



MARATHON COURSE MAP SEPTEMBER 27, 2020

Heartland Marathon is a two-lap course that starts on the Riverfront Trail in Omaha, Nebraska and heads south. The route then crosses the Missouri River via the Bob Kerrey Pedestrian Bridge and travels south along the Missouri River. Runners then head easterly to the Western Historic Trails Center for a quick turn around and return to the Missouri River. Runners then head northerly along the east bank of the Missouri River to the turnaround. The return trip provides great views of downtown Omaha as runners return via the Bob Kerrey Pedestrian Bridge. Runners complete two laps for the marathon.

Relay Distances

5.6 Miles – Leg 1
4.4 Miles – Leg 2
4.9 Miles – Leg 3
6.0 Miles – Leg 4
5.3 Miles – Leg 5

Relay Exchange Points

Exchange Point 1	Mile 5.6
Exchange Point 2	Mile 10.0
Exchange Point 3	Mile 14.9
Exchange Point 4	Mile 20.9

Legend

- LAP 1 Mile Marker
- LAP 2 Mile Marker
- Direction Arrow
- Aid Station

