

5K Road Race



Register online at CornhuskerStateGames.com

Sponsored By:



GENERAL INFORMATION

DATE: Saturday, July 25, 2020

SITE: Holmes Lake (70th and Normal Blvd, Lincoln)

TIME: Run starts at 8 a.m.

- There will be a **PANCAKE FEED** following the race!

COURSE: Maps will be posted at CornhuskerStateGames.com when the course is finalized.

COMPETITION FORMAT: The race will be chip timed. Faster, more competitive runners should line up near the front of the pack. The Cornhusker State Games Road Race is not a certified 5K.

AWARDS: Custom Cornhusker State Games gold, silver and bronze medals given to top three participants in each division.

EVENTS

Event Name	Event Code	Event Name	Event Code
<u>Male</u>		<u>Female</u>	
14 & Under	1	14 & Under	17
15-19 Years	2	15-19 Years	18
20-24 Years	3	20-24 Years	19
25-29 Years	4	25-29 Years	20
30-34 Years	5	30-34 Years	21
35-39 Years	6	35-39 Years	22
40-44 Years	7	40-44 Years	23
45-49 Years	8	45-49 Years	24
50-54 Years	9	50-54 Years	25
55-59 Years	10	55-59 Years	26
60-64 Years	11	60-64 Years	27
65-69 Years	12	65-69 Years	28
70-74 Years	13	70-74 Years	29
75-79 Years	14	75-79 Years	30
80 & Over	15	80 & Over	31
Wheelchair Open	16	Wheelchair Open	32

JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 17!

Make plans to join us on Friday, July 17 at Lincoln East High and Seacrest Field for SportFest and the Opening Ceremonies!

SportFest | 4:30 – 7 p.m. | Lincoln East High School

SportFest is the pre-Opening Ceremonies party for Athletes and their families and includes a free meal for anyone with a Super Pass. Meal is provided by Arby's, Pepsi, Frito-Lay and Hiland Dairy.

OPENING CEREMONIES | 8 P.M. | SEACREST FIELD

Program includes: Parade of Athletes, Skydivers (Lincoln Sport Parachute Club), Introductions, Presentation of Colors (Nebraska National Guard), National Anthem, Oath of Athletes, Mascot Showcase/Shirt Cannons, Featured Entertainment, Torch Lighting Ceremony (Mystery Torchlighter), Fireworks, Photos/Autographs and more.

ATHLETE PACKETS & TEAM BOXES

Choose the Shipping Option and get a Free Arby's Sandwich!

Save time, avoid hassles and receive your CSG gear more than a week before the Opening Ceremonies by shipping your athlete packet (\$10) or team box (\$15). Athlete packets contain the athlete shirt and Super Pass. Athlete packets will begin to ship in June. The packet shipping option will only be available for those registered by the final entry deadline. If you don't choose the shipping option, you will need to pick up your athlete packet or team box.

REGISTRATION FEES & DEADLINES

For pricing and dates, please check the 5K Road Race web page.

ENTRY FEE INCLUDES: Competition in the 2019 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); Pass for free admission to SportFest, the Opening Ceremonies, and all competition venues; Sponsor gifts and coupons.

PAPER ENTRY FORMS: Paper entry forms will be accepted with a \$5 processing fee. Registering online at CornhuskerStateGames.com saves time, money and trees.

FURTHER INFORMATION

Sport Specific Questions: Contact Road Race Director Todd Fitzgerald at csgenergyevents@gmail.com. Assistant Director Dennis Heuke at dghiikee@hotmail.com.

Online Registration/Website Questions: Contact the Cornhusker State Games office at 402-471-2544 or info@nebraskasportscouncil.com.