

2018



No Frills Racing Series (25th Annual)

January 13, 2018 (5 miles)
January 27, 2018 (5 miles)
February 10, 2018 (5 miles)
February 24, 2018 (5 miles)
March 10, 2018 (5 miles)
March 24, 2018 (5 Miles??)
All races start at 10:00 AM

All races begin at 10:00 am at the LaPlatte Community Church (16412 Main Street, 68123)

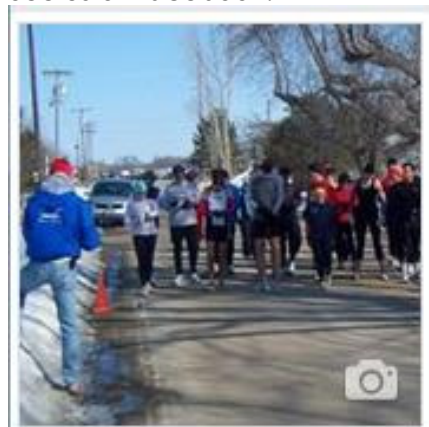
Registration is on race day only and is \$5.00. Entry fee includes one pair of exclusive No Frills gloves. Registration takes place at the LaPlatte Community Church, immediately east of the Cornerstone Christian School (formerly the LaPlatte Elementary School). LaPlatte is located approximately 2 miles south of Offutt AFB on the east side of Highway 75. **Highway 75 Construction Update: From either north or south, take the Highway 34 East exit from Hwy 75. Head east to the first exit south which is 8th Street which will take you into LaPlatte.**

The **five mile course** is new this year due to highway bridge construction. The first mile is two loops of LaPlatte. The next 3-1/2 miles is out-and-back on 5th Street (gravel) and then the course finishes with a reverse loop of LaPlatte. The course has been measured using USATF protocol. Each mile is marked with a cone. There will be splits given at 1/2 and 1 mile. There is no water given on the course. There is no traffic control but there is relatively low traffic along the race course.

Race results are age-graded using the 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. There are awards for the top series competitors only. NO individual race awards.

All race proceeds benefit Bellevue University distance running programs of which I am the head coach.

See us on facebook:



Brooks No Frills
Racing Series

