



MARATHON COURSE MAP SEPTEMBER 24, 2023

The Heartland Marathon is a two-lap course that starts on the Riverfront Trail in Omaha, Nebraska at Miller's Landing 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. Runners then head easterly to the Western Historic Trails Center and continue easterly past the Council Bluffs Recreation Complex. Runners then cross 24th Street at Richard Downing Ave and proceed southerly on the 24th Street trail to Veterans Memorial Highway and then continue east on the trail to Indian Creek. Runners turn around and return back. Runners complete two laps for the marathon.

Relay Distances

5.5 Miles – Leg 1
5.9 Miles – Leg 2
3.4 Miles – Leg 3
5.9 Miles – Leg 4
5.5 Miles – Leg 5

Relay Exchange Points

Exchange Point 1	Mile 5.5
Exchange Point 2	Mile 11.4
Exchange Point 3	Mile 14.8
Exchange Point 4	Mile 20.7

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

