



Road Racing Series
2nd and 4th Saturdays – January through March

January 11, 2020 (Five Miles)
January 25, 2020 (Five Miles)
February 8, 2020 (Five Miles)
February 29, 2020 (Five Miles) **NOTE: This is the FIFTH Saturday in February**
March 14, 2020 (Five Miles)
March 28, 2020 (10 Miles)

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

REGISTRATION: Registration is on race day only and is **\$5.00**. Entry fee includes one pair of No Frills gloves. Registration takes place at the LaPlatte Community Church (**16412 Main St., Bellevue**), immediately east of the former 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 exit at the **HWY 34 East** exit. Go east on Hwy 34 to **8th Street** and then head south into LaPlatte. The church is just east of the school.

COURSE: The course is out and back on LaPlatte Road. There is a split at one mile but no 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 final race is **TEN MILES** and it 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.

RESULTS: 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. Awards typically to the top 3 depending on the total number of series entrants.

All race proceeds benefit distance running programs at Bellevue University. I appreciate your support. See us on facebook at [Brooks No Frills Racing Series](#)



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