

For updates regarding COVID-19, please refer to the Cornhusker State Games website.

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.

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!

For more information regarding Sportfest and Opening Ceremonies, please refer to Opening Ceremonies web page.

ATHLETE PACKETS & TEAM BOXES

Due to COVID-19, all athlete packets will be shipped. A shipping fee of \$5 (Individuals) or \$15 (Teams) will be added upon checkout. Packets include athlete shirt and one free Arby's sandwich certificate per person. Athletes will receive their packet prior to competition.

REGISTRATION FEES & DEADLINES

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

ENTRY FEE INCLUDES: Competition in the 2020 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); 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 dghikee@hotmail.com.

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