



The Heartland Full is a four lap course that starts on the Lewis and Clark Landing in Omaha, Nebraska and heads north along the Missouri River to Miller Park. A quick loop brings runners back south to cross the Bob Kerrey Pedestrian Bridge. Runners then head northeast along the east bank of the Missouri River to the turnaround. Runners return to cross the Bob Kerry Pedestrian Bridge and proceed south to the Lewis and Clark Landing. Runners repeat this lap four times.

FULL MARATHON COURSE MAP

September 22, 2019

