5K beginning at MHHS and the half marathon starting at the halfway point of the race.

Both the half marathon and the marathon are USATF Certified while the marathon is a Boston Marathon qualifier.

The proceeds from the event will be split — half benefiting an orphanage in Watoto, Kenya, and the other half going toward

Schedule of events

Friday

5 p.m.-7 p.m.

Late registration and Packet Pick-up

5:30 p.m.-7 p.m.

Pre-Race Pasta Dinner and Rally at the Mountain Home High School Cafeteria

working with World Vision to refurbish and dig wells in Katito, Kenya. World Vision Vice President Steve Haas also plans to compete in the full marathon and will speak at a Friday night rally and dinner that is open to the public.

Race Day

Marathon official Laurie Kasinger is extremely pleased with both the initial turnout and support the two-day charity event has received.

Saturday

"It's a lot more than we could have ever dreamed of when we first started planning the event," said Kasinger. "In the short period of time that we've had to promote the race, we've had the entire community embrace it. We've had a great number of volunteers, sponsors ... just everybody has been so helpful, and everybody has been so willing to help. It's just such a great cause and for our community to react the way it has ... well there aren't enough words to express our gratitude."

6 a.m.-7:30 a.m.

Late Registration

7 a.m.

The event's festivities actually begin on at 5 p.m. Friday at MHHS, where registered runners and the general public can attend a pre-race gourmet pasta dinner — prepared by at provided by Mary Jo Augustine and her daughter, Jameeo Traver, who is a graduate of the Seattle Culinary Institute — at the MHHS Cafeteria.

Shuttle leaves MHHS for half marathoners' starting line

7:45 a.m.

For those still wishing to register for any of the races, late registration will take place on Friday from 5:30 p.m.-7 p.m. at the Mountain Home High School Cafeteria, and again on race day from 6 a.m. to 7:30 a.m. at the MHHS starting line near the entrance to the school.

Racers line up for the start of the event

8 a.m.

Late registration fees are as follows: \$30 for the 5K run, \$45 for the half marathon and \$60 to run in the marathon. Children will have to have their parents sign a permission slip if they wish to run in the race.

Race begins for ALL participants

9 a.m.

An aid station will be set up every two miles, and post-race showers and changing facilities will be provided on site.

5K Awards Ceremony

All runners will receive a "goody bag" and a event T-shirt. Finisher medals will be awarded to those who complete the half and full marathons while awards will be given to overall winners in each age division.

11 a.m.

Volunteers are still welcome, according to tournament organizers.

Post-race meal begins

"There's always room for more volunteers," said Kasinger. "We welcome anyone that wishes to lend a hand. We expect 200 runners, but there could be much more, so volunteers are still welcome."

Noon

Spectators are also strongly encouraged to attend the event.

Half Marathon Awards Ceremony

"We really encourage people to come out and support the runners," said Kasinger. "They can line up anywhere along the course and cheer the runners on."

2 p.m.

For any questions about the event or if you wish to acquire a map of the course, visit www.mountainhome-marathon.com. For any questions, please contact Kasinger at 492-6625.

Marathon Awards Ceremony

Originally published November 18, 2004

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