



5K ROAD RACE GUIDEBOOK

Need To Know

- 1 **Please plan to arrive early.** Traffic gets backed up significantly just prior to the start times.
- 2 **Slower racers stay to the right of the path.** Runners pass on the left when possible.
- 3 **Each runner will receive a timing chip and bib number at packet pick-up.**
- 4 **Watch for signs.** There will be volunteers at key sections of the course. Watch for signs that mark turns, turnarounds, and mile markers.
- 5 **There will be medics posted along the course.** If you see an injury along the way, report this to the next posted medic.

Packet Pick-Up

Friday, July 26
4 p.m. – 7 p.m.
Fleet Feet Sports (7701 Pioneers Blvd #2, Lincoln)

Saturday, July 27
6:30 a.m.
Holmes Lake (70th and Normal Blvd, Lincoln, NE)

Runners are allowed to have their packets picked up by a friend, who will have to simply give the runner's name and sign the pick-up list.

Timeline of Events

SATURDAY, JULY 27
HOLMES LAKE (70th and Normal Blvd, Lincoln)
6:30 a.m. Packet Pick-Up
8:00 a.m. Race Starts
9:30 a.m. Awards

List of Events

Male/Female

14 & Under	50-54 Years
15-19 Years	55-59 Years
20-24 Years	60-64 Years
25-29 Years	65-69 Years
30-34 Years	70-74 Years
35-39 Years	75-79 Years
40-44 Years	80 & Over
45-49 Years	Wheelchair Open



Sandhills Global

Course Details

Course map in back of Guidebook

Chip Timing

Participants will tie the chip into their shoe laces to make sure it does not fall off.

Directions/Parking

Parking is available inside Holmes Lake Park on a first-come, first served basis. Access to parking within the park will only be allowed by entering through the 70th Street entrance. However, the north shore roadway within the park will be completely shut down for the start of the Road Race from 7:45 - 8:15 a.m. Parking lots will be blocked off and no cars will be allowed to enter or exit the north side of the park during that time frame. If you think you may need to exit the park during that time frame, you will want to park in the Urban Air lot across from 70th St.

Parking map in back of Guidebook

Weather Policy

For all weather related notifications, go to the Cornhusker State Games Facebook page or watch your email

Runner Recovery

Post-race festivities—including pancakes, fruit, granola bars, water, Gatorade, and milk—will be held by the finish line. Participants are welcome to hang out after the race and enjoy time with good friends, family, and other runners.

T-Shirts & Awards

Every participant will receive a CSG '19 T-shirt during packet pick-up.

Custom Cornhusker State Games gold, silver, and bronze medals will be given to the top three participants in each division.

Restrooms

Portable restrooms will be available near the Start/Finish line.

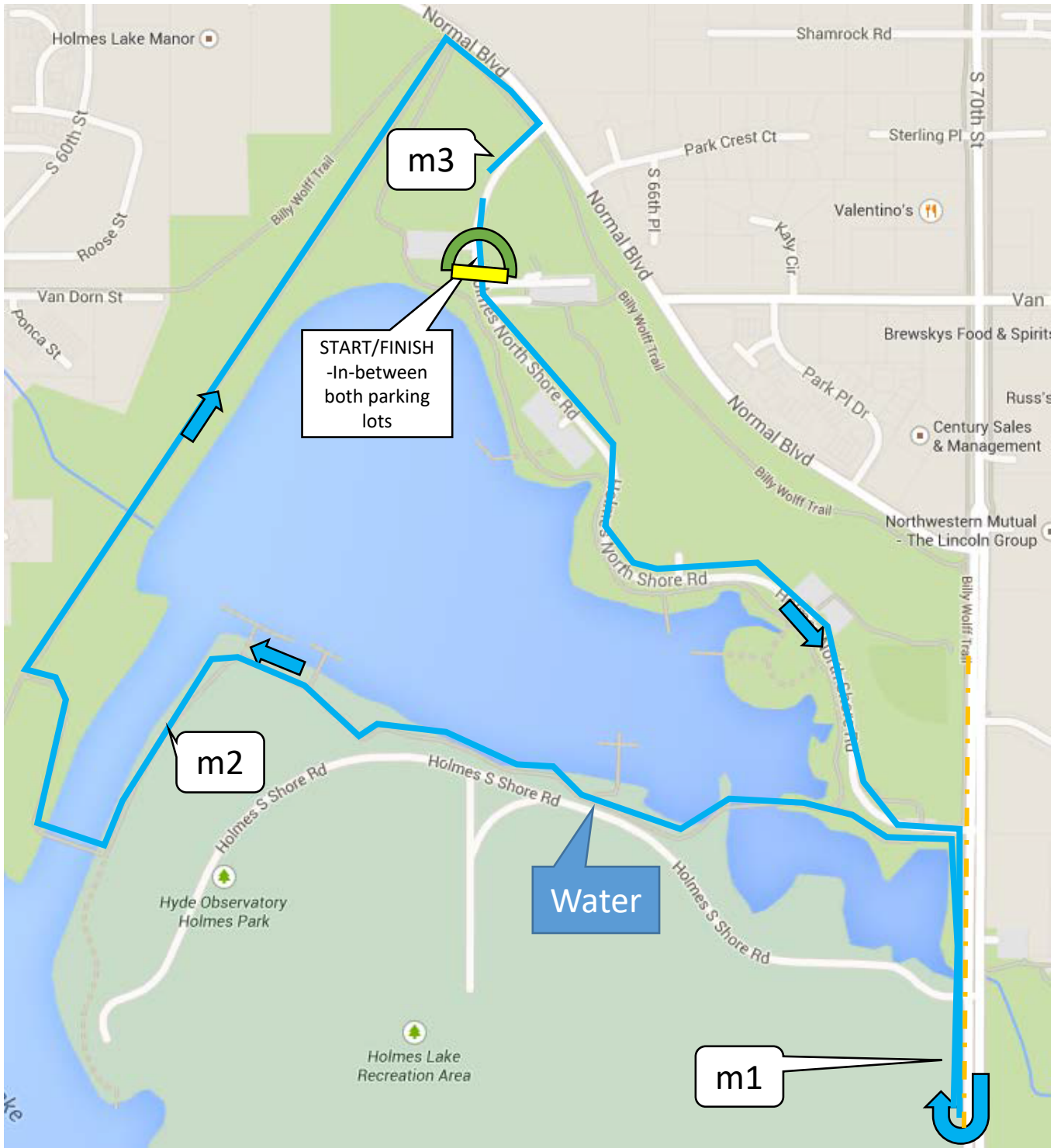




2019 Cornhusker State Games 5K Road Race Course Map

Saturday, July 27, 2019

Holmes Lake | Lincoln, NE



5K ROAD RACE PARKING MAP

X NO ENTRANCE



ENTRANCE

 PARKING

X NO PARKING