

Footstock

DATE AND TIME: Saturday, June 19. 1-Mile Fun Run at 7 p.m. 5 Kilometer Run at 8 p.m.

SITE: Haymarket Park, Lincoln, NE. Located north of the Haymarket District in downtown Lincoln. **The course is not USATF certified.** Official course maps are posted at CornhuskerStateGames.com..

WHAT IS FOOTSTOCK? Footstock offers a twist on the annual CSG Road Race. There will be live music, inflatable games for children and adults and food and beverages. Food concessions and beer on tap will be available after the run.

NOTE: Footstock is not a 5K certified race, it is only GPS measured.

| Event Name | Event Name |
|-----------------------------|-------------------------------|
| <u>Male 5 Kilometer Run</u> | <u>Female 5 Kilometer Run</u> |
| 14 & Under | 14 & Under |
| 15-19 years | 15-19 years |
| 20-24 years | 20-24 years |
| 25-29 years | 25-29 years |
| 30-34 years | 30-34 years |
| 35-39 years | 35-39 years |
| 40-44 years | 40-44 years |
| 45-49 years | 45-49 years |
| 50-54 years | 50-54 years |
| 55-59 years | 55-59 years |
| 60-64 years | 60-64 years |
| 65-69 years | 65-69 years |
| 70-74 years | 70-74 years |
| 75-79 years | 75-79 years |
| 80 & Over | 80 & Over |

NOTE: Age determined as of June 19, 2010.

ENTRY FEE: 1-Mile Fun Run is \$10 and the 5 Kilometer Run is \$27 if entered by May 31. \$5 late fee if received between June 1 & June 17. An additional \$5 will be added if you register on race day. **Race day registration from 5-7 p.m. ONLY.** Entry fee includes athlete T-shirt, passes to SportFest and the Opening Ceremonies and a copy of the Nebraska Sports Council Yearbook.

COMPETITION FORMAT: Course map and start/finish area will be located at CornhuskerStateGames.com. Race numbers will not be shipped. This race will be chip timed.

SANCTION: The race is sanctioned by USA Track & Field.

AWARDS: Gold, silver and bronze medals given to top three in all age divisions for men AND women. All finishers in the 1-Mile Fun Run will receive a complimentary gift. Complete results in the 5 Kilometer run will be posted at CornhuskerStateGames.com.

REGISTER AND WIN BIG! As if the greatest sports participation experience in Nebraska weren't enough, all registered athletes in the Cornhusker State Games will be entered in the CSG Grand Prize Drawing. The top prize is a free one-year lease on a Mazda 5 from Anderson Auto Group! Second prize is free airfare for two to any Midwest Airlines destination. To encourage early entry, Borsheim's has donated a diamond and gold pendant valued at \$1,800, which will be awarded to one of the first 5,000 entrants. Those entering multiple sports receive one chance for each sport entered, so enter early and often!

CHOOSE PACKET SHIPPING: Packet shipping (\$5 Individual, \$10 Team/Doubles) allows you to receive your shirt(s), yearbook(s), event pass(es) and sponsor gifts more than a week before the Opening Ceremonies. Choosing this option means saving time and avoiding hassles like waiting in line or running across town between games. Those not choosing the shipping option may pick up athlete packets at the following locations/times:

Wednesday, June 16, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Thursday, June 17, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Friday, June 18, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Saturday, June 19, 7 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St. or Haymarket Park 6 p.m. – 8 p.m.

Sunday, June 20, 7 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Wednesday, June 23, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Thursday, June 24, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Friday, June 25, 4 p.m. – 7 p.m. SportFest, 7600 A St.

Saturday-Sunday, June 26-27, 7 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

NOTE: Packets will be available to pick up for Footstock participants prior to the run at Haymarket Park.

OPENING CEREMONIES/SPORTFEST: The always popular Opening Ceremonies on Friday, June 25 will again be preceded by SportFest, a party with all the trimmings including inflatable/carnival games, interactive displays, music and free dinner for registered athletes. Find all the details under the Special Events tab at CornhuskerStateGames.com or call 402-471-2544 for more information.

FOR FURTHER INFORMATION: Footstock Directors Ann Ringlein at (402) 474-4557 or Brian Wandzilak at bwandzilak@gmail.com.