



# *The Lincoln Marathon*

ONE SCORE AND 6.2 MILES | MAY 2, 2021 | LINCOLN, NEBRASKA



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# SPONSORS

# TABLE OF CONTENTS

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WELCOME RUNNERS.....	1
SCHEDULE OF EVENTS.....	3
PACKET PICKUP.....	7
COVID MITIGATION.....	9
ATHLETE RESPONSIBILITIES.....	11
BEFORE THE RACE.....	13
START LINE.....	15
THE COURSE.....	18
FINISH LINE.....	19
SPECTATORS.....	21
AFTER RACE WEEKEND.....	23
VIRTUAL EVENT.....	25
AWARDS.....	27
PRIZE MONEY.....	28
RECORDS.....	29
PAST WINNERS.....	31



Special thanks to the University of Nebraska - Lincoln, Barnhart Press, Field Paper Company, and Stuhr Museum of the Prairie Pioneer in Grand Island, NE.

# 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.

This year is especially exciting for us, as it marks the return of our race after Covid-19 forced us to cancel the in-person event last year. And, although we weren't able to offer all of the features that makes this event so special in 2021, we are pleased to be able to have an in-person race and look forward to resuming many of those wonderful traditions next year. Speaking of Covid, please be sure to read the Athlete Guide and participant communications thoroughly to be as prepared as possible for race weekend.

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 30, 2021

### 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

## SATURDAY, MAY 1, 2021

### 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

## SUNDAY, MAY 2, 2021

### PACKET PICKUP AND BAG CHECK

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

Pickup your packet or check your clear bag before the race  
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 – Wave A**

**7:05am – Wave B**

**7:10am – Wave C**

**7:15am – Wave D**

**7:20am – Wave E**

**7:25am – Wave F**

**7:30am – Wave G**

**7:35am – Wave H**

**7:40am – Wave I**

**7:45am – Wave J**

**7:50am – Wave K**

**7:55am – Wave L**

## SUNDAY, MAY 2, 2021 (CONTINUED)

### RACE FINISH

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

Ed Weir Stadium  
University of Nebraska  
14th & Vine Street

### BAG CLAIM

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

If you checked a bag before the race, be sure to claim it from the same location.

Cook Pavilion  
University of Nebraska - Campus Recreation  
14th & Vine Street

### SPECTATORS

Please no spectators at the start or finish lines this year. There is no public entry to the finish area or Ed Weir Stadium. Athletes should use the official Post-Race Meeting Area at Mabel Lee Fields to meetup with friends and family or determine their own specific meeting location on UNL Campus or downtown Lincoln.

### AWARDS CEREMONY

There will not be an in-person award ceremony in 2021. Instead, all awards are anticipated to be shipped to winners 2-4 weeks following the race. The same time frame applies to all cash prizes assuming any needed documentation is in place.





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#### Standard Vehicles



10% ethanol + 90%  
ordinary gasoline



15% ethanol + 85%  
ordinary gasoline



#### Flex Fuel Vehicles



30% ethanol + 70%  
ordinary gasoline



85% ethanol + 15%  
ordinary gasoline



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# PACKET PICKUP

The 2021 Lincoln Marathon packet pick-up will be a streamlined experience to provide ample space for athletes to pick up their race materials. 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. The full expo experience with vendors and merchandise will return in future years.



For safety, masks are required to be worn by all attendees. This year we are asking participants to limit packet pickup attendance to just those people picking up race packets.

## HOURS & LOCATION

**Friday, April 30, 2021 | 9:00am to 6:00pm**

**Saturday, May 1, 2021 | 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

## PARKING

Parking for Packet Pickup 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 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 is not required for 2021. You will simply need to know the registered athlete's name, bib number, birth date and provide a printed "[COVID-19 Social Contract](#)" signed by the registered athlete.

The required "[COVID-19 Social Contract](#)" will be included in pre-race athlete emails to print and sign at home by the registered athlete or it will also be available on-site at packet pickup.

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

Yes! For 2021, photo ID or proxy forms are not required. You will simply need to know the registered athlete's name, bib number, birth date and provide a printed "[COVID-19 Social Contract](#)" signed by the registered athlete.

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 at the bag claim area on the east side of Cook Pavilion after the race. After race day, inquiries can be made at [lincolnmарathon.org](#).**



Show your Lincoln Marathon race bib to any of the shops below for 20% off your purchase. This offer is good 4/30 - 5/2. Exclusions may apply.

### A Novel Idea

118 N 14th St  
Two Floors of Used/Rare Books & Two Cats!

### Francie & Finch

130 S 13th St  
New Books, Original Art, Handcrafted Chocolate

### From Nebraska

803 Q St  
Specialty Products and Gifts Made in Nebraska

### Fly Fitness

201 N 13th St  
Luxury Boutique with Activewear & Athleisure

### Lincoln Running Co.

1213 Q St  
All Things Running!

### THREADS

1219 P St  
Eco-conscious, Lifestyle & Outdoor Apparel & Footwear

### Tsuru

114 N 14th St  
Free Spirited Fashion & Locally Made Goods

### Stella Clothing

101 N 14th St  
Apparel, Apothecary, Home Goods + Vintage

### Wax Buffalo

727 O St  
Pure Soy, Hand Poured Candles & More



# COVID MITIGATION

## A SAFE RETURN TO RACING

The Lincoln Track Club has always taken pride in putting on safe, high quality events. For 2021, we will be utilizing our Covid-19 Mitigation Plan and Athlete Responsibilities to communicate to participants on how to prepare for race day and what to expect when you arrive. Please understand that circumstances are dynamic and constantly changing. We will continue to adjust and communicate changes as soon as possible to ensure a safe and healthy race experience. Thank you!

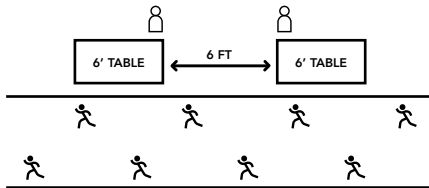
### START LINE AREA

- Start waves will be assigned to ensure social distance
- Know your start wave and time
- Understand the starting procedure
- You are allowed to start with a later wave, but you are not allowed to start with an earlier wave.
- Wait in an official waiting area until your wave begins loading and then line up behind your wave sign



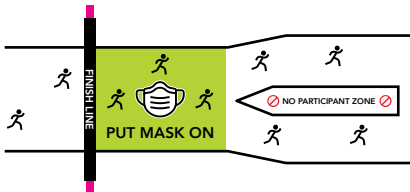
### AID STATION

- Tables will be spread apart
- Aid stations will be staffed and wearing masks
- Cups will be placed on tables to grab



### FINISH LINE AREA

- Masks must be put on after finishing. Official finisher masks will be provided to all athletes.
- Spectators are not allowed. Know your plan to meet friends or family.
- Maintain social distancing
- Exit the finish and recovery area quickly
- Medals, bottled water, and packaged recovery items provided as participants exit the recovery area



### RACE DAY QUICK CHECK-LIST

- ☐ Check temperature before arriving. Feel sick? Stay home.
- ☐ Bring hand sanitizer, facemask, water bottle or vest, and nutrition.
- ☐ Know your starting wave and starting time. Know when to arrive.
- ☐ Read and understand the Athlete Responsibilities.

THIS IS YOUR DAY!  
RUN IT!  
ENJOY EVERY MILE.

**Lincoln RUNNING CO.**  
RUN • WALK • BE FIT

1213 Q ST, LINCOLN, NE  
lincrunningcompany.com

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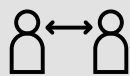


nationalguard.com

# ATHLETE RESPONSIBILITIES



Self Screen. Feel Sick?  
Stay Home!



Maintain Social  
Distance



Masks Required  
When Not Racing



Carry Water, Carry  
Nutrition



Wash Hands



Avoid Touching

## 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.

The Lincoln Marathon has been working hard for a safe return to running with heightened protocols and preparation due to COVID-19. Having a safe and successful race weekend, also comes with additional athlete responsibilities. We remind athletes to follow best COVID-19 mitigation practices in the weeks leading up to race weekend, travel 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 to race day. Feel sick, stay home. Face masks will be required to be worn at all official event locations, throughout race weekend except while running. Masks can be carried on the wrist or in a pocket while running so that you have it at the finish line. Official race face masks will also be provided in the race recovery area shortly after the finish line. 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. 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, nurses 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. All finish line medical staff will be fully vaccinated for COVID-19. 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!



# 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 is 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.

## 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 5:45 to 7:00 a.m. This is your last chance to get your race packet. The location in Cook Pavilion is marked on the Start Line map.

## BAG CHECK AND CLAIM

Bag Check and Bag Claim is available before and after 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 in the bag drop area.

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 and finish line and of course, along the running route. Restroom facilities will not be available inside Cook Pavilion or Ed Weir Stadium.



# 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

To promote socially distant running, the pace team will be suspended for 2021 and will return in future years. Thanks for understanding.

## WAVE START

For 2021, we will be implementing a wave start. Each runner will be assigned a wave. On race morning, waves will be well signed and will follow each other in a continuous procession towards the start line. Wave assignments will be sent in participant pre-race emails and can also be found via bib-lookup. They will be printed on the runner's race packet and also the race bib. Runners may not move up a wave under any circumstance, however, a runner may move back a wave if they would like to run with another participant in another wave.

### 6:55am – Wheelchair and Rucksack

**7:00am – Wave A**

**7:05am – Wave B**

**7:10am – Wave C**

**7:15am – Wave D**

**7:20am – Wave E**

**7:25am – Wave F**

**7:30am – Wave G**

**7:35am – Wave H**

**7:40am – Wave I**

**7:45am – Wave J**

**7:50am – Wave K**

**7:55am – Wave L**

## LINING UP

Lining up will look different to help keep athletes socially distant in the start line.

1. Know your assigned start wave. 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 the start line wave. Start waves will be clearly signed and will follow each other in a continuous procession towards the start line. Wait until your start wave sign is posted to begin lining up if you are in one of the later waves. Listen to the announcer and staff instructions. When lining up you will find an individually marked spot in the start line chute.
4. Please wear a mask in the start chute and carry it with you to the finish line. You do not need to wear a mask while running. If you need a mask, they can be obtained at Packet Pickup. All finishers will receive a Lincoln Marathon mask at the finish line.
5. Consider carrying your own water bottle. We will have water on course that can be grabbed from tables at the aid stations.
6. Consider also carrying any nutrition needed.
7. You may move back a wave to run with another participant if needed. You may not move up a wave under any circumstance.

## WAITING ZONES

In order to socially distance as much as possible around the start line, several designated Waiting Zones have been established including the north end of 14th Street as well as a large Waiting and Warm-Up Zone on the Mabel Lee Fields on W Street.



# 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. Due to COVID, it will be a grab-and-go format, with volunteers placing the cup on tables for you to pick up, rather than them handing the cup to you. 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

Ed Weir Stadium  
14th & Vine - University of Nebraska

The finish will be on the track of Ed Weir Stadium. All runners will finish by turning south from Salt Creek Roadway and entering the west side of Ed Weir Stadium on UNL's Main Campus.

Both half marathoners and marathoners use the same first-loop of the two-loop course. Half marathoners turn south from Salt Creek Roadway to the 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 midfield on the track of Ed Weir Stadium.

Please no spectators at the finish line this year. There is no public entry to the finish area or Ed Weir Stadium. Athletes should use the official Post-Race Meeting Area at Mabel Lee Fields to meetup with friends and family or determine their own specific meeting location on UNL Campus or downtown Lincoln.

## 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.

## FINISH LINE MEDICAL RESOURCES

Medical resources are located immediately within Ed Weir Stadium as well as the west side of Cook Pavilion near the finish chute.

## BAG CLAIM

If you checked a bag before the race, it will be available at the same location. Enter Cook Pavilion from 14th Street on the east side of the building.

## HELP DESK

The race day Help Desk will be located on the east side of Cook Pavilion. Enter from 14th Street on the east side of the building.

## RESULTS

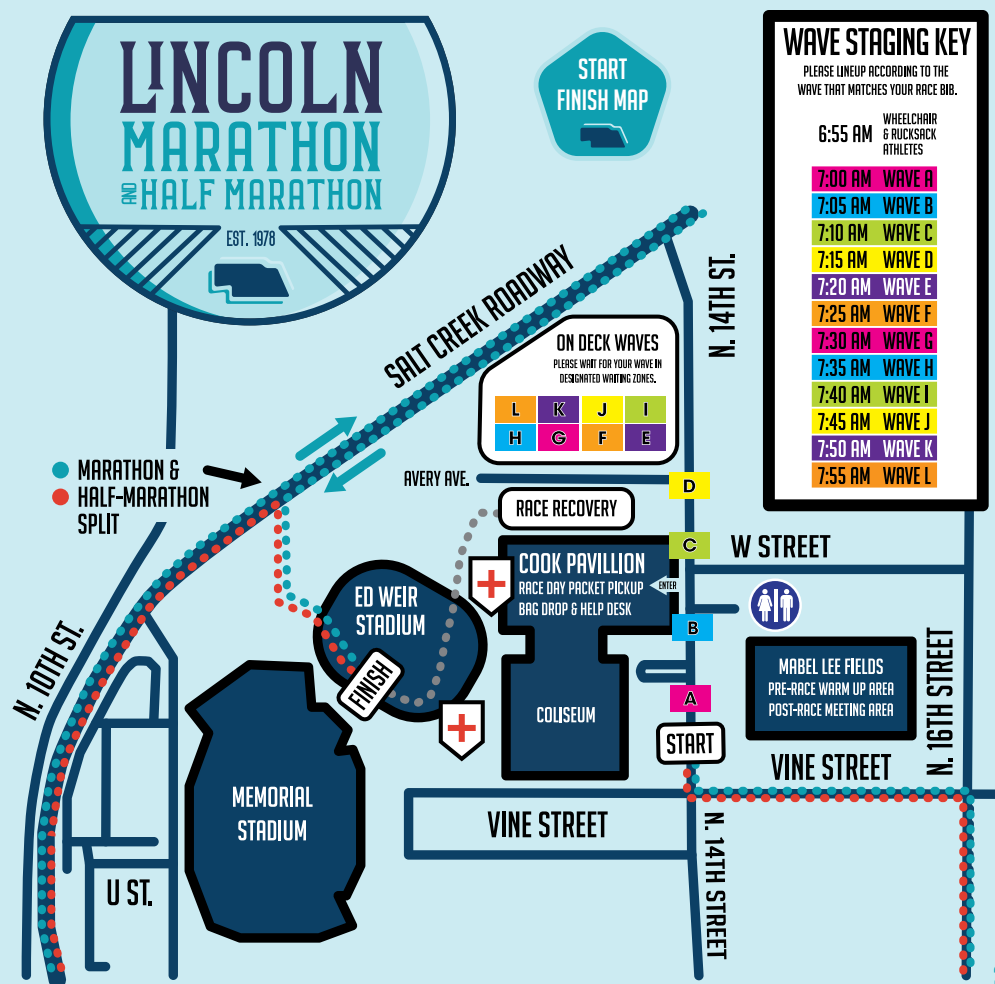
Complete results will be posted at [lincolnmарathon.org](http://lincolnmарathon.org) and [mtecresults.com](http://mtecresults.com). Results will also be emailed to all participants.

## SHOWERS FACILITIES

Showers will not be made available for 2021.

## POST-RACE FRIENDS AND FAMILY MEETING AREA

Mabel Lee Fields at 1433 W Street





## ATHLETE TRACKING APP AND FINISH LINE LIVE STREAMING

Friends and family can track their favorite athletes using the MyLaps Lincoln Marathon app. Go to [lincolnmарathon.org](http://lincolnmарathon.org) for the link to download the app available from the App Store and Google Play. Also, for 2021, the finish line will be live streamed with the link available at [lincolnmарathon.com](http://lincolnmарathon.com).

## SPECTATING: ALONG THE COURSE

Any spectators along the running route should practice social distancing and follow all local directed health measures.

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

Normally we LOVE spectators at the Lincoln Marathon. For runner safety, please no spectators this year at the start or finish line areas.

## POST-RACE FRIENDS AND FAMILY MEETING AREA

Mabel Lee Fields at 1433 W Street

Please no spectators at the finish line this year. There is no public entry to the finish area or Ed Weir Stadium. Athletes should use the official Post-Race Meeting Area at Mabel Lee Fields to meetup with friends and family or determine their own specific meeting location on UNL Campus or downtown Lincoln.



## PROUD TO GO THE DISTANCE

For thirty-two years, Bailey Lauerman has been honored to create award-winning posters and marketing materials for the Lincoln Marathon.

**BL**  
BAILEYLAUERMAN.COM

# AFTER RACE WEEKEND

## RACE PHOTOS

Athlete race photos will be made available via post-race emails and will be available from Flashframe, the event's official photographer at [www.flashframe.io](http://www.flashframe.io)

## SHIRT EXCHANGES AFTER RACE WEEKEND

Shirt exchanges should be made at early packet pickup as available. After the race, make inquiries at [lincolnmарathon.org](http://lincolnmарathon.org).

## LOST & FOUND

Lost & Found on race day will be located at the finish area help area. After the race, make inquiries at [lincolnmарathon.org](http://lincolnmарathon.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

There will not be an in-person award ceremony in 2021. Instead, all awards are anticipated to be shipped to winners 2-4 weeks following the race. The same time frame applies to all cash prizes assuming any needed documentation is in place.

Columbus  
Des Moines  
Grand Island  
Kearney  
Lincoln  
Omaha  
Phoenix  
Phoenix-Expo  
Tucson  
Tucson-Expo

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of the Midwest

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to support the Lincoln Marathon for  
over 20 years.**

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☎ (402)420-3300

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Lincoln, NE 68512

### DuTeau Subaru

☎ (402)420-4650

📍 2750 Jamie Ln,  
Lincoln, NE 68516

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**HALFSY THE DISTANCE DOUBLE THE FUN!**

**REGISTER NOW!**

**PRICE JUMPS FRIDAY, MAY 7TH AT 11:59PM.**

**GOODLIFEHALFSY.COM** **RACE DAY: 10.24.2021**

# 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@mtcresults.com](mailto:noreply@mtcresults.com) during the last week in April (April 29, 2021) to submit their virtual results. The deadline for submitting virtual results via the individualized link is Sunday May 16, 2021. 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 15, 2021.

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# AWARDS

## AWARDS CEREMONY

There will not be an in-person award ceremony in 2021. Instead, all awards are anticipated to be shipped to winners 2-4 weeks following the race. The same time frame applies to all cash prizes assuming any needed documentation is in place.

## 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.

PLAQUES are presented to the next nine men and nine women to finish the race.

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.

## HALF MARATHON AWARDS

PLAQUES will be presented to the first ten men and ten women to finish the half marathon.

PLAQUES will be presented to the top five men and top five 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 AWARDS

Plaques are presented to the top two men and women masters (age 40 and over).

# PRIZE MONEY

The following schedules list cash awards for respective places in the Marathon and Half Marathon. Places are based on chip time, without duplication except for course records. Participants placing in the Top 10 and 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 citizens 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.

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.





# RECORDS

## MARATHON - MEN

Group	Name	Age	Time	Year
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

Group	Name	Age	Time	Year
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

Place	Name	Age	Time	Year
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

## HALF MARATHON - MEN

Group	Name	Age	Time	Year
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	Sammy Rotich	27	1:05:14	2014
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	Albert Showen	65	1:36:53	1990
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

Group	Name	Age	Time	Year
Less than 15	Ellie Beiermann	13	1:37:22	2012
15-19	Sammy Resh	19	1:24:08	1986
20-24	Karlene Erickson	21	1:17:40	1987
25-29	Amber Anderson	26	1:15:10	1995
30-34	Pasca Meyers	34	1:14:54	2019
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	Karen Bestul	66	1:52:47	2009
70-74	Karen Bestul	71	2:10:16	2014
75 and up	Marynelle Greene	75	3:21:50	2015

## 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>
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	2:17:07	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 Karthauser	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>
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 Eski	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



# RUN THIS CITY



## 2021

**HAVELOCK**  
**SATURDAY, JUNE 5**

**NEBRASKA FOOTBALL ROAD RACE**  
**SUNDAY, JUNE 20**

**LINCOLN MILE**  
**SUNDAY, JULY 11**

**BUFFALO RUN**  
**SUNDAY, SEPTEMBER 19**

**HOLIDAY RUN**  
**SUNDAY, DECEMBER 5**

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