

# LINCOLN MARATHON AND HALF MARATHON



Presented by

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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 and Lincoln National Guard 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 Full 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 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 and our police. 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.

It's with a heavy heart that we pause to honor the memory of Steve Loftis, a treasured member of the Lincoln Marathon and Half Marathon community. His passing in 2023 has left an indelible void. Steve was not just a passionate runner; he was a steadfast supporter and a fount of motivation for us all. His cheerful presence and vibrant spirit at the finish line will be sorely missed by everyone.

This event also marks a bittersweet milestone: the retirement of Captain Michael Woolman of the Lincoln Police Department. After devoting several years to safeguarding the Lincoln Marathon, this year's race will be his last. Captain Woolman has been the architect of our safety strategy, a blueprint now emulated by police forces nationwide for marathon security. We extend our gratitude for his exceptional service and wish him a fulfilling retirement.

Finally, 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 and the Lincoln National Guard 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 nonprofit community service organization to promote running throughout the area and provide educational assistance for its runners. Over the years, LTC has stayed true to its roots as a nonprofit, all-volunteer organization, and in 2023 gave nearly \$45,000 back to the community. 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

**SATURDAY, MAY 4, 2024**



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

### **8:00am - 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 recommended in your pre-race email.**

Cornhusker Marriott  
333 South 13th Street, Lincoln, Nebraska 68508





## SUNDAY, MAY 5, 2024

### 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

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



**Finish Strong  
With Chocolate Milk**

A natural source of high-quality protein to build lean muscle.

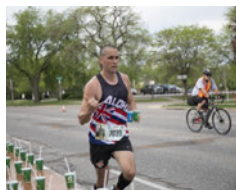
The right mix of protein and carbs, to refuel exhausted muscles and help return to peak potential.

Fluids and electrolytes to rehydrate and help replenish critical nutrients lost in sweat.



[HilandDairy.com/Chocolate](https://HilandDairy.com/Chocolate)

# The National Guard's All Guard Marathon Team

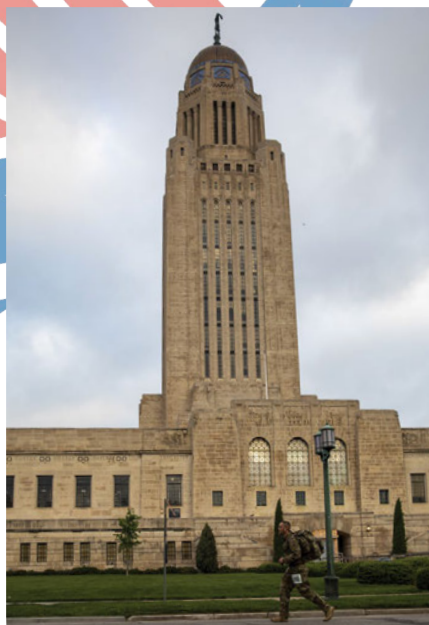


The Lincoln National Guard Marathon is held biennially on the first Sunday in May. This event is in partnership with the Lincoln Track Club and the National Guard.

This marathon serves as the National Guard's All Guard Marathon Team tryouts every other year in Lincoln, Nebraska.

The last tryouts were May 7, 2023, where 287 National Guard service members from all 54 states and territories showed up to compete for a spot on the team.

While this year is not a National Guard team tryout year, members from the All Guard Marathon Team will compete individually to promote physical fitness, self-discipline and vie for the overall podium or a dedicated Lincoln National Guard marathon award.





# EARN THE 2024

# CAPITAL CITY CHALLENGE MEDAL



## RUN BOTH...



## THE GOOD LIFE HALFSY

## AND EARN THIS:



After you finish the 2024 Lincoln Marathon or Half Marathon, you will be half way to earning your Capital City Challenge medal.

Next, just complete the 2024 Good Life Halfsy Half Marathon on October 27, 2024 and you will receive your special limited edition medal at the Halfsy finish line.

Halfsy registration is open now at [goodlifehalfsy.com](https://goodlifehalfsy.com).

presented by



# PACKET PICKUP

Race weekend kicks off with the Runner's Expo. Pickup your packet, visit with the many wonderful expo vendors, and buy your Lincoln Marathon Gear. Athletes are encouraged to pick up their packet in the time window assigned in your pre-race email. This time window will be emailed to participants in official athlete communications.

## HOURS & LOCATION

Cornhusker Marriott  
333 South 13th Street, Lincoln, Nebraska 68508

**Saturday, May 4, 2024 | 9:00am to 6:00pm**

*(You should attend packet pickup during the timeslot recommended in your pre-race email.)*

## 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



**CHANGE  
THE WORLD  
FROM  
YOUR HOMETOWN.**

## BENEFITS

- Paid Training in more than 100 Career Fields
- Monthly Paycheck for Part-Time Service
- Affordable Health Insurance
- 100% Tuition Assistance
- Montgomery G.I. Bill and Kicker
- Retirement



[nationalguard.com](http://nationalguard.com)



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. You will simply need to know your name, bib number, and birth date.

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

Yes! 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, at the headquarters tent on the south 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 5/3 - 5/5. Exclusions may apply.

See what these businesses offer! Visit: [DowntownLincoln.org](http://DowntownLincoln.org)

**3 Daughters Boutique**  
311 8th St #102

**50 Shades of Green**  
1903 O St

**Alan's Auto**  
2040 O St

**Bin 105**  
105 8th St #100

**Bison Witches**  
1320 P St #100

**Blue Sushi Sake Grill**  
808 R St

**Boiler Brewing Co.**  
129 N 10th St #8

**Boitano's Lounge @ Kindler**  
216 N 11th St

**C Berry's BBQ**  
1422 O St

**Constellation Studios**  
2055 O St

**Craft Axe Throwing**  
1821 N St

**Crescent Moon Coffee**  
140 N 8th St

**Duffy's Tavern**  
1412 O St

**Escape Lincoln**  
815 O St #2

**Francie & Finch Bookshop**  
130 S 13th St

**From Nebraska Gift Shop**  
803 Q St

**Goliath Nutrition**  
1733 O St

**Gomez Art Supply**  
120 N 14th St

**Hopcat**  
601 P St

**HOTWORX**  
600 P St. #100

**Kiechel Fine Art**  
1208 O St

**Lincoln Running Co.**  
1213 Q St

**Metro Gallery**  
1316 N St #101

**Miller Time Pub & Grill**  
333 S 13th St

**Open Harvest**  
330 S 21st St #104

**The Post**  
2001 N St 20th & M

**The Rabbit Hole Bakery**  
800 Q St

**SoCal Taco Shop**  
1140 O St

**Stories Coffee Co.**  
1248 O St

**Tavern on the Square**  
816 P St

**Threads**  
1222 P St

**Ticos**  
317 S 17th St

**Trade A Tape Comic Center**  
145 S 9th St

**Tsuru**  
114 14th St

**The Waffle Cone**  
311 N 8th St

**Wax Buffalo**  
727 O St

# Great Achievements



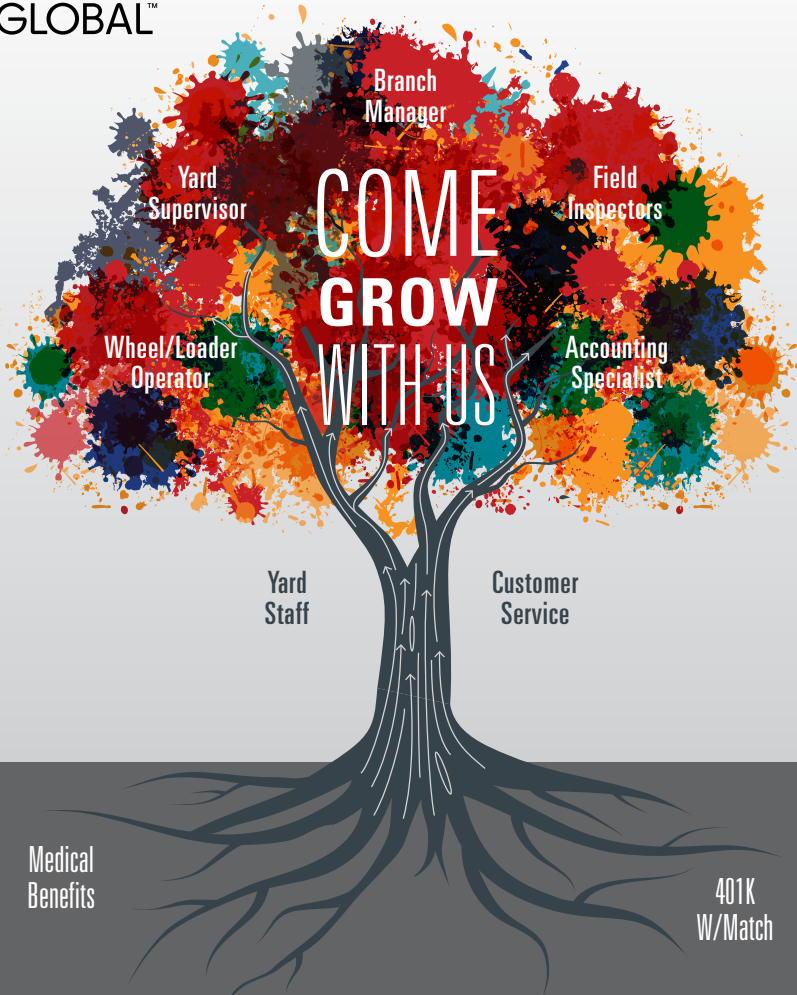
Here

Whether you trained for hundreds of miles, or volunteered to help those who did, Nelnet is proud to support everyone who makes this celebrated event possible.

Because the starting line is just the beginning of something great.

[NelnetInc.com](https://NelnetInc.com)

nelnet



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Manager

Yard  
Supervisor

Field  
Inspectors

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Specialist

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Benefits

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Employee Stock Purchase



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about careers  
at IAA.

# 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.

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.





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.

The Lincoln Marathon uses the Wet Bulb Globe Temperature (WBGT), a measurement of heat stress on the human body, to help educate runners, improve event preparedness and also to make informed event safety decisions. Below is the scale adopted by the Lincoln Marathon and also the current forecast including anticipated WBGT conditions.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS	WBGT TEMP
 <b>LOW</b>	GOOD CONDITIONS NOTE: THIS FLAG WILL NOT BE DISPLAYED	ENJOY THE EVENT/ BE ALERT	<b>&lt;65F</b>
 <b>MODERATE</b>	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS	<b>65.1-81F</b>
 <b>HIGH</b>	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE/ FOLLOW EVENT OFFICIAL INSTRUCTION/ CONSIDER STOPPING	<b>81.1-86.1F</b>
 <b>EXTREME</b>	EVENT CANCELLED/ EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED/ FOLLOW EVENT OFFICIAL INSTRUCTION	<b>&gt;86.1F</b>

# RACE DAY | BEFORE THE RACE

## ARRIVAL & PARKING

All athletes should arrive at least 45 minutes before the start of the race. Add additional time if you have not yet picked up your packet.

Athlete parking and dropoff is recommended 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 WBGT at <https://www.weather.gov/oax/wbgt>. Use the WBGT Forecast during the time you will be running and follow the recommended actions in the Event Alert System on page 12.

## 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 pavilion 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 chute at the Stadium Drive Parking Garage. If you checked a bag



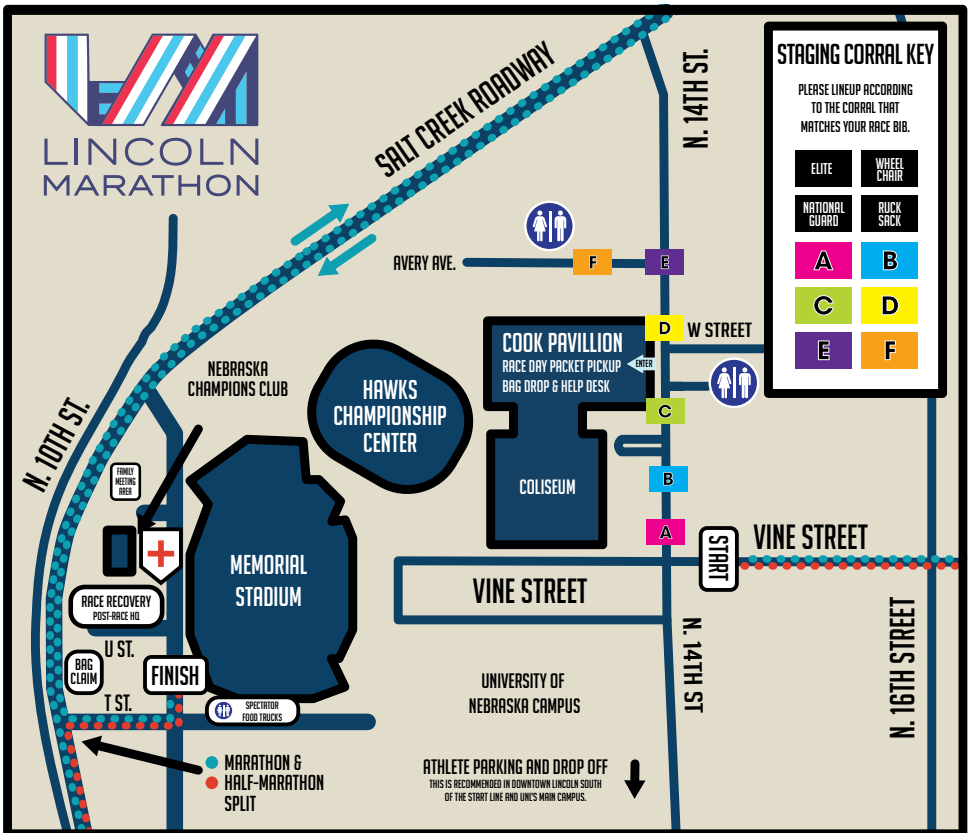


before the race, be sure to claim it here. We strongly recommend you only put clothing in your checked bag.

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 Avery Street and 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, 3:45, 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.



## 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 as outlined below. The matrix below outlines what is available at each station and mile on the course. Water will be in blue Pepsi cups and Gatorade Endurance will be in green Gatorade cups. Drink like a pro by pinching the top of your cup. This allows you to easily drink and reduces spilling.

**Lincoln Marathon Water Station Matrix**

	Mile	Medical	Water	Gatorade	Energy Gel	Oranges, Ice	Toilets
Water Station 1	3.3	Y	Y	Y			Y
Water Station 2	5.3	Y	Y	Y			Y
Water Station 3	8	Y	Y	Y			Y
Water Station 4	10.5	Y	Y	Y			Y
Water Station 5	12.1	Y	Y	Y			Y
Water Station 6	13.9/25.1	Y	Y	Y	Y	Y	Y
Water Station 7	15.5/23.9	Y	Y	Y	Y	Y	Y
Water Station 8	16.8/22.2	Y	Y	Y	Y	Y	Y
Water Station 9	17.6/21.2	Y	Y	Y	Y	Y	Y
Water Station 10	19.5/19.9	Y	Y	Y	Y	Y	Y

## COURSE MEDICAL RESOURCES

Course medical will be roaming in approximately 2 mile zones on the course. If you are having issues please stop at the medical flag and ask for assistance, volunteers will route appropriate medical resources to you. 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 medical team.

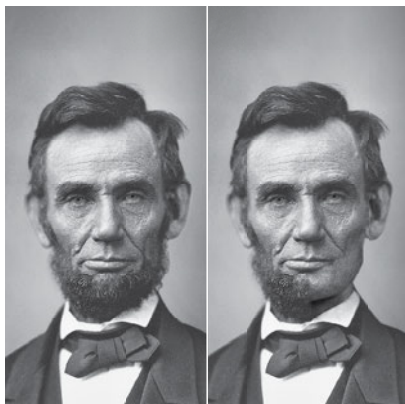
## POLICE AND COURSE MONITORS

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

# 35 Years of Full and Half.

For well over three decades we have been creating award-winning posters for the Lincoln Marathon and Half Marathon.

BAILEY LAUERMAN



baileyauerman.com

## TIME LIMIT

Half Marathon: If half marathon runners have not passed 10th & Harrison Street Intersection by 11:10 am they will be directed to the sidewalk to finish their run. This is approximately at mile 11 in the race course.

Full Marathon: If marathon runners have not passed the turnoff for the half marathon finish by 10:15 am, they will be directed to finish the half and not continue the marathon course. This is at approximately mile 12.9 in the course. The full marathon course will be officially open until 1:30 pm. Runners off pace will be provided with an option of transportation back to the finish line or continuing the run. If they choose to continue, they will 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.

**THE GOOD LIFE HALFSY**

**RACE DAY  
OCT. 27, 2024**

**13.1 MILES OF AWESOME!**

**HURRY  
PRICE JUMPS  
MAY 10TH AT  
11:59PM!**

**REGISTER NOW!  
GOODLIFEHALFSY.COM**

THE GOOD LIFE HALFSY  
MERCATO  
YOUR NAME 2024  
YOUR TEAM 2024  
THE GOOD LIFE HALFSY  
THE GOOD LIFE HALFSY  
THE GOOD LIFE HALFSY  
HALFSY THE DISTANCE DOUBLE THE FUN!



# LINCOLN MARATHON

## ANTICIPATED TIMES

MILE	LOCATION	1ST RUNNER	LAST RUNNER
1.4 Miles	S 16 & K	7:05 a.m.	8:00 a.m.
2.6 Miles	S 16 & South	7:12 a.m.	8:21 a.m.
3.2 Miles	South & Sheridan	7:15 a.m.	8:30 a.m.
5.3 Miles	Calvert & S 48	7:25 a.m.	9:00 a.m.
6.6 Miles	S 48 & NE Pkwy	7:31 a.m.	9:18 a.m.
8.4 Miles	NE Pkwy & S 27	7:40 a.m.	9:45 a.m.
9.8 Miles	S 20 & Van Dorn	7:47 a.m.	10:06 a.m.
10.8 Miles	S 10 & Harrison	7:50 a.m.	10:18 a.m.
12.3 Miles	S 10 & K	8:00 a.m.	1 0:45 a.m.
13.1 Miles	FINISH HALF	8:05 a.m.	11:00 a.m.
15.4 Miles	Capitol Pkwy & J	8:21 a.m.	10:58 a.m.
17.1 Miles	Normal & South	8:29 a.m.	11:20 a.m.
18.2 Miles	Normal & S 56	8:35 a.m.	11:35 a.m.
19.6 Miles	Holmes Lake (Turnaround)	8:43 a.m.	11:56 a.m.
20.9 Miles	Normal & S 56	8:55 a.m.	12:17 p.m.
22 Miles	Normal & South	9:00 a.m.	12:30 p.m.
23.7 Miles	Capitol Pkwy & J	9:04 a.m.	12:49 p.m.
26.2 Miles	FINISH FULL	9:20 a.m.	1:30 p.m.



- HALF MARATHON MILE MARKERS
- FULL MARATHON MILE MARKERS
- WATER
- AID STATION
- PORT-A-POTTY



[lincolnmарathon.org](http://lincolnmарathon.org)

HALF MARATHON ELEVATION



FULL MARATHON ELEVATION



# 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 in the Champions Club Parking Lot.

**RUN ON  
STAY STRONG  
POWER ON  
ENJOY EVERY MILE**



## 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 at the Stadium Drive Parking Garage.

## POST-RACE HQ

The Post-Race HQ will be located adjacent to shirt exchange at the finish, just south of the Champions Club.

## RESULTS

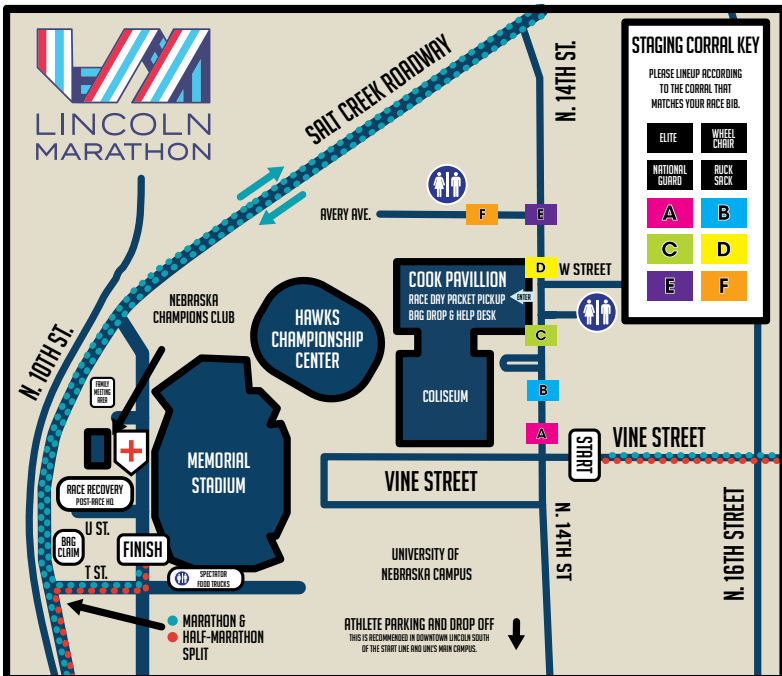
Complete results will be posted at [lincolnmарathon.org](http://lincolnmарathon.org) and [mtecre.sults.com](http://mtecre.sults.com). Results will also be emailed to all participants.

## SHOWERS FACILITIES

Post-race shower facilities are not provided.

## NEW IN 2024 - POST-RACE MEETING AREA - 707 STADIUM DRIVE

Located inside the Champions Club Parking Lot on the north end, large letters A-Z will be attached to the fence. Plan in advance to meet your family at the letter that corresponds with your last name in the Champions Club Parking Lot.



# RACE DAY | SPECTATORS

## ATHLETE TRACKING APP

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.

## 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.

## FINISH LINE SPECTATOR CENTRAL

Located a few hundred feet away from the finish line at the corner of Stadium Drive and T Street. Spectators will be able to purchase breakfast based foods from local food trucks and coffee trucks. Also restrooms are located here!

## ANTICIPATED TIMES

MILE	LOCATION	1ST RUNNER	LAST RUNNER
1.4 Miles	S 16 & K	7:05 a.m.	8:00 a.m.
2.6 Miles	S 16 & South	7:12 a.m.	8:21 a.m.
3.2 Miles	South & Sheridan	7:15 a.m.	8:30 a.m.
5.3 Miles	Calvert & S 48	7:25 a.m.	9:00 a.m.
6.6 Miles	S 48 & NE Pkwy	7:31 a.m.	9:18 a.m.
8.4 Miles	NE Pkwy & S 27	7:40 a.m.	9:45 a.m.
9.8 Miles	S 20 & Van Dorn	7:47 a.m.	10:06 a.m.
10.8 Miles	S 10 & Harrison	7:50 a.m.	10:18 a.m.
12.3 Miles	S 10 & K	8:00 a.m.	10:45 a.m.
13.1 Miles	FINISH HALF	8:05 a.m.	11:00 a.m.
15.4 Miles	Capitol Pkwy & J	8:21 a.m.	10:58 a.m.
17.1 Miles	Normal & South	8:29 a.m.	11:20 a.m.
18.2 Miles	Normal & S 56	8:35 a.m.	11:35 a.m.
19.6 Miles	Holmes Lake (Turnaround)	8:43 a.m.	11:56 a.m.
20.9 Miles	Normal & S 56	8:55 a.m.	12:17 p.m.
22 Miles	Normal & South	9:00 a.m.	12:30 p.m.
23.7 Miles	Capitol Pkwy & J	9:04 a.m.	12:49 p.m.
26.2 Miles	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 lines. 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.

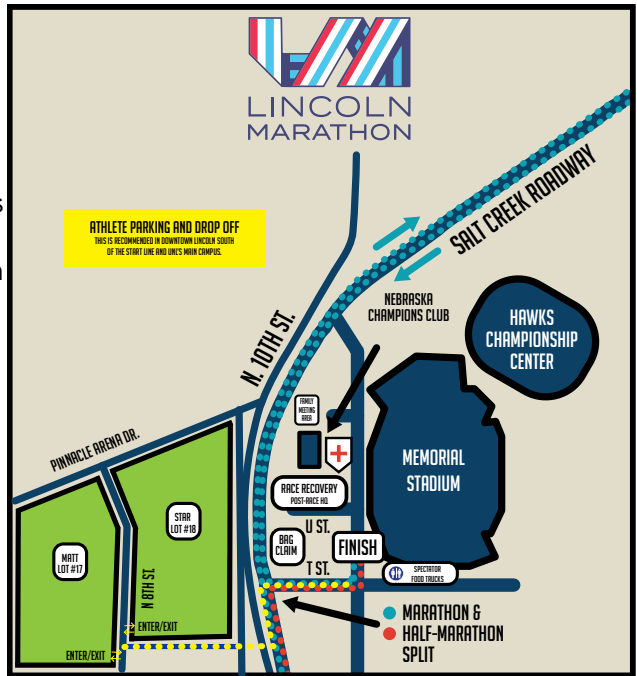
Also, spectators should not attempt to drive to the Start Line or Finish Line areas as all roads will be blocked for race activities. Spectators should plan to park downtown and walk to the start or finish line areas to spectate.

## POST-RACE FRIENDS AND FAMILY MEETING AREA

University of Nebraska - Champions Club - North End

Friends and family may plan to meet up with their athlete in the north end of the Champions Club Parking Lot or determine their own specific meeting location on UNL Campus or downtown Lincoln. In the Champions Club Parking Lot, letters A-Z will be posted around the perimeter of the lot. Athletes can meet their friends and family by the letter that corresponds with their last name.

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 or at the finish line spectator parking provided in the Matt Lot #18 and Star Lot #7, both located at 8th and 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 free to download 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 [lincolnmarathon.org](http://lincolnmarathon.org).

## LOST & FOUND

Lost & Found on race day will be located at Post-Race HQ, south of the Champions Club. All discarded clothing at the start line and along the course will be collected and donated to People's City Mission and will not be considered lost and found items. After the race, make inquiries at [lincolnmarathon.org/contact/](http://lincolnmarathon.org/contact/)

## 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.



# 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 day prior to the in-person race to submit their virtual results. The deadline for submitting virtual results via the individualized link is Sunday May 19, 2024. 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 May 4, 2024 at 4 p.m. cst.

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# AWARDS

## AWARDS CEREMONY

University of Nebraska • Champions Club • 707 Stadium Drive

- 9:00am: Half Marathon Overall, Masters, and Wheelchair Awards
- 10:15am: Half Marathon Age Division Awards
- 10:30am: Marathon Overall, Masters, and Wheelchair 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 & 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 passed away 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 & 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

### NATIONAL GUARD AWARDS

Awards are presented to the top three men and women National Guard 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.

### 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 2:16:16

\$2,000 Female 2:38:17

\$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	Abraham Kipkemei	45	2:16:16*	2023
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

\* Course Record

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## 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	Emma Huston	27	2:38:17*	2022
30-34	Hirut Guangul	31	2:41:51	2023
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

\* Course Record

## 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	Noah Rasmussen	24	1:05:20	2022
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	Jesse Davis	41	1:08:29	2023
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	Dave Coleman	66	1:35:50	2022
70-74	Paul Braunschweiler	71	1:42:59	2023
75-79	Sigurd Daenke	75	2:07:23	2002
80-84	Leo Rutten	80	2:36:34	2023
85-89	Marvin Metzger	85	3:15:33	2013
90 and up	Clarence Osborn	90	4:08:15	2008

\* Course Record

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## 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 Chepkemoi	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	Wanda Essink	62	1:38:27	2023
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

\* Course Record

## HALF MARATHON - PUSH RIM WHEEL CHAIR

<b>Place</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Year</b>
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>
2023	Adraham Kipkemei	2:16:16	Hirut Guangul	2:41:51
2022	Mason Frank	2:19:29	Emma Huston	2:38:17
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-Malaue	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>
2023	Noah Rasmussen	1:05:20	Emma Huston	1:18:05
2022	Dominic Korir	1:03:53	Caren Maiyo	1:11:45
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

# BINGO

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## 2024

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SUNDAY, DECEMBER 8**

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