

# LINCOLN MARATHON AND HALF MARATHON



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# WELCOME RUNNERS

## LETTER FROM THE MARATHON STEERING COMMITTEE

Congratulations to all of you on the hard work you have put into training for the Lincoln Marathon and Half Marathon. It's no easy task to commit to a race such as this. You should feel a sense of accomplishment at having reached the end of your training.

Just as you have been training to run the Lincoln Marathon or Half Marathon, many volunteers have been working to put on the best and safest race possible. Planning and organizing a marathon takes many hours of hard work and dedication. We could not put on this race without the dedication of our committee and all of our wonderful partners. The Lincoln Track Club, the National Guard, the City of Lincoln, the University of Nebraska and our sponsors, are all instrumental in assisting us with this endeavor. We thank them all.

As you run through the streets of Lincoln, please follow all instructions from volunteers. They are doing their best to keep you safe so you can focus on your race. And, as you cross the finish line, please extend to them your thanks for helping with what we hope is a wonderful experience for you.

We wish you luck as you head to the starting line, while you are running, and as you cross the finish. We know you have many choices of races to run, and we are glad you have chosen to run the Lincoln Marathon and Half Marathon.

Best wishes and good luck!

***The Lincoln Marathon Steering Committee***



## MESSAGE FROM THE MAYOR OF LINCOLN

The Lincoln Marathon brings out the best in our community. Whether you are lacing up after months of training, grabbing markers to make a homemade sign, or volunteering to hand out water and Gatorade, this is your race. Thank you to all those who make this signature event possible, and good luck to all the runners as they strive again for a personal best!

***Mayor Leirion Gaylor Baird***



## ABOUT THE LINCOLN TRACK CLUB

The Lincoln Track Club was established in 1975 by an eager group of track enthusiasts as a non profit community service organization to promote running throughout the area and provide educational assistance for its runners. For over 40 years, LTC has stayed true to its roots as a nonprofit, all-volunteer organization, and in 2019 gave \$237,557 back to the community, including close to \$164,000 to the Rebuild the Heartland Fund for flood relief efforts. LTC is a member club of both the Road Runners Club of America (RRCA) and USA Track and Field. Thank you for making this possible.



# SCHEDULE OF EVENTS

## FRIDAY, APRIL 29, 2022

### PACKET PICKUP

**12:00pm to 6:00pm. You should attend packet pickup during the timeslot selected during registration.**

Cornhusker Marriott

333 South 13th Street, Lincoln, Nebraska 68508

## SATURDAY, APRIL 30, 2022

### KFRX MAYOR'S RUN SPONSORED BY SANDHILLS GLOBAL

#### **8:00 am - Kid's 1 Mile Race**

Watch thousands of school-age kids give all their effort for a fun 1-mile race.

Nebraska State Capitol - Start line on south side of capital

1500 H Street, Lincoln, NE 68508

### PACKET PICKUP

**9:00am to 6:00pm. You should attend packet pickup during the timeslot selected during registration.**

Cornhusker Marriott

333 South 13th Street, Lincoln, Nebraska 68508

### FEATURED SPEAKER - RANDY WOODWARD

#### **10:00am to 2:00pm.**

Cornhusker Marriott

333 South 13th Street, Lincoln, Nebraska 68508

### PASTATHON

**4:00pm to 8:00pm. Join 1,500 of your closest friends and their families for a FREE pasta dinner to prepare for race day. Check your email for details on how to join in the fun.**

Champions Club

707 Stadium Drive, Lincoln, NE 68508



## SUNDAY, MAY 1, 2022

### PACKET PICKUP AND BAG CHECK

**5:45am - 7:00am**

*Pickup your packet or check your clear bag before the race.  
All checked bags will be transported to Bag Claim beyond the  
Finish Line at Champions Club just past race recovery.*

Cook Pavilion

University of Nebraska - Campus Recreation

14th & Vine Street

### RACE START - WAVE START

839 N. 14th Street, Lincoln, Nebraska 68508

**6:55am - Wheelchair and Rucksack**

**7:00am - Marathon and Half Marathon**

### RACE FINISH

**8:00am - 1:30pm**

University of Nebraska

Champions Club

707 Stadium Drive

Lincoln, NE 68508

### BAG CLAIM

**8:00am - 1:30pm**

*If you checked a bag  
before the race, be sure  
to claim it just beyond  
race recovery.*

University of Nebraska

Champions Club

707 Stadium Drive

Lincoln, NE 68508

Take KFRX with you on your run.

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# THANK YOU NANCY

## ***President's Award for Above and Beyond Community Service to the Running Community:***

### ***Nancy Sutton Moss***



We are honored and excited to award Nancy Sutton Moss the Lincoln Track Club's President's Award for Above and Beyond Community Service to the Lincoln Running Community.

Nancy Sutton Moss has been synonymous with the Lincoln Marathon and Half Marathon for decades. Nancy has been involved with every Lincoln Marathon, from its very start in 1978, when organizers were excited to host 331 runners.

Throughout the years, Nancy was part of the team who began to grow the Lincoln Marathon. Its initial growth, for at least the first eight years, was small but steady. Like the race's size, Nancy's involvement in organizing it grew, and she became the race's director in 1983. She made the first of some key changes to expand the event in 1986. That year she added the Half-Marathon, a move which made the weekend event more



achievable for a whole new crop of recreational runners. Another key change initiated by Nancy was to move the race from its original home in and around the Air Park neighborhood to a route that explored much more of the city of Lincoln. This exposed more of the community to the event and made the race more attractive to runners intent on exploring as part of the running experience.

The next major change to the event came in 2010. That was the year Nancy moved the finish line from Vine Street in front of the Coliseum to the 50-yard line of Memorial Stadium. This change helped grow registration numbers from 6,000 racers in 2009 to 8,000 in 2010 and 14,000 in 2014.

Through all the growth, Nancy remained committed to quality and attention to detail. What may seem to some like a small detail (straws in the water cups, for example) mattered to Nancy, and that is what helped grow the Lincoln Marathon and Half-Marathon's reputation and numbers through the years.

For decades, Nancy coordinated with literally thousands of individuals in the city of Lincoln, from Boys Scouts, to church members, to city leaders, to university officials, to medical professionals and masseuses, to hotel managers, to ham radio operators, and the list goes on and on. Nancy knows the art of developing and sustaining relationships and that has left the Lincoln Track Club, and the Lincoln running community, in a good place as she moves into a well-deserved retirement from the race she helped build.

While we've talked about Nancy's legacy in relation to the marathon, her contributions to the Lincoln Track Club as a whole should not go unnoted. While leading the marathon was a full-time job in addition to her real full-time job, she made time to help with other Lincoln Track Club races and serve on the Track Club board. Nancy was especially engaged in supporting the building of walking trails around schools in Lincoln, always a firm voice in favor of any such funding requests.

For all of these contributions and more, Nancy Sutton Moss is awarded the President's Award for Above and Beyond Community Service to the Lincoln Running Community.

# PACKET PICKUP

Race weekend kicks off with the Runner's Expo. Pickup your packet, visit with the many wonderful expo vendors, and checkout a featured speaker session. Athletes are encouraged to pick up their packet in the time window they selected during registration. This time window will be emailed to participants in official athlete communications.

## HOURS & LOCATION

Cornhusker Marriott

333 South 13th Street, Lincoln, Nebraska 68508

**Friday, April 29, 2022 | 12:00pm to 6:00pm**

**Saturday, April 30, 2022 | 9:00am to 6:00pm**

*(You should attend packet pickup during the timeslot selected during registration.)*

## PARKING

Parking is available in [City of Lincoln Parking Garages](#) (first hour free) and at on-street parking meters.

## THE PACKET

*Race Envelope, Gear Check Bag, and Participant Shirt*

At Packet Pickup, you will receive your official Lincoln Marathon participant shirt



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THE WORLD  
FROM  
YOUR HOMETOWN.**

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- Montgomery G.I. Bill and Kicker
- Retirement



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and a race envelope packet that contains your race bib (which also doubles as your timing chip), and safety pins.

### PICKING UP YOUR OWN PACKET

Photo ID or proxy forms are not required for 2022. You will simply need to know your name, bib number, and birth date.


### CAN A FRIEND PICK UP MY PACKET FOR ME?

Yes! For 2022, photo ID or proxy forms are not required. You will simply need to know the registered athlete's name, bib number, birth date.

(Remember, athletes can only run with their own bib. Any registered participant who transfers, sells, or otherwise permits any other individual to wear the race number assigned to them shall be disqualified for all remaining current year LTC events and one additional year.)

### SHIRT EXCHANGE

Participant shirt exchange will be available at early packet pickup. **On race day, shirt exchange will be available beyond the finish line, next to the headquarters tent on the north side of the Champions Club after the race.** After race day, inquiries can be made at [lincolnmarathon.org](http://lincolnmarathon.org).



Show your Lincoln Marathon race bib to any of the shops below for 20% off your purchase. This offer is good 4/29 - 5/1. Exclusions may apply.

<b>A Novel Idea</b> 118 N 14th St Two Floors of Used/Rare Books & Two Cats!	<b>Francie &amp; Finch</b> 130 S 13th St New Books, Original Art, Handcrafted Chocolate	<b>From Nebraska</b> 803 Q St Specialty Products and Gifts Made in Nebraska
<b>Lincoln Running Co.</b> 1213 Q St All Things Running!	<b>Stella Clothing</b> 101 N 14th St Apparel, Apothecary Home Goods + Vintage	<b>THREADS</b> 1219 P St Eco-conscious, Lifestyle & Outdoor Apparel & Footwear
<b>Tsuru</b> 114 N 14th St Free Spirited Fashion & Locally Made Goods	<b>Wax Buffalo</b> 727 O St Pure Soy, Hand Poured Candles & More	



**45<sup>th</sup> Running of  
The Lincoln Marathon.**

OFFICIAL 2022 ATHLETE GUIDE





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# ATHLETE RESPONSIBILITIES

## LETTER FROM THE MEDICAL SUPPORT COMMITTEE

The Medical Support Committee for the Lincoln Marathon and Half Marathon sincerely hopes you run a successful race and have a fantastic experience in Lincoln.

We remind athletes to follow best COVID-19 mitigation practices in the weeks leading up to race weekend, traveling to and from Lincoln, and throughout the event weekend. Wear a mask when in public, practice social distancing, and wash your hands often. We ask that all athletes self-screen for COVID-19 symptoms before arriving at packet pickup or on race day. Feel sick, stay home. Thanks for keeping yourself, other runners, volunteers, and our community safe!

As for weather, Nebraska weather can change rapidly. Mornings in early May can be crisp and cool, so it's wise to have a cap and light gloves available at the start. But by 10:00 a.m., the sun can be quite bright, and a sun visor is appropriate.

Slower runners must be aware of hypothermia (low body temperature). At slower paces, the body does not generate enough heat to counteract the heat loss accelerated by damp clothing in cool air. If you begin to notice muscle cramps, feel confused, or start feeling very cold, seek the attention of a physician at any aid station.

Race day can be very warm, so be aware of the symptoms of heat exhaustion: confusion, dizziness, and loss of coordination. If you feel poorly in any way, remember to talk with the physician at any of the aid stations before going on. The physician can help you decide if it is safe for you to continue.

First-aid supplies such as Vaseline, tape, and Band-Aids are available at aid stations. Even if you are doing well, remember to drink at least one cup of water at every aid station, especially early in the race. Drink before you start feeling thirsty.

For full marathon runners, remember, it is sometimes more important to stop early before permanent injury occurs. To be able to compete in and complete a marathon, you need to have trained correctly. Runners experiencing pain or muscle strain should consider stopping before permanent injury occurs.

Adequate training involves running an average of more than 40 miles a week and completing several long (15- to 20-mile) runs in the weeks leading up to the marathon. It is important to be well rested for the day of the race. If you are uncertain about your training, it would be wise to consider running the half marathon and improving your training for next time. We want you to run safely.







At the finish, medical staff will select runners who look like they need medical assistance. Please accept their help as they escort you to the medical area. The medical area will be staffed by physicians, nurses, podiatrists, and physical therapists. A paramedic emergency team and vehicle will be standing by for immediate assistance if necessary.

The Medical Support Committee asks each runner in the race to understand that occasionally it may be necessary for a physician to remove a runner from a race. If the runner appears to be confused and the physician finds evidence of disorientation or blood pressure or temperature problems, it is the physician's responsibility to remove the runner from the race. Please accept the physician's judgment. We will intervene only in your best interest so that you can run another day.

Run safe, run smart, and good luck!

## DANGEROUS CONDITIONS & EVENT ALERT SYSTEM

In the event of dangerous conditions that may cause an event alteration, delay or cancellation, participants will be notified of any event updates and given instructions via text, social media, and email channels as well as via in-person channels such as PA announcements, Event Alert System flags, or event staff or volunteers.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
 <b>LOW</b>	<b>GOOD CONDITIONS</b> NOTE: THIS FLAG WILL NOT BE DISPLAYED	ENJOY THE EVENT/BE ALERT
 <b>MODERATE</b>	LESS THAN IDEAL CONDITIONS	SLOW DOWN / BE PREPARED FOR WORSENING CONDITIONS
 <b>HIGH</b>	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN / OBSERVE COURSE / FOLLOW EVENT OFFICIAL INSTRUCTION / CONSIDER STOPPING
 <b>EXTREME</b>	EVENT CANCELLED / EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED / FOLLOW EVENT OFFICIAL INSTRUCTION

# RACE DAY | BEFORE THE RACE

## ARRIVAL & PARKING

All athletes should arrive at the start line at least 45 minutes before their wave start time, and all athletes, even those in later waves, should arrive prior to 7:00am. Add additional time if you have not yet picked up your packet.

Athlete parking and dropoff is recommend in downtown Lincoln south of the start line and south of UNL's City Campus. Parking is available in [City of Lincoln Parking Garages](#) (first hour free) and at parking meters (free on Sundays). There are limited parking lots available on the University of Nebraska–Lincoln campus. Runners and spectators will not be allowed to park in the Stadium Drive Parking Garage or the Champions Club lot, however finish line spectator parking is provided in the Matt Lot #18 and Star Lot #7, both located at 8th & T Street.

## WEATHER

The race will go on regardless of precipitation and will only be canceled or postponed if weather conditions present imminent danger to participants. We have never had to cancel the event due to weather.

Nebraska weather is unpredictable, but average May temperatures are:

Average low temperature: 46°F

Average high temperature: 67°F

You can check the local weather on TV stations 10/11 KOLN/KGIN (CBS) or KLKN (ABC).

## RACE DAY PACKET PICKUP

Race-Day Packet Pickup is available in Cook Pavilion at 14th & Vine Streets from 5:45am to 7:00am. This is your last chance to get your race packet. The location in Cook Pavilion is marked on the Start Line map. The pavillion is open and available for runners to stretch and wait for the race to start.

## BAG CHECK AND CLAIM

Bag Check is available before the race in Cook Pavilion at 14th & Vine Streets.

You will be given an official Lincoln Marathon bag at packet pickup marked with your race number. The National Guard will organize the bags by race number. All checked bags will be transported to Bag Claim beyond the Finish Line at the Champions Club just past race recovery. If you checked a bag before the race,

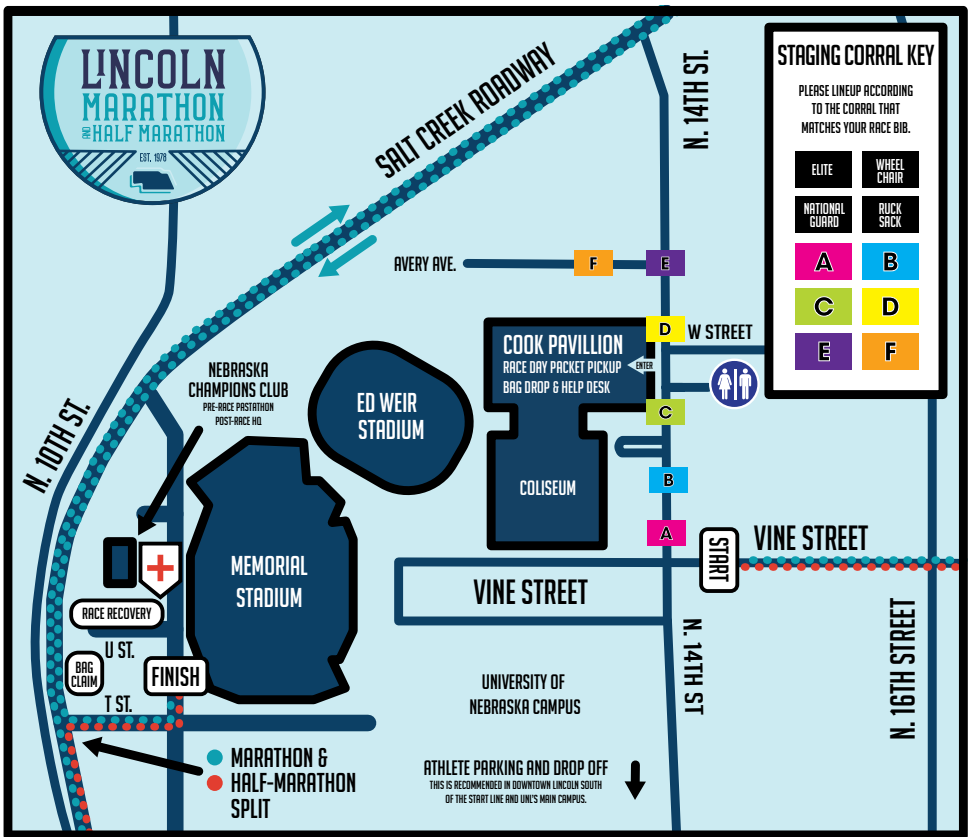


be sure to claim it here. We strongly recommend you only put clothing in your checked bag.

Any valuables should be left at home. The Lincoln Marathon is not responsible for lost, stolen, or discarded property.

## RESTROOMS

Portable restrooms will be available along W Street at the start, along the running route, and at the finish line area. Restroom facilities will not be available inside Cook Pavilion.





# RACE DAY | START LINE

## LOCATION

14th & Vine - University of Nebraska

## RACE BIB & TIMING CHIP INSTRUCTIONS

Your race bib will be picked up at Packet Pickup and will also include safety pins and your timing chip on the back of the race bib. Do not fold or damage your race bib, this is your timing chip! Securely fasten the race bib on the FRONT and OUTSIDE of your clothing so that it is visible to race officials and can be read by timing and photography equipment. Race bibs are non-transferable and may only be worn by the registered runner to whom it is assigned.

## PACE GROUPS

SmartPacing will once again provide pacers for both races. The strategy they will implement on the course is easing into the first few miles to allow for an adequate warm-up and running all hills at an even effort to conserve energy. The pacers will also go slower through the aid stations. Pacers will be available for the following times:

Marathon: 3:30, 3:40, 3:50, 4:00, 4:10, 4:20, 4:30, 4:45, 5:00, 5:15, 5:30

Half Marathon: 1:30, 1:35, 1:40, 1:45, 1:50, 1:55, 2:00, 2:05, 2:10, 2:15, 2:20, 2:25, 2:30, 2:35, 2:40, 2:45, 2:50, 2:55, 3:00

## START TIMES

**6:55am – Wheelchair and Rucksack**

**7:00am – Marathon and Half Marathon**

## LINING UP

1. Know your assigned start corral. It is written on your race bib.
2. Make sure you have your race bib and it is clearly visible.
3. Begin lining up according to your assigned start line corral.  
Start corrals will be clearly signed and will follow each other in a continuous procession towards the start line.
4. Consider carrying your own water bottle to supplement aid stations.
5. Consider also carrying any nutrition needed.
6. You may move back a corral to run with another participant if needed.
7. You may not move up a corral under any circumstance.



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Bailey Lauerman has been  
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creating award-winning  
marketing materials and  
enjoying every mile.

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running beside  
the marathon.**

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# RACE DAY | THE COURSE

## **WATER AND AID STATIONS**

Throughout the race, we encourage and advise runners to stay hydrated to prevent both dehydration and hypothermia.

Water stations are located approximately every 1.5 miles and never more than 2.5 miles apart along the course (check the map for exact locations). Each water station will provide water with lids and straws for easy drinking, Gatorade Endurance formula and ice. Portable toilets are near the aid stations throughout the course.

## **COURSE MEDICAL RESOURCES**

Each aid station will be staffed with a physician to assist runners. Vaseline and Band-Aids are also available. We will also have bikers and emergency personnel riding the course to assist you. A SAG wagon is available for runners who need to withdraw from the race. Ask a course monitor or aid station worker for assistance. A Radio Club member will be at each aid station if there is a need to relay a message to the finish.

## **POLICE AND COURSE MONITORS**

Course monitors will be wearing orange vests or Lincoln Marathon T-shirts. They are there to assist you if you need help. Please obey instructions by Lincoln Police Department officers.

## **TIME LIMIT**

If marathon runners are not at the turnoff for the half marathon by 10:15 a.m., they will be directed to finish the half and not continue on the marathon course. The course is officially open until 1:30 p.m. Runners not expected to finish in that time may be directed to the sidewalk to finish their run.

## **NOT ALLOWED ON THE COURSE**

There are a number of items that are not allowed on the course including runners not wearing a bib, animals, non-official bikers, baby joggers or strollers, roller skates or rollerblades, skateboards, or any wheeled vehicles other than registered wheelchair athletes.

## **HEADPHONES**

For the safety of our runners, we discourage runners from wearing headphones. If you choose to wear them, please use common sense and remove them to listen to all verbal instructions.



# RACE DAY | FINISH LINE

## LOCATION

University of Nebraska - Champions Club - 707 Stadium Drive

The finish line will be on Stadium Drive to the west of Memorial Stadium. All runners will finish by turning east from 10th Street onto T Street and then north onto Stadium Drive.

Both half marathoners and marathoners use the same first-loop of the two-loop course. Half marathoners turn east from 10th Street onto T Street and towards the Stadium Drive finish line. Marathoners will continue to the second loop but have the option of switching to the half marathon. Half marathon entrants may not switch to the marathon. Both races will finish on Stadium Drive on the west side of Memorial Stadium on UNL's Main Campus.

## MEDALS AND RACE RECOVERY

All runners will receive a finisher's medal in the finish chute.

Water and post-race recovery beverages will be provided by Pepsi. Other race recovery snacks will be available for runners as they exit the finish chute in a grab-and-go fashion.



STAY STRONG  
AND RUN ON!





## FINISH LINE MEDICAL RESOURCES

Medical resources are located at the finish line area at the ground level of the Champions Club

## BAG CLAIM

If you checked a bag before the race, it will be transported to the finish line area and will be available beyond the finish line chute just past race recovery at the Champions Club.

## HELP DESK

The finish area Help Desk will be located adjacent to shirt exchange at the finish, just north of the Champions Club.

## RESULTS

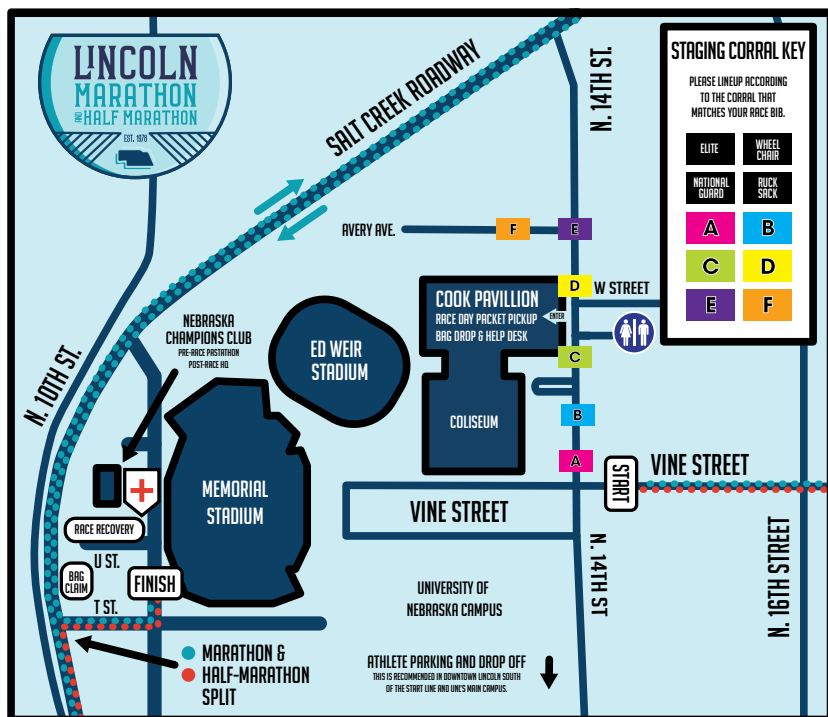
Complete results will be posted at [lincolnmарathon.org](http://lincolnmарathon.org) and [mtecreresults.com](http://mtecreresults.com). Results will also be emailed to all participants.

## SHOWERS FACILITIES

Post-race shower facilities are not provided.

## POST-RACE FRIENDS AND FAMILY MEETING AREA

University of Nebraska - Champions Club - 707 Stadium Drive



# RACE DAY | SPECTATORS

## ATHLETE TRACKING APP

Friends and family can track their favorite athletes using the MyLaps Lincoln Marathon app. Go to [lincolnmarathon.org](http://lincolnmarathon.org) for the link to download the app.

## SPECTATING: ALONG THE COURSE

Please be advised that getting around Lincoln on race day can be difficult and it can be easy to get stuck in traffic. We recommend selecting one location to spectate and arrive very early.

Below are anticipated times that runners are expected to be at various points along the course.

LOCATION	1 <sup>ST</sup> RUNNER	LAST RUNNER
S 16 & K	7:05 a.m.	8:00 a.m.
S 16 & South	7:12 a.m.	8:21 a.m.
South & Sheridan	7:15 a.m.	8:30 a.m.
Calvert & S 48	7:25 a.m.	9:00 a.m.
S 48 & Hwy 2	7:31 a.m.	9:18 a.m.
Hwy 2 & S 27	7:40 a.m.	9:45 a.m.
S 20 & Van Dorn	7:47 a.m.	10:06 a.m.
S 10 & Harrison	7:50 a.m.	10:18 a.m.
S 10 & K	8:00 a.m.	10:45 a.m.
FINISH HALF	8:05 a.m.	11:00 a.m.
Capitol Pkwy & J	8:21 a.m.	10:58 a.m.
Normal & South	8:29 a.m.	11:20 a.m.
Normal & S 56	8:35 a.m.	11:35 a.m.
Holmes Lake	8:43 a.m.	11:56 a.m.
Normal & S 56	8:55 a.m.	12:17 p.m.
Capitol Pkwy & S 27	9:04 a.m.	12:49 p.m.
FINISH FULL	9:20 a.m.	1:30 p.m.



## SPECTATING AT THE START & FINISH LINES

Spectators are welcome to cheer on their runners at the start and finish line. However, please be advised that getting around Lincoln on race day can be difficult and it can be easy to get stuck in traffic.

We recommend selecting one location to spectate and arrive very early.

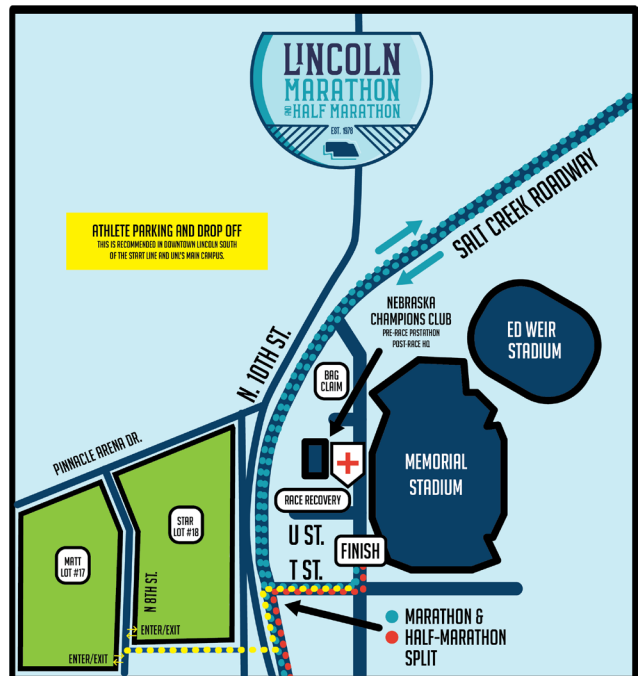
Also, spectators should not attempt to drive to the Start Line or Finish Line areas as all roads will be blocked for race activities. Spectators should plan to park downtown and walk to the start or finish line areas to spectate.

## POST-RACE FRIENDS AND FAMILY MEETING AREA

University of Nebraska - Champions Club - 707 Stadium Drive

Friends and family may plan to meet up with their athlete at the finish line area near the Champions Club or determine their own specific meeting location on UNL Campus or downtown Lincoln. Spectators

should not attempt to drive to the Champions Club as all roads will be blocked for race activities. Spectators should plan to park downtown and walk to the finish area and Champions Club. Finish Line Spectator Parking: Additional finish line spectator parking is provided in the Matt Lot #18 and Star Lot #7, both located at 8th & T Street. The finish line is just a short walk to the east.



# AFTER RACE WEEKEND

## RACE PHOTOS

Athlete race photos will be made available via post-race emails.

## SHIRT EXCHANGES AFTER RACE WEEKEND

Shirt exchanges should be made at early packet pickup and in the Champions Club parking lot after the race. After race day make inquiries at [lincolnmaraathon.org](http://lincolnmaraathon.org).

## LOST & FOUND

Lost & Found on race day will be located at the finish area help area. After the race, make inquiries at [lincolnmaraathon.org](http://lincolnmaraathon.org). All discarded clothing at the start line or along the course will be collected and donated to People’s City Mission.

## AWARD SHIPPING & CASH PRIZE

Award-winners should pick up their awards (or have it picked up on their behalf on race day. After Event day, award winners may request their award be shipped, but the award winner must cover the cost of shipping.

Failure to attend the awards ceremony will result in a 50% reduction of prize money!



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## FINISH STRONGER WITH CHIROPRACTIC!



Learn more about how natural chiropractic care helps athletes of all ages and find a chiropractic physician near you at:  
**NEBRASKACHIROPRACTIC.ORG**



Nebraska  
Chiropractic  
Physicians  
Association



**HALFSY THE  
DISTANCE  
DOUBLE  
THE FUN!**



**HURRY!**  
THE PRICE JUMPS  
MAY 6 AT 11:59PM

**GOODLIFEHALFSY.COM**

**RACE DAY:  
10.23.2022**

# VIRTUAL EVENT

## SUBMITTING VIRTUAL RESULTS AND ATHLETE PACKAGE SHIPPING

All athletes registered for the virtual event will receive a results link via an email from [noreply@mtecresults.com](mailto:noreply@mtecresults.com) during the last week in April (April 28, 2022) to submit their virtual results. The deadline for submitting virtual results via the individualized link is Sunday May 15, 2022. Athletes will follow the link, select the full or half marathon distance, and enter their time. Digital finisher certificates will be available immediately. There are no awards or cash prizes for the virtual event. There will be no in-person packet pickup for virtual athletes.

All virtual athlete packages will begin shipping immediately after the results deadline. Virtual athlete packages include participant shirt and race bib. A finisher's medal is also included if a result was submitted by the deadline. The deadline for athletes to transfer between the in-person event and virtual event is April 30, 2022.

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# AWARDS

## AWARDS CEREMONY

University of Nebraska • Champions Club • 707 Stadium Drive

- 9:00am: Half Marathon Overall, Masters, and Wheelchair Awards
- 10:30am: Marathon Overall, Masters, and Wheelchair Awards
- 11:00am: Half Marathon Age Division Awards
- 12:00pm: Marathon Age Division Awards and National Guard Ruck Awards

The top five overall winners for both races will be excluded from age-division awards. Prize money places are based on gun time. Age division places are based on chip time. Award-winners should pick up their awards (or have it picked up on their behalf) on race day. After race day, award winners may request their award be shipped, but the award winner must cover the cost of shipping. Award shipping requests must be made within 4 weeks following the race.

## MARATHON AWARDS

THE LEWIS R. ANDERSON AWARD is presented to the first man to finish the Lincoln Marathon.

THE SOWERS CLUB CUP is presented to the first woman to finish the Lincoln Marathon.

Overall Division - Plaques are presented to the first five overall men and five overall women to finish the race.

Age Division - Plaques will be presented to the top three men and top three women in each age division: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 & up.

THE HARRY CROCKET MEMORIAL AWARD recognizes the first man and woman over 50 to finish the Lincoln Marathon. This award honors Harry Crocket Jr., founder of the over 50 club.

The CLARENCE OSBORN AWARD recognizes the oldest runner to complete the marathon. Clarence epitomized the older runner as he began his running career in his sixties and held running in his heart until the very end, finishing the Tabitha Run by walking across the finish line just days before he died in March 2019.



### HALF MARATHON AWARDS

Overall Division - Plaques will be presented to the top five men and women to finish the half marathon.

Age Division - Plaques will be presented to the top three men and top three women in each age division: 14 & under, 15–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84, 85–89, 90 & up.

### MASTERS DIVISION AWARDS

Plaques are presented to the top two men and women masters division athletes for the Marathon and Half Marathon.

### WHEELCHAIR DIVISION AWARDS

Plaques are presented to the top male and female wheelchair division athletes for the Marathon and Half Marathon

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# PRIZE MONEY

The following schedules list cash awards for respective places in the Marathon and Half Marathon. Places are based on gun time, without duplication except for course records. All other places are based on chip time including specialty awards. Participants placing in the Overall Top 5 and also placing in the Masters division will receive the greater of the two cash amounts and the other position will be vacated without replacement. Prizes will be paid only after results are declared final by Lincoln Marathon authorities and after administrative processing. Any person winning prize money must provide a US address for the mailing of the prize and any related documents. They also must ensure their US address is kept current with Lincoln Marathon staff. In addition, if prize money paid is \$600 or more,

1. Each US citizen must provide a properly completed and signed most current version of IRS Form W-9 (available on the IRS web site)
2. Non-US citizens must provide a properly completed and signed most current version of IRS Form W-8BEN. Taxes will be withheld at the rate required by IRS regulations, 30% at the date of this writing. It is potentially beneficial for non-citizens to apply for a Taxpayer Identification Number and file a tax return to request refund of the withheld tax, but Lincoln Marathon staff cannot provide tax advice beyond the demand for the Form W-8BEN.



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If any information on the form changes before the end of the year during which it is submitted, a new form with updated information must be submitted immediately. Failure to provide properly completed forms and a valid US address before the end of November immediately following the winning performance will result in forfeiture of the prize.

Failure to attend the awards ceremony will result in a 50% reduction of prize money!

### MARATHON PRIZE MONEY

Place	Men	Women	Masters Men	Masters Women	Wheelchair Men	Wheelchair Women
1st Place	\$2,000	\$2,000	\$500	\$500	\$500	\$500
2nd Place	\$1,000	\$1,000				
3rd Place	\$500	\$500				
4th Place	\$400	\$400				
5th Place	\$300	\$300				

### BONUSES

- Paid to the First Person to Break the Course Record:
- \$2,000 Male 2:16:47
- \$2,000 Female 2:42:45
- \$500 Masters Men 2:21:06
- \$500 Masters Women 2:46:29

### HALF MARATHON PRIZE MONEY

Place	Men	Women	Masters Men	Masters Women	Wheelchair Men	Wheelchair Women
1st Place	\$1,000	\$1,000	\$300	\$300	\$300	\$300
2nd Place	\$500	\$500				
3rd Place	\$250	\$250				
4th Place	\$200	\$200				
5th Place	\$150	\$150				

### BONUSES

- Paid to the First Person to Break the Course Record:
- \$1,000 Male 1:03:45
- \$1,000 Female 1:11:41
- \$400 Masters Men 1:10:16
- \$400 Masters Women 1:21:05

# RECORDS

## MARATHON - MEN

<b>Group</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Year</b>
12-18	Stuart Jenkins	18	2:30:47	1978
19-24	Jon Eggers	24	2:22:11	1980
25-29	Dan Cloeter	26	2:16:47	1979
30-34	Philip Coppess	30	2:16:30	1985
35-39	Julius Kirwa	35	2:20:12	2014
40-44	Hillary Too	40	2:21:06	2019
45-49	Ardel Boes	46	2:31:20	1984
50-54	Norman Green Jr.	51	2:29:11	1984
55-59	Norman Green Jr.	55	2:33:49	1988
60-64	Dale Urbain	60	2:54:17	1994
65-69	Clive Davies	68	2:52:45	1984
70-74	Marvin Metzger	71	4:04:53	1999
75-79	Marvin Metzger	75	4:50:11	2003
80 and up	Marvin Metzger	80	5:45:14	2008





## MARATHON - WOMEN

<b>Group</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Year</b>
12-18	Shona Jones	13	2:52:58	1981
19-24	Mary Amen	19	2:53:14	1984
25-29	Danna Kelly Herrick	28	2:43:22	2015
30-34	Roxi Erickson	33	2:42:45	1996
35-39	Chris Kimbrough	37	2:44:59	2007
40-44	Liubov Denisova	43	2:46:29	2015
45-49	Roxi Erickson Olsen	46	3:06:04	2010
50-54	Karen Bestul	50	3:14:53	1993
55-59	Karen Bestul	55	3:32:15	1998
60-64	Karen Bestul	61	3:39:17	2004
65-69	Karen Bestul	65	3:54:11	2008
70-74	Karen Bestul	70	4:51:47	2013
75 and up	Doris Chandler	75	6:37:59	1997

## MARATHON - PUSH RIM WHEEL CHAIR

<b>Place</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Year</b>
1	Tony Possehl	36	2:04:28	1995
2	Tony Possehl	37	2:10:15	1996
3	Bart Bardwell	48	2:22:41	1996
4	Maynard Read	34	2:22:55	1996
5	Maynard Read	33	2:24:33	1995





# RECORDS

## HALF MARATHON - MEN

<b>Group</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Year</b>
Less than 14	Timothy Metcalf	13	1:26:06	2007
15-19	Drew Tonniges	19	1:10:32	2003
20-24	Evans Chelanga	24	1:06:02	2016
25-29	Dominic Korir	27	1:03:45	2021
30-34	Sammy Rotich	32	1:04:11	2019
35-39	Charlie Gray	35	1:04:36	1990
40-44	Bruce Mortenson	43	1:10:16	1987
45-49	Ivan Ivanov	45	1:12:31	2016
50-54	Lowell Gaither	50	1:17:11	1988
55-59	Ronn Baker	55	1:19:57	1995
60-64	Mike Zeigle	60	1:27:26	2012
65-69	Tom Wakeley	68	1:36:50	2021
70-74	Theodore Jones	71	1:46:20	2010
75-79	Sigurd Daenke	75	2:07:23	2002
80-84	Marvin Metzger	83	3:06:59	2011
85-89	Marvin Metzger	85	3:15:33	2013
90 and up	Clarence Osborn	90	4:08:15	2008

## HALF MARATHON - WOMEN

<b>Group</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Year</b>
Less than 15	Katelyn Rupe	14	1:31:25	2021
15-19	Sammy Resh	19	1:24:08	1986
20-24	Iveen Chepkemai	23	1:11:41	2021
25-29	Amber Anderson	26	1:15:10	1995
30-34	Pasca Meyers	34	1:14:38	2021
35-39	Suzanne Weeder Einspahr	35	1:17:15	2006
40-44	Janice Addison	40	1:21:05	2000
45-49	Barb Rinne	48	1:26:49	2009
50-54	Barb Rinne	50	1:28:41	2011
55-59	Karen Bestul	56	1:36:35	1999
60-64	Diane Sims	60	1:42:39	2015
65-69	Diane Sims	66	1:50:25	2021
70-74	Karen Bestul	71	2:10:16	2014
75 and up	Nancy Howard	75	2:23:53	2021





## HALF MARATHON - PUSH RIM WHEEL CHAIR

Place	Name	Age	Time	Year
1	Jason Kerkman	35	1:22:00	2008
2	Jason Kerkman	31	1:23:11	2004
3	Jason Kerkman	37	1:23:55	2010
4	Jason Kerkman	33	1:24:09	2006
5	Marcus Yuen	20	1:24:29	2014



# PAST WINNERS

## MARATHON

<b>Year</b>	<b>Men's Winner</b>	<b>Time</b>	<b>Women's Winner</b>	<b>Time</b>
2021	Alex Ekasa	2:28:16	Amy Delong	3:01:36
2019	Hillary Too	2:21:06	Misiker Demessie	2:50:14
2018	Geoffrey Terer	2:29:37	Joan Massan	2:48:22
2017	David Tuwei	2:25:21	Kaci Lickteig	2:45:32
2016	Eric Noel	2:25:00	Kaci Lickteig	2:48:43
2015	Edward Tabut	2:27:07	Danna Kelly Herrick	2:43:22
2014	Edward Tabut	2:17:07	Emily Shertzer	2:50:36
2013	Mario Macias	2:21:17	Camille Herron	2:44:06
2012	Mario Macias	2:21:56	Kaci Lickteig	2:50:31
2011	Cameron Cummings	2:26:49	Ann Marie Chappell	2:45:13
2010	Matt Hoyt	2:38:32	Ann Marie Chappell	2:45:28
2009	Matt Dewald	2:25:38	Ashley Tousley	2:50:08
2008	Levi Ashley	2:26:57	Valerie Gortmaker	2:59:26
2007	Bryce Dickmeyer	2:30:47	Chris Kimbraugh	2:44:59
2006	Dave Halferty	2:26:26	Christy Nielsen	2:52:14
2005	Gannon White	2:30:57	Christy Nielsen	2:49:51
2004	Jerry Kaemmer	2:30:25	Christy Nielsen	2:54:57
2003	Michael Dudley	2:29:37	Roxi Erickson	3:07:46:
2002	Joe Metcalf	2:29:36	Roxi Erickson	2:58:43
2001	Joe Metcalf	2:29:47	Roxi Erickson	2:53:10
2000	Lee Giezentanner	2:32:12	Roxi Erickson	2:57:57
1999	Matthew Hartsy	2:30:02	Roxi Erickson	2:48:37
1998	Mark Lee Bynton	2:29:35	Roxi Erickson	2:44:00
1997	Tim Jones	2:23:15	Roxi Erickson	2:46:35
1996	Ramon Colon-Malau	2:26:37	Roxi Erickson	2:42:45
1995	Tom Bowmaster	2:28:44	Marla Rhoden	2:56:32
1994	Tim Dooling	2:23:16	Roxi Erickson	2:45:30
1993	Tim Dooling	2:20:09	Roxi Erickson	2:52:19
1992	Tim Jones	2:25:26	Nancy Stanley	2:45:19
1991	Tim Jones	2:22:11	Nancy Stanley	2:49:56
1990	Gordon Hyde	2:25:02	Gay Opp	2:56:04
1989	Jay Woods	2:24:51	Catriona Dowling	2:55:33
1988	Joe Broze	2:26:46	Karlene Erickson	3:00:44
1987	Mark Fluitt	2:24:56	Susan Larson	2:56:15
1986	Joe Broze	2:24:15	Donna Roark	2:44:41
1985	Philip Coppess	2:16:30	Lori Henning	3:02:09
1984	Ralph Miller	2:26:33	Mary Amen	2:53:14
1983	Pat McGuire	2:20:26	Alice Skultety	3:06:25
1982	Mark Fluitt	2:20:39	Carol Hafeman	2:57:45
1981	Dan Cloeter	2:19:52	Shona Jones	2:52:58
1980	Bob Wallace	2:20:34	Tina Gandy	2:48:49
1979	Dan Cloeter	2:16:47	Lynae Larson	2:52:56
1978	Cliff Karthaus	2:19:43	JoAnne Owens	3:23:37



## HALF MARATHON

<b>Year</b>	<b>Men's Winner</b>	<b>Time</b>	<b>Women's Winner</b>	<b>Time</b>
2021	Dominic Korir	1:03:45	Iveen Chepkemoi	1:11:41
2019	Sammy Rotich	1:04:11	Pasca Myers	1:14:54
2018	Sammy Rotich	1:05:22	Pascal Myers	1:15:43
2017	Sammy Rotich	1:05:36	Ashley Carreon	1:19:30
2016	Evans Chelanga	1:06:02	Jebichi Yator	1:15:58
2015	Sammy Rotich	1:06:36	Katelyn White	1:18:16
2014	Sammy Rotich	1:05:14	Bridget Easley	1:19:16
2013	Robert Wambua	1:07:00	Bridget Easley	1:21:40
2012	Joe Moore	1:06:52	Angela Sandy	1:21:23
2011	Sammy Rotich	1:07:09	Ashley Tousley-Tollakson	1:18:32
2010	Sammy Rotich	1:06:32	Laura Crofford	1:19:24
2009	Geofferey Kiprotich	1:06:23	Brittany Hubbard	1:24:15
2008	Raphael Kuto	1:06:19	Laura Ferguson	1:22:33
2007	Mike Morgan	1:07:50	Suzanne Weeder	1:18:51
2006	Kosei Eskiel	1:07:35	Suzanne Weeder	1:17:15
2005	Mike Morgan	1:05:48	Gina Morgan	1:21:13
2004	Mike Morgan	1:07:06	Theresa Gosnell	1:22:28
2003	Aaron Carrizales	1:07:41	Renee Kruse	1:21:30
2002	Robb Finegan	1:07:37	Renee Kruse	1:17:12
2001	Marc Lefebvre	1:13:37	Michelle Brooks	1:19:18
2000	Robb Finegan	1:09:07	Renee Kruse	1:20:57
1999	Kurt Keiser	1:07:53	Christy Nielsen	1:21:40
1998	Phil Hundall	1:07:48	Mary Amen	1:18:46
1997	Aaron Johnson	1:07:46	Renee Kruse	1:16:00
1996	Robb Finegan	1:07:31	Amber Anderson	1:16:21
1995	Miguel Tibaduza	1:08:44	Amber Anderson	1:15:10
1994	Rob Finegan	1:05:52	Mary Heidlik	1:20:50
1993	Rob Finegan	1:06:06	Catriona Dowling	1:20:15
1992	William Burton	1:07:44	Kim Yancey	1:26:06
1991	Charlie Gray	1:06:58	Ann Ringlein	1:20:09
1990	Charlie Gray	1:04:36	Kathryn Evans	1:19:05
1989	Mark Fluitt	1:04:50	Kathryn Evans	1:17:00
1988	Richard Kaitany	1:04:34	Donna Chin	1:19:50
1987	Jerrold Wynia	1:06:21	Karlene Erickson	1:17:40
1986	Jon Eggers	1:06:34	Sammy Resh	1:24:08



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