

2019



## No Frills Racing Series (26<sup>th</sup> Annual)

January 12, 2019 (5 miles)

January 26, 2019 (5 miles)

February 9, 2019 (5 miles)

February 23, 2019 (5 miles)

March 9, 2019 (5 miles)

March 23, 2019 (10 Miles)

All races start at 10:00 AM

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

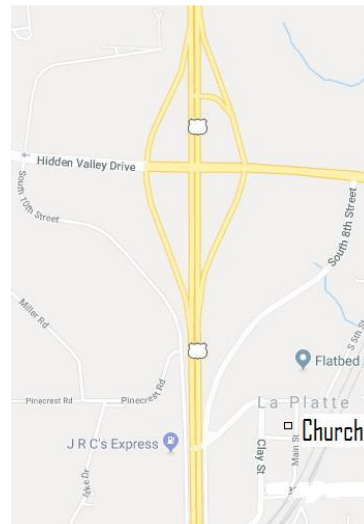
Registration is on race day only and is \$5.00. Entry fee includes one pair of exclusive No Frills gloves. Registration takes place at the LaPlatte Community Church, immediately east of the Cornerstone Christian School (formerly the LaPlatte Elementary School). LaPlatte is located approximately 2 miles south of Offutt AFB on the east side of Highway 75. **From Highway 75, take the US 34 exit and turn east (also called Hidden Valley Drive). Then take the South 8<sup>th</sup> Street exit into LaPlatte.**

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 low traffic along the race course.

The **ten mile course** is out and back along LaPlatte Road and then turns north at 57<sup>th</sup> 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 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](http://www.runnebraska.com). There are awards for the top series competitors only. NO individual race awards.

All race proceeds benefit **Bellevue University Cross Country**. We appreciate your support.



See us on facebook:

Or call:

Craig Christians 402-669-1312 for info.