






10K COURSE MAP SEPTEMBER 25, 2022

The Heartland 10K starts on the Riverfront Trail at Miller's Landing in Omaha, Nebraska and heads south. The route then crosses the Missouri River to Iowa via the Bob Kerrey Pedestrian Bridge and travels south along the Missouri River to the turnaround. Runners then head northerly along the east bank of the Missouri River back to the Bob Kerrey Pedestrian Bridge. The return trip to Miller's Landing provides great views of downtown Omaha.

- Legend**
-  Mile Marker
 -  Direction Arrow
 -  Aid Station