

# LITTLE ROCK 10K

PRESENTED BY



**Whole Hog Cafe**  
NORTH LITTLE ROCK  
*Let's picnic.*

## KATHY HELPENSTILL

HAS COMPLETED THE 6.2 MILE LITTLE ROCK 10K ON  
MARCH 2, 2014 IN A TIME OF . . .

### 1:15:46



Executive Directors



LITTLE ROCK MARATHON RACE WEEKEND  
PRESENTED BY  
**Arkansas Democrat**  
Arkansas' *Longest* Newspaper  **Gazette**