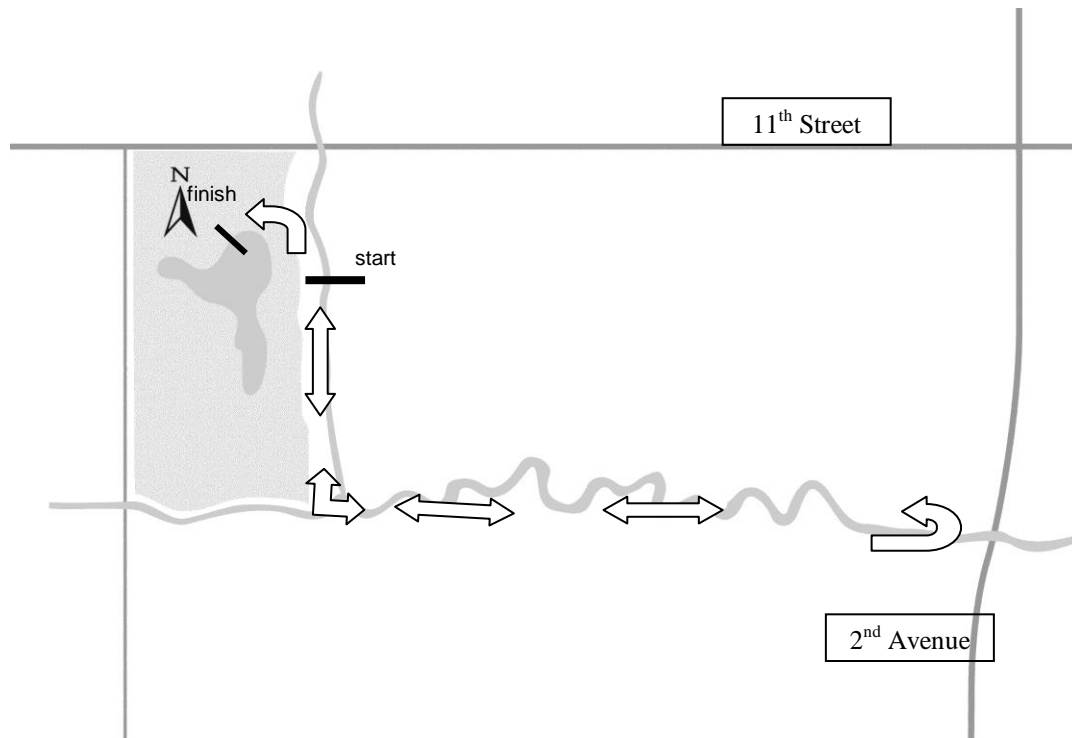


NEBRASKA SENIOR GAMES

5k RUN



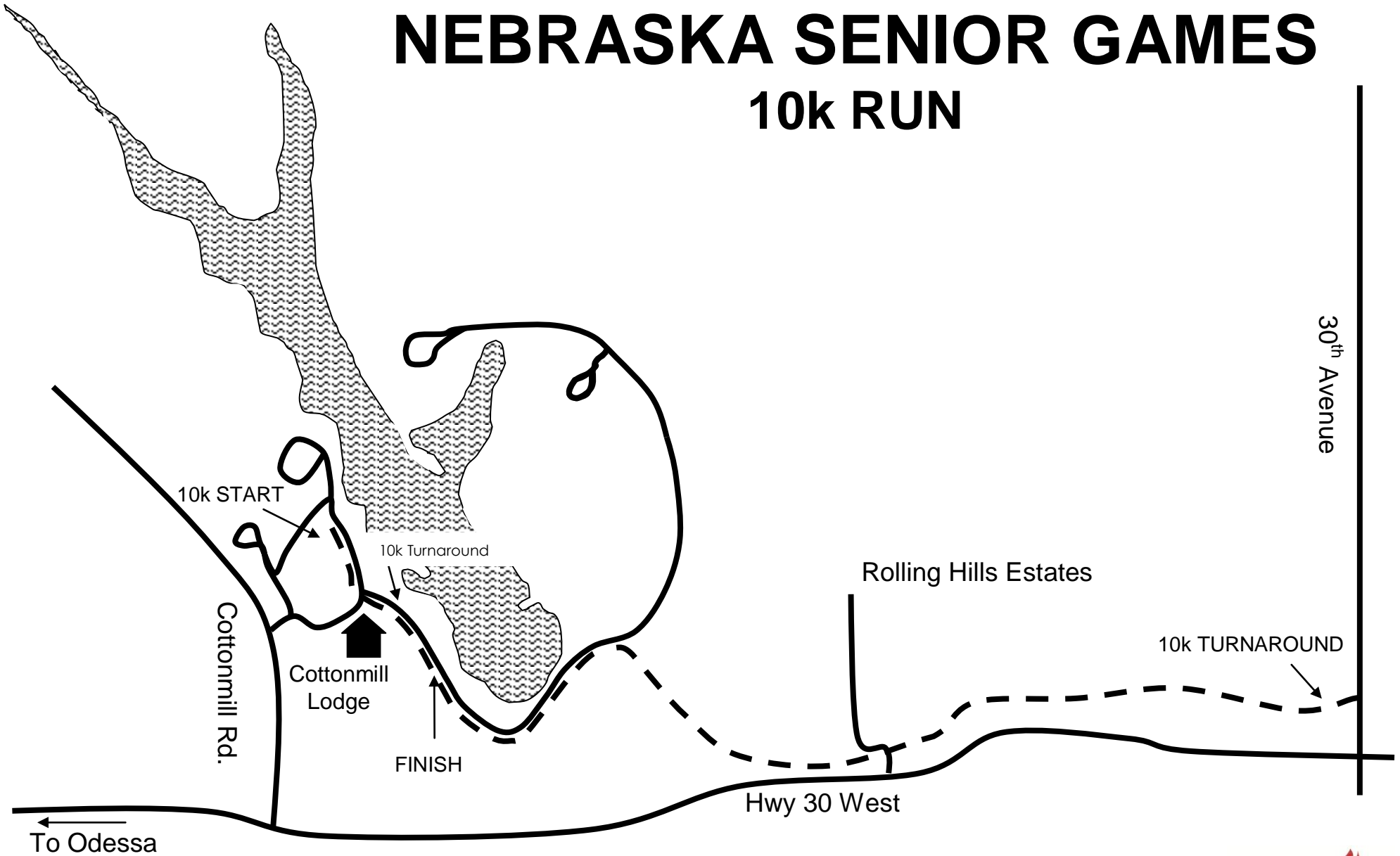
Instructions:

1. Check-in at Peterson Senior Activity Center. Runners and walkers will go to the start line at the Sue Bush Memorial Shelter, located on the northeast corner of the park.
2. The race will occur on the concrete trail. Stay on the right side of the trail except to pass.
3. Please be cautious on the turnaround. This is a down and back course.
4. A water aid station is located near the turnaround.
5. The finish line is located on the trail just south of the Peterson Senior Activity Center.
6. **Have fun!**



NEBRASKA SENIOR GAMES

10k RUN



Check-in at Cottonmill Lodge.

10k participants will run the course twice. The halfway turnaround is in front of the Cottonmill Lodge.

