

Race Day
MARCH 31, 2018



The
EARLY BIRD
10 Mile Run

PRESENTED BY  **Nebraska
Medicine**



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WELCOME, RUNNERS!

Welcome to the inaugural Early Bird 10 Mile Run presented by Nebraska Medicine!

You and over 2,000 other runners have joined the flock and will be flying out of Walnut Grove Park at sunrise. This is Pink Gorilla Events' first new race in four years and we know you're going to love it.

Read this race guide carefully to prepare yourself for race day. Parking is a little tricky, so look at the maps closely. We wouldn't want you to do something silly like miss the pink gorilla's trombone playing at the start line!

Thanks for running with us -- we'll see you for brunch and mimosas at the finish line!

- Pink Gorilla Events Crew



A QUICK NOTE

Nebraska Medicine is proud to be the presenting sponsor of the very first Early Bird Run. Our sports medicine team is excited to have the opportunity to be a part of this fun and engaging event. We're here for you from start to finish, and at the post-race recovery zone. We specialize in athletes - and keeping you in peak physical health so you can do the things you love to do. Look for our team members, ask us questions, and let us do what we can to help you be the early bird that gets the worm! Enjoy the race, have fun, and good luck!

- Nebraska Medicine | Sports Medicine Program



SPORTS MEDICINE PROGRAM

Running shouldn't involve the words no pain, no gain.

In the event of an injury, the multidisciplinary team of specialists at the Nebraska Medicine Sports Medicine Program can help. We will provide you with the care you need – and get you back to running **PAIN FREE**.

We Can Help



Appointments:
800.922.0000

[NebraskaMed.com/Sports](https://www.NebraskaMed.com/Sports)

 **Nebraska
Medicine**

SERIOUS MEDICINE. EXTRAORDINARY CARE.™

PACKET PICKUP

ADVANCED PACKET PICKUP

Thursday, March 29, 2018 | 4:00 pm - 8:00 pm
Nebraska Medicine Lauritzen Outpatient Center
([4014 Leavenworth Street, Omaha, NE 68105](#))

Avoid the lines on race day and come see one of Nebraska Medicine's newest buildings and home of their sports medicine services. The Lauritzen Outpatient Center has ample parking and we are just a short elevator ride to the first floor!

RACE DAY PACKET PICKUP

Packet pickup will be available on race day starting at 6:15 am, but we STRONGLY encourage you to pick it up in advance. After all, why stand in line when you could embrace the spirit of the run and be an early bird?

THE PACKET: RACE ENVELOPE & SHIRT

At Packet Pickup, you will receive your participant shirt and a race envelope that contains your race bib (which doubles as your timing chip), safety pins, a wristband (which doubles as your ID so you can claim that delicious mimosa at the end), and your bag drop sticker. The bib should be worn on the front of your chest on your outer-most layer of clothing.

SHIRT EXCHANGE

If you would like to exchange your participant shirt for a different size, you will be able to on race day only. Shirt exchange will be available AFTER the race at the Pink Gorilla Events tent. Make sure your shirt fits prior to leaving on race day. Race shirts will not be mailed after race weekend.

BIB # LOOKUP

NO CONFIRMATION OR ID REQUIRED

We currently do not require photo ID or official confirmation to pickup your packet as long as this privilege is not abused. Simply know your bib # that was sent to you in a pre-race email or you can look up your bib # when you arrive.

CAN A FRIEND PICK UP MY PACKET FOR ME?

Yes! You can pick up packets for as many friends as you'd like at advanced packet pickup with a simple signature. Please just know their bib #. If this privilege is abused, we will be forced to ask for photo ID and proxy forms. Please don't abuse this and give a bib to someone that didn't register. These runners are considered bandits and are a major liability to us. Failure to comply will result in disqualification of all offending parties from the current race and a ban for the following year.



Judd Knispel Ins Agcy Inc
Judd Knispel, Agent
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402-201-5891
judd@juddknispel.com

**Run
Happier.**

**Early bird gets the worm.
And potential savings too!**

**CALL ME TODAY
FOR A QUOTE.**

RACE DAY SCHEDULE

RACE START

Saturday, March 31, 2018

Walnut Grove Park

([15050 Q Street, Omaha, NE 68137](#))

6:00 am Parking Open
6:15 am Packet Pickup
6:30 am Race Bag Drop
7:30 am Rooster crows... Race Starts!

RACE FINISH

Saturday, March 31, 2018

Walnut Grove Park

8:30 am Free Brunch Starts
9:30 am Awards
11:30 am Brunch Service Ends




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+ LITTLE BOHEMIA**

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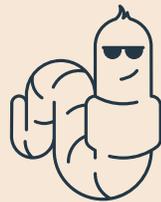
That feeling you get when
you cross the finish line.

#awesome

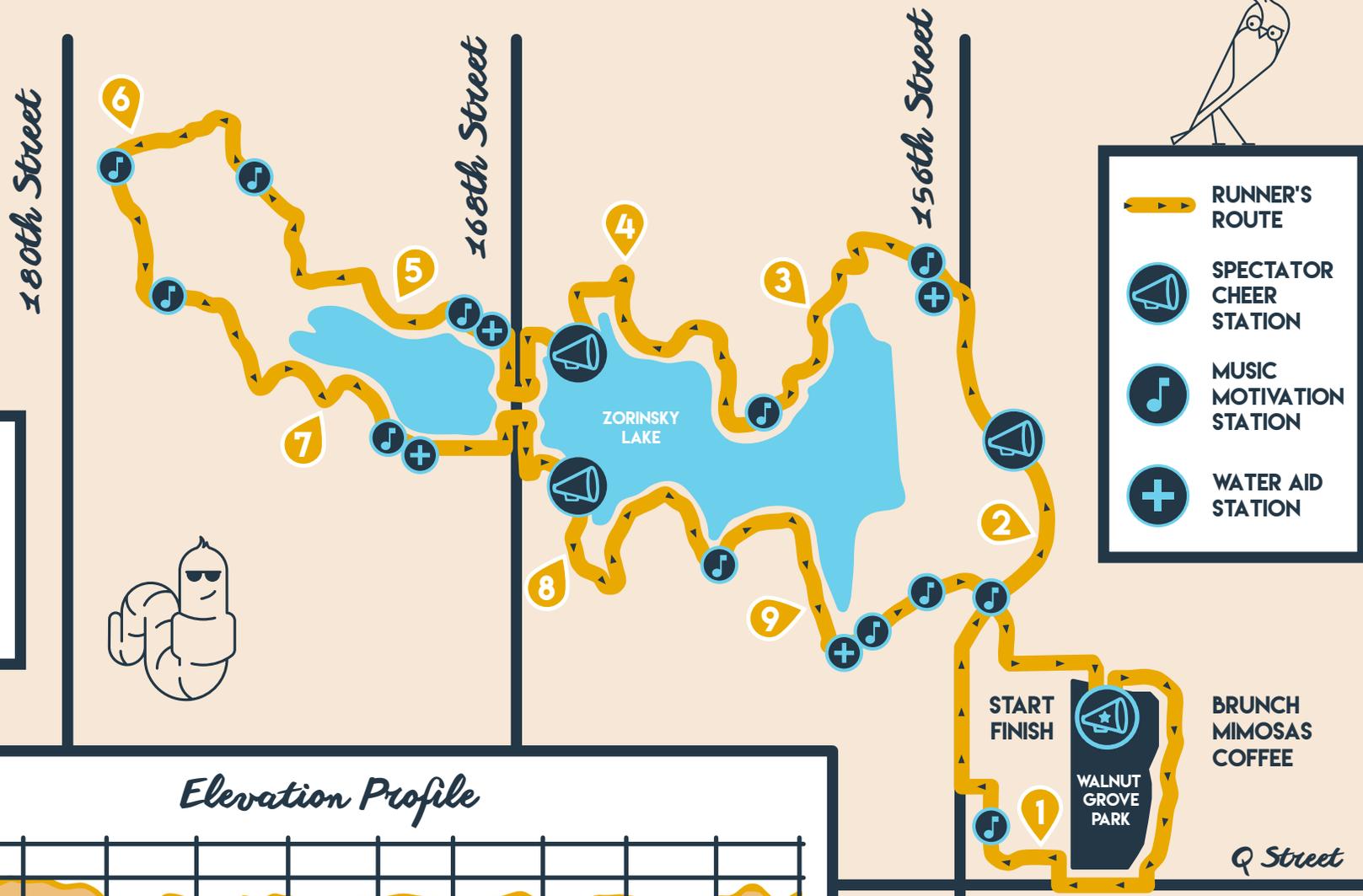
[simplestrat.com](#)


SIMPLE STRAT

ROUTE MAP



- RUNNER'S ROUTE
- SPECTATOR CHEER STATION
- MUSIC MOTIVATION STATION
- WATER AID STATION



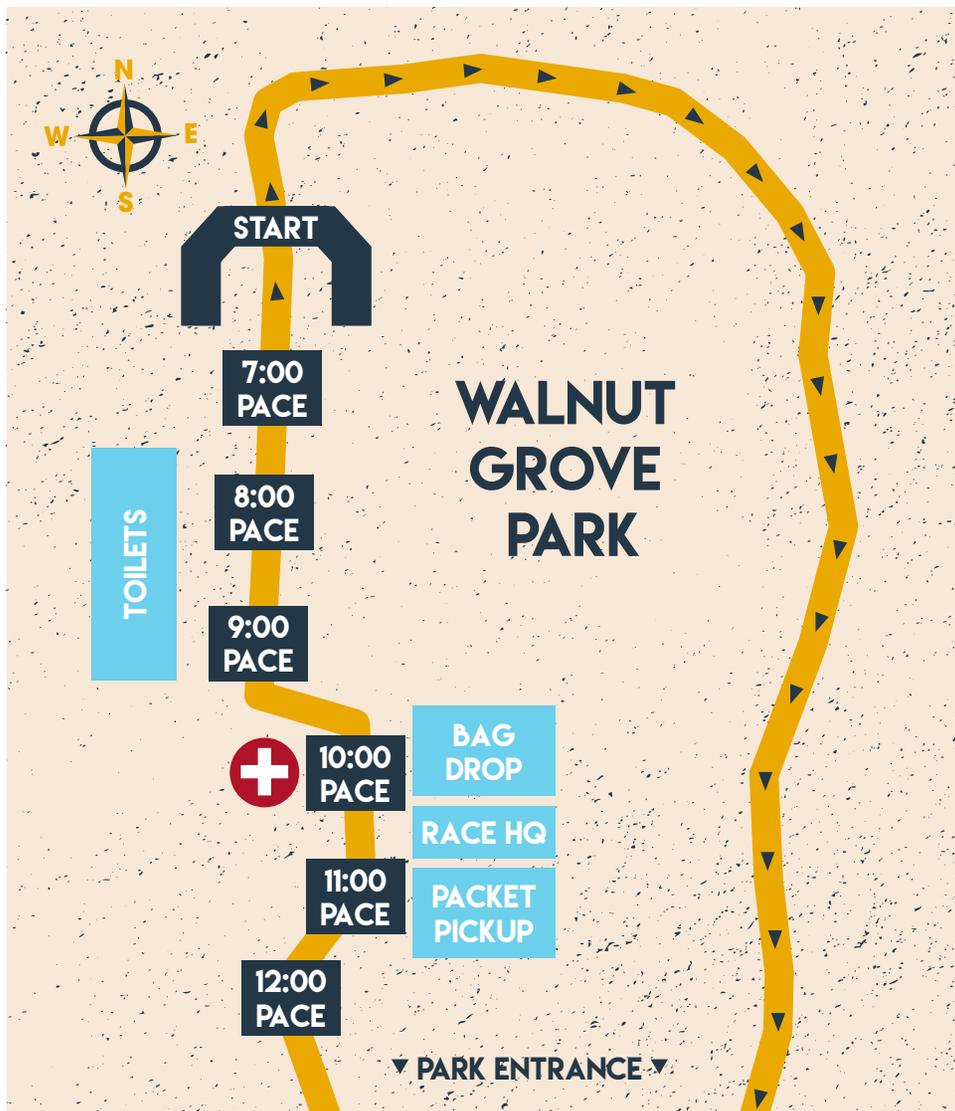
Elevation Profile



START FINISH
WALNUT GROVE PARK
BRUNCH MIMOSAS COFFEE

PARKING

THE START



INTERACTIVE MAP

ARRIVAL

Allow plenty of time to park the car, stretch, laugh and make that final trip to the guys or gals room. (See parking information and map.)

RACE BAG DROP

Race bag drop will be located inside Walnut Grove near the Start/Finish Line. Participants may place their warm up clothes or dry finish line clothes in the race bag provided at packet pickup. **Make sure your race bag is labeled with your race number by using the sticker provided in your race packet and make sure your bag is securely tied shut.** Do not place valuables in your bag. If you need a car key at the finish line, carry it with you or loop it in your shoelace rather than putting it in your bag. Don't forget to make smart plans for your ID for finish line fun! Pink Gorilla Events cannot be responsible for lost items placed in your race bag. Please allow 20 minutes to drop off your bag. Race bag drop closes at 7:20 am. Race bags may be claimed after the race at the same area.

LINING UP

We will begin lining up at 7:15 am. Enter the starting chute from the open gates at the sides or from the opening at the rear. Do not enter the starting chute from the front. Show your race bib to officials as you enter the chute. Please be courteous of other runners and line up according to your goal race pace. (We will have 7, 8, 9, 10, 11, and 12 minute pace flags to help you line up in the right area.) Remember your time doesn't start until you cross the start line! We'll play the national anthem, make final announcements, and kick this little birdy off at 7:30 am!

ORANGETHEORY RISE & SHINE STRETCH OUT

Our friends at OrangeTheory Fitness are going to make sure you are ready to fly on race morning. Their coaches will be on hand to do a "Rise & Shine Stretch Out" at 6:50 AM and 7:05 AM under the Start/Finish Arch.

THE FINISH

ATHLETE VILLAGE

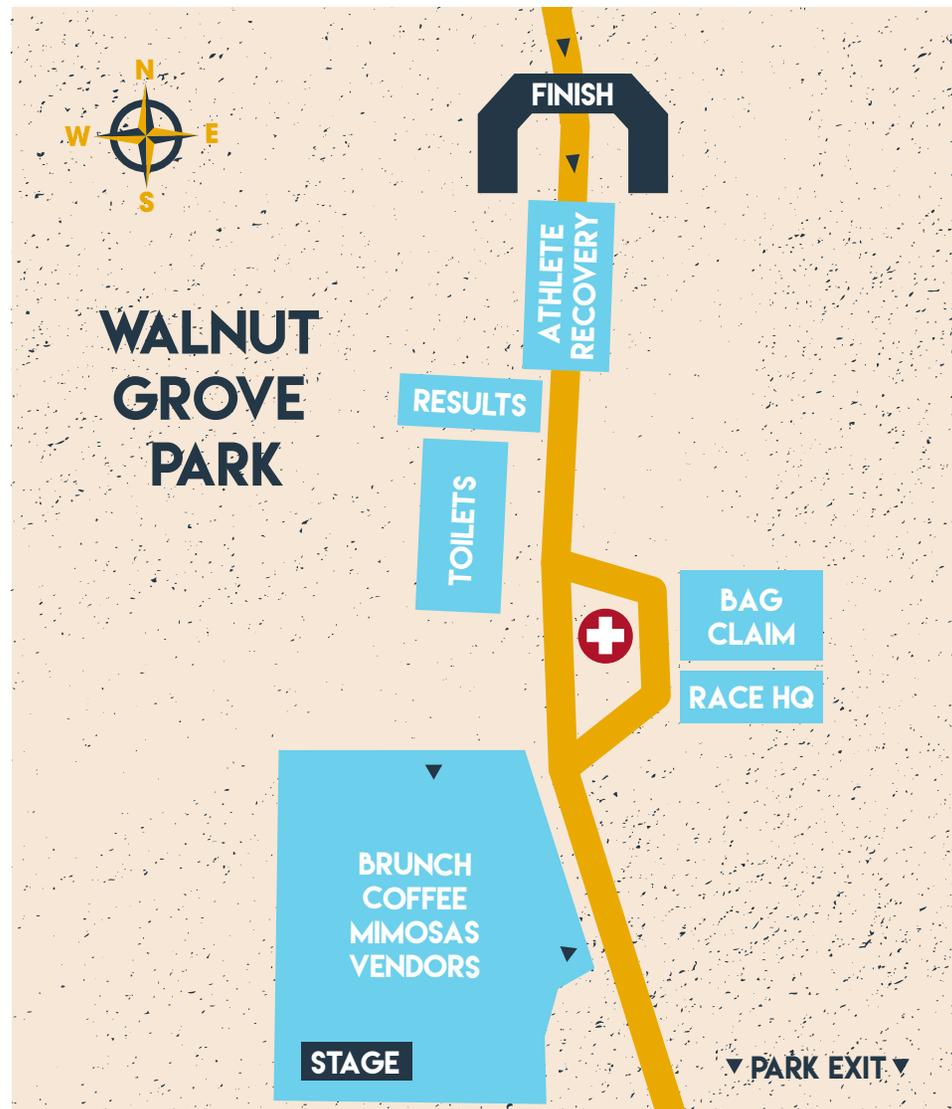
Beyond the finish line, you will enter the Athlete Village (race officials, volunteers and athletes only). Here you will receive your finish medal, heat blanket, water, and orange juice. You earned your worm!

NEBRASKA MEDICINE ACTIVE RECOVERY ZONE

Our friends at Nebraska Medicine are excited to be offering all finishers an Active Recovery Zone just beyond the Athlete Village. Here they will have Athletic Trainers, Physical Therapists, and Physicians to help you cool down, stretch out, foam roll, or even take care of a more serious issue that popped up out on course. Be sure to thank them for making this event possible!

RESULTS

Individual results can be requested at our Finish Area Results Kiosk. Friends and family can track athletes live and final results will be posted at earlybirdrun.com/#results.



INTERACTIVE MAP

PARKING

See your race week email or bib lookup for your assigned lot and suggested driving route. We suggest carpooling and arriving early for the best parking. Overflow parking will be in surrounding neighborhoods. Please follow your assigned lot and suggested driving route to make sure your race day experience is the best.



BRUNCH

ARCHETYPE COFFEE

We are proud to partner with one of Omaha's finest coffee brands. Archetype Coffee will be served to you in the brunch line. Please be ready to provide your coffee ticket on your race bib.

BAREFOOT BUBBLY BRUT CUVÉE MIMOSAS

Mimosas will be available inside the beer garden and must remain there. You must be wearing your blue wristband from your race packet to claim your mimosa. The wristband doubles as your ID so you don't have to carry that around with you during your run! Minors will not receive a wristband in their packet. We know you'll love these Barefoot Bubbly Mimosas, but only one per runner please. We will not have any available for purchase on race day to comply with park regulations. All spectator brunch passes sold out during race registration.

EARLY BIRD BRUNCH & BOB'S DONUTS

Who better than to provide brunch at the Early Bird Run, then Early Bird Brunch and Bob's Donuts! You will be treated to a breakfast burrito, Bob's Donut, cinnamon roll, and fruit cup. Please have your brunch ticket on your race bib ready to go! Sorry, no seconds :) Unless, of course, you head down to their location in the Blackstone District after the race!



HEY EARLY BIRDIES



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(which is a good thing),
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ON THE COURSE

COURSE AMENITIES

| MILE | MEDICAL | WATER | GATORADE | ENERGY GEL | TOILETS |
|------|---------|-------|----------|------------|---------|
| 2.8 | | 💧 | 🍷 | | Y |
| 4.7 | + | 💧 | 🍷 | | Y |
| 7.3 | + | 💧 | 🍷 | Y | Y |
| 9.3 | + | 💧 | 🍷 | | Y |

COURSE TIME LIMIT

City permits limit the race time to a 3.0 hour time limit. The course will be closed at a 18:15 minute per mile pace, and the finish line will remain open until 10:45 p.m. (assuming last runners start at 7:45 a.m.). No race services, including medical, aid stations or traffic control are available beyond this pace. Athletes must cross the finish line by 10:45 p.m. in order to be considered official finishers.



EARLY BIRD

Not your everyday brunch, every day.

RUNNER SAFETY

COURSE MEDICAL RESOURCES

Medical resources are available at the start and finish line as well as on the course and are staffed by paramedics from Midwest Medical Transport Company who can offer assistance as needed. If you need assistance, please notify the nearest medical personnel or event volunteer. There are four water stations located on the course to keep you hydrated.

DROPPING OUT OF THE RACE

We want all runners to have an amazing running experience, but we know that sometimes it's "just not your day." Listen to your body and do not continue running if you experience symptoms that are not familiar to you. If you are unable to continue or finish the race, ask the nearest race official for assistance. If you are feeling ill on race morning, consider not starting the race. There's always next year and your health is more important.

RACE DAY WEATHER CANCELLATION POLICY

We want the Early Bird 10 Mile Run to happen just as much as you! We'll do everything in our power to have things go off as scheduled. That being said, excessive rain or other hazardous weather might cause us to modify or cancel the event. Cancellation is not likely, so plan on running! Any announcements regarding weather will be made on our social media pages and emailed/ texted to you.

LOST & FOUND

Lost & Found on race day will be located inside the Pink Gorilla Events headquarters tent at Walnut Grove Park. After the race, make inquiries at ask@pinkgorillaevents.com

FUN ON THE COURSE

A SPECIAL THANKS TO OUR ENTERTAINMENT



Half the fun of Earning Your Worm is all the awesome people you will pass along on the way, from our course monitors and aid station volunteers to our friends at Fleet Feet Sports

who are organizing all the entertainment along the course! There will be plenty of music and motivation to go around.

SPECTATORS

Get your flock to cheer you on! Spectators are welcome and encouraged to attend. For more information and best viewing areas, please refer to [this interactive map](#). Please note, no one will be able to purchase brunch tickets on race day. All available brunch passes sold out during race registration.

FREE PHOTOS

Photographers and videographers will be located along the course to capture the day including a photographer at the finish line. Beyond the finish line, there will also be a photo booth so you can grab your well-deserved medal and prove that you earned your worm! Photos and videos will be found on the Early Bird Facebook page and Pink Gorilla Events media site. They will also be emailed to participants following the race to download for free.

BOB'S

DONUTS COFFEE CHICKEN

GET SOCIAL!

FOLLOW US

We're not some ol' stick-in-the-mud. Follow us on your favorite social media channel for some race day fun! Send us your snaps using our custom geofilter, tweet us your favorite sunrise photo, or tag us in your post-race brunch and mimosa instagram boomerang! ... and, of course, don't forget to use #EarnYourWorm!



/EarlyBird10Mile



@EarlyBird10Mile



@EarlyBird10Mile



pgevents

#EarnYourWorm



DIVISIONS & AWARDS

WHO'S FEELING LUCKY?

You earned that worm, so stay, have a mimosa, and see which runners walk away with these great prizes. Practice your best celebration dance in case you win one of these fine awards:

- **Top 3 Male & Top 3 Female:**
\$100, \$75, \$50 Gift Certificate & Early Bird 10 Mile Run mug
- **Top Masters Male and Female Award (40+):**
\$50 Gift Certificate & Early Bird 10 Mile Run mug
- **Top 3 in each Age Group (Male & Female):**
Gift Certificate & Early Bird 10 Mile Run mug
19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & Up



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RUN WITH US, AGAIN!