

2013



NO FRILLS

5 Mile Racing Series 20th Annual

January 12, 2013 (Five Miles)
January 26, 2013 (Five Miles)
February 9, 2013 (Five Miles)
February 23, 2013 (Five Miles)
March 9, 2013 (Five Miles)
March 23, 2013 (Ten Miles)

All races start at 10:00 AM @ LaPlatte Community Church

All races begin at 10:00 am. Registration is on race day only and is \$3.00. Entry fee includes one pair of exclusive No Frills gloves for the season. Registration takes place at the LaPlatte Community Church, immediately east of the Peru State Annex (formerly the LaPlatte Elementary School). LaPlatte is located approximately 2 miles south of Offutt AFB on the east side of Highway 75. From Omaha, take the Kennedy Freeway (Hwy 75) south and the second signalized intersection will be LaPlatte Road. Look to the east (left) and you will see the Peru State Annex. The church is east of the school.

The FIVE MILE course is out and back along LaPlatte Road. The course is paved and each mile is marked with a cone. There are no splits or water given on the course. The scenic course runs along the Chris/Hanson Lake community and Platte River bluffs. There is no traffic control but there is relatively light traffic along the race course.

The TEN MILE course is out and back along LaPlatte Road and then turns north at 57th Street. The middle miles (2.5 through 7.5) are on gravel. There is a significant 200m long hill just prior to the turnaround. Otherwise the course is basically flat. Water is provided at the 3, 5 and 7 mile marks.

Race results are age-graded using the current WAVA grading tables. The top 10 individuals are awarded series points beginning with 10 for first, 9 for second and so on. Series standings and results are posted after each race at www.runnebraska.com. After the final race, there is a potluck awards luncheon.

All race proceeds benefit youth distance running teams in Bellevue. Like last year, we will be attending the US XC Champs in St. Louis in February. We appreciate your support.



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