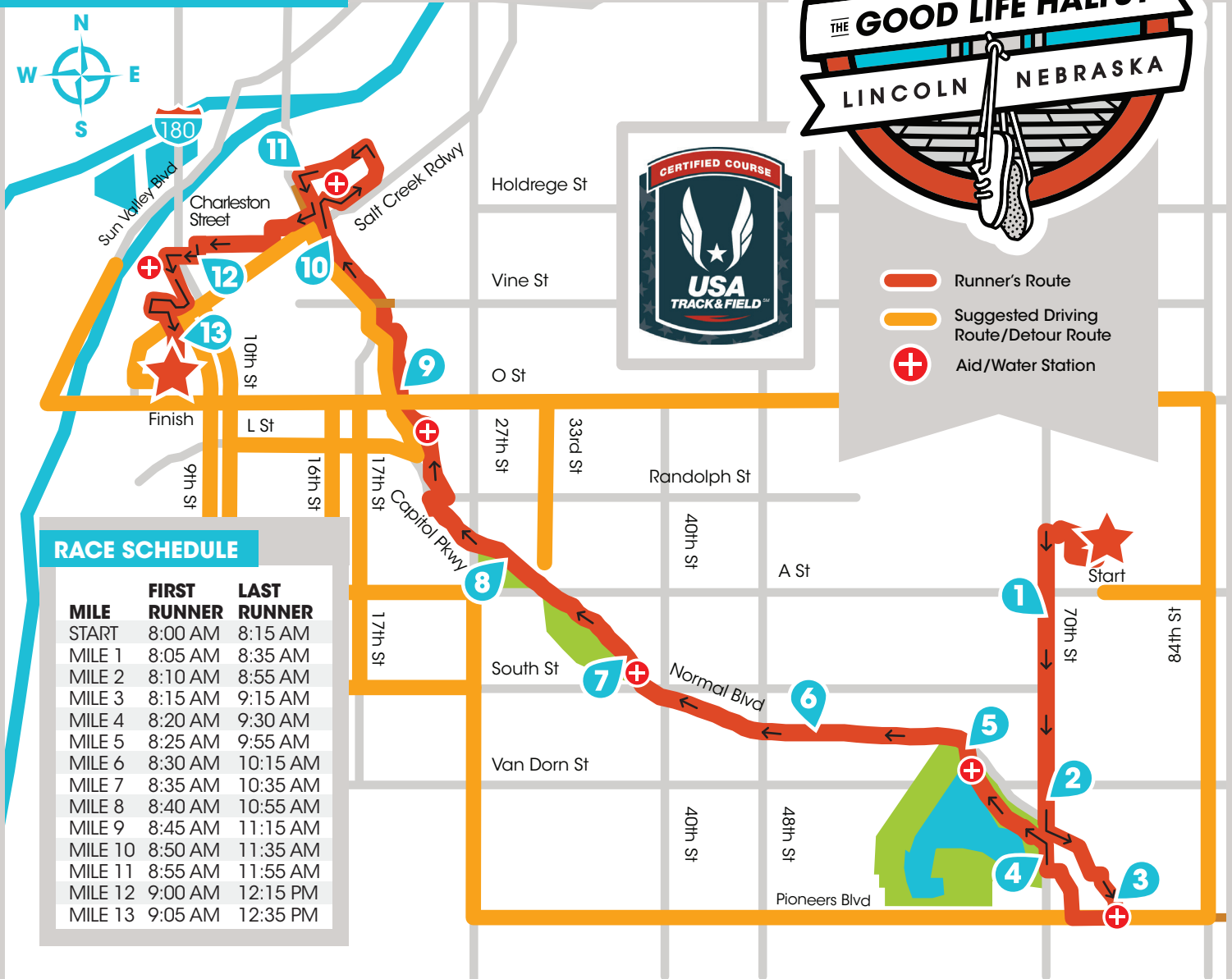


ROUTE MAP

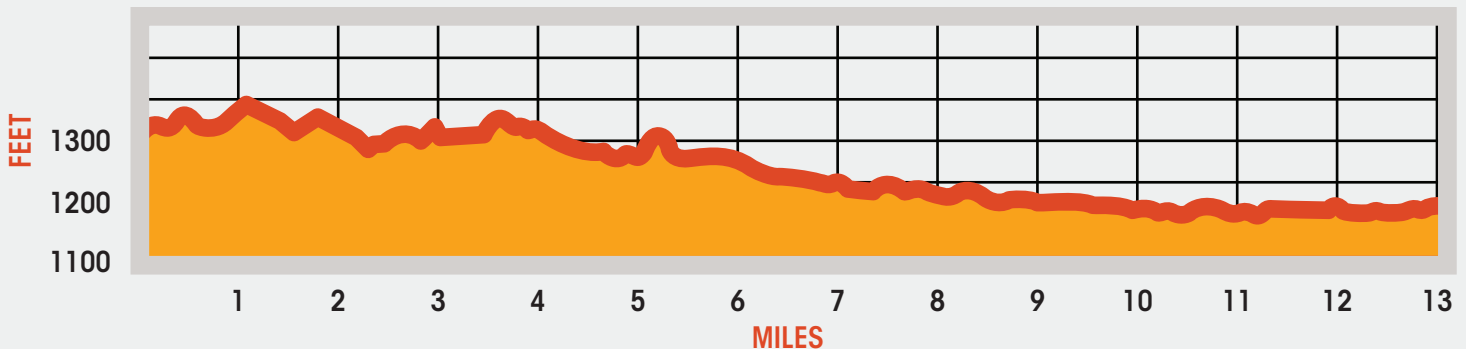
LINCOLN, NEBRASKA



RACE SCHEDULE

MILE	FIRST RUNNER	LAST RUNNER
START	8:00 AM	8:15 AM
MILE 1	8:05 AM	8:35 AM
MILE 2	8:10 AM	8:55 AM
MILE 3	8:15 AM	9:15 AM
MILE 4	8:20 AM	9:30 AM
MILE 5	8:25 AM	9:55 AM
MILE 6	8:30 AM	10:15 AM
MILE 7	8:35 AM	10:35 AM
MILE 8	8:40 AM	10:55 AM
MILE 9	8:45 AM	11:15 AM
MILE 10	8:50 AM	11:35 AM
MILE 11	8:55 AM	11:55 AM
MILE 12	9:00 AM	12:15 PM
MILE 13	9:05 AM	12:35 PM

ELEVATION



UPDATED 9/19/2019