Race Day
APRIL 6, 2024

2024

The
EARLY BIRD
10 Mile Run

Nebraska® Medicine

WELCOME, RUNNERS!

Welcome to the 2024 Early Bird 10 Mile Run presented by Nebraska Medicine!

You have joined the flock and will be flying out of Walnut Grove Park at sunrise. Get ready to #EarnYourWorm!

Read this race guide carefully to prepare yourself for race day. Parking is a little tricky, so arrive extra early, car pool with friends, check out the maps, and know your assigned parking area. 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 Early Bird Run. Our sports medicine team is excited to have the opportunity to be a part of this fun and engaging event. Enjoy the race, have fun and good luck!

- Nebraska Medicine | Sports Medicine Program

PACKET PICKUP

ADVANCED PACKET PICKUP

Lincoln | Walk-up Pickup
Monday, April 1, 2024 | 3:00 pm - 7:00 pm
Pink Gorilla Events (3121 South 6th Street, Lincoln, NE 68502)

Omaha | Walk-up Pickup
Wednesday, April 3, 2023 | 3:00 pm - 7:00 pm
Nebraska Medicine Village Point
        (17405 Burke St, Omaha, NE 68118)

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.

THE PACKET: RACE ENVELOPE & SHIRT

At Packet Pickup, you will receive a race envelope packet that contains your race bib (which also doubles as your timing chip) and safety pins. You will also receive your official participant shirt.

SHIRT EXCHANGE

There will be a limited number of participant shirts and SWAG items for exchange on race day only. Supply is limited and changes as runners exchange one size for another. You may only exchange like items. After event day, participant shirts can be exchanged upon request, but participants must cover the cost of shipping.

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. 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.

Run Happier.

CALL ME TODAY FOR A QUOTE.

RACE DAY SCHEDULE

RACE START

Saturday, April 6, 2024 | 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, April 6, 2024 | Walnut Grove Park

8:30 am	Finish Line Race Recovery Starts
9:15 am	Open & Masters Division Awards
10:00 am	Age Divisions & Wheelchair Awards
11:30 am	Finish Line Race Recovery Ends
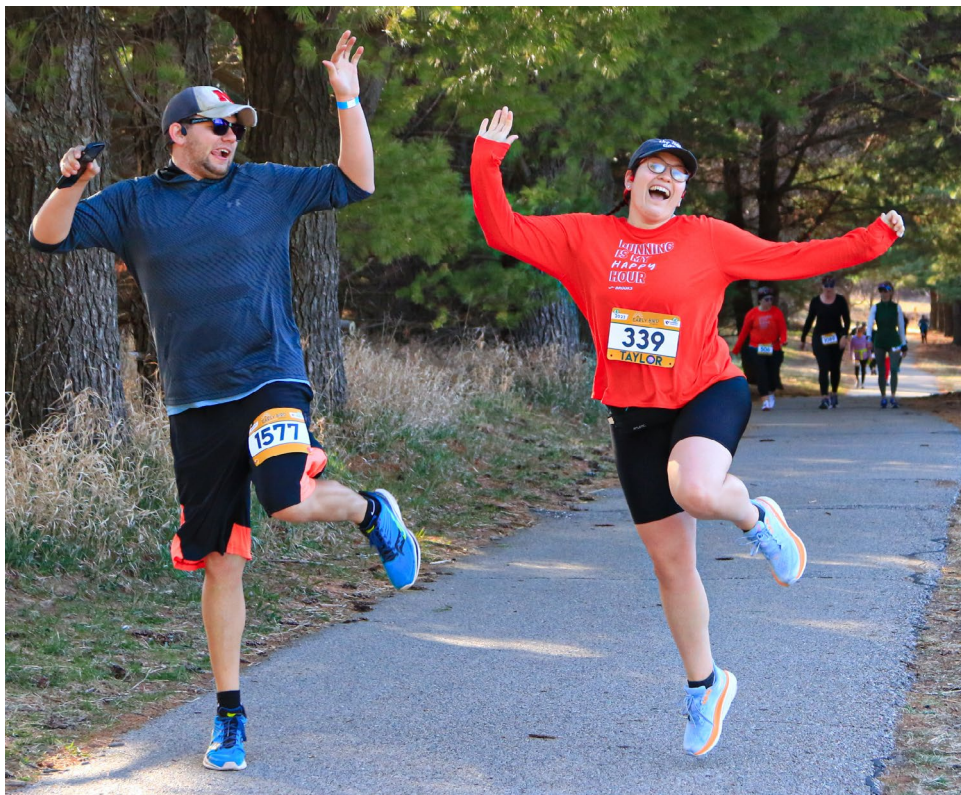
SPORTS MEDICINE

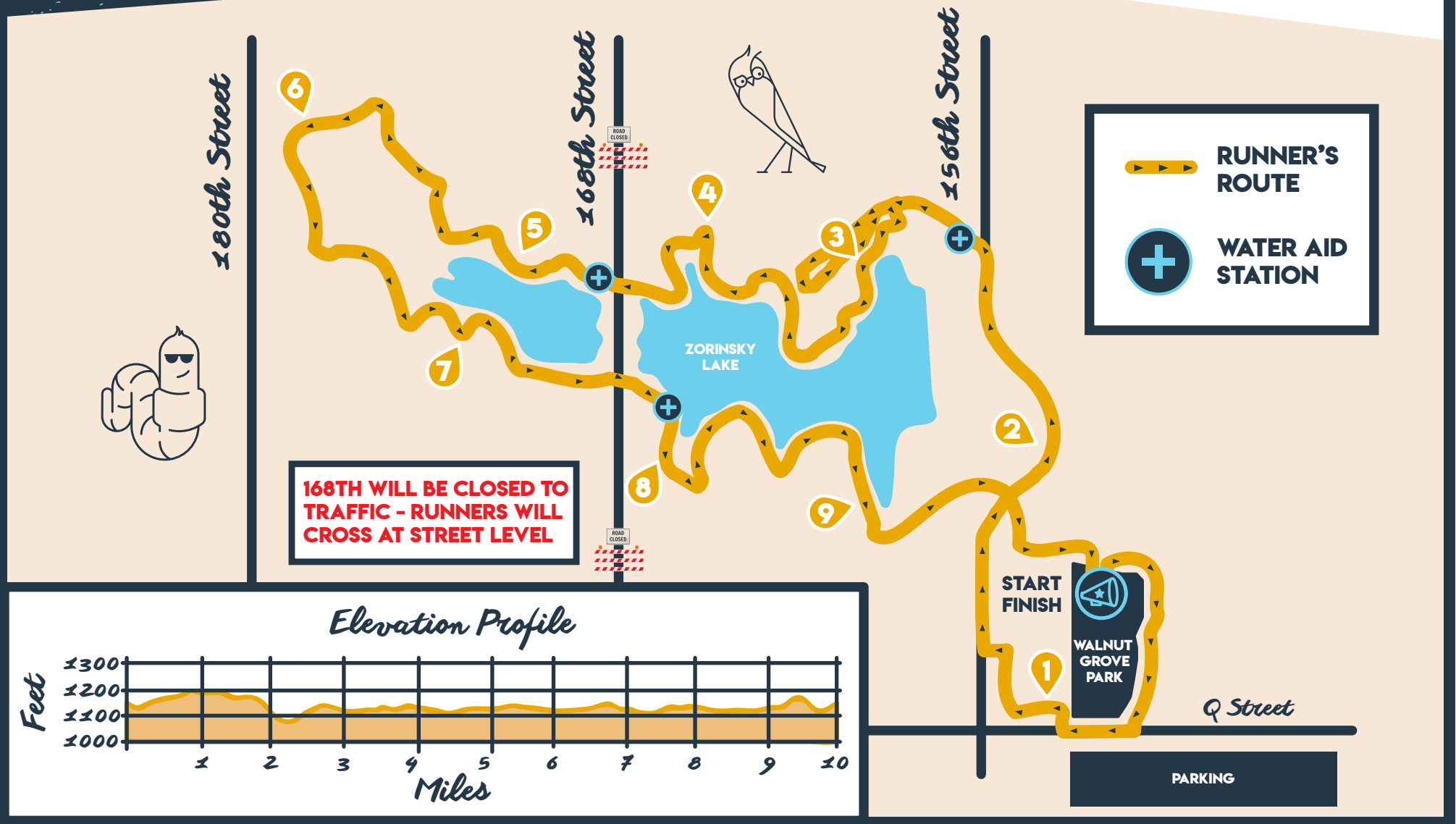## It's go time!

Nebraska Medicine

NebraskaMed.com/Early-bird

2024 Route Map

Omaha, Nebraska

The EARLY BIRD — 10 Mile Run

PRESENTED BY **Nebraska Medicine**

180th Street

168th Street

156th Street

ROAD CLOSED

6

5

7

4

3

2

8

9

1

ZORINSKY LAKE

RUNNER'S ROUTE

WATER AID STATION

168TH WILL BE CLOSED TO TRAFFIC – RUNNERS WILL CROSS AT STREET LEVEL

ROAD CLOSED

START FINISH

WALNUT GROVE PARK

Q Street

PARKING

Elevation Profile

Feet

1300
1200
1100
1000

Miles
1 2 3 4 5 6 7 8 9 10

2024 Race Course will not be a USATF Certified Course due to 168th Street Constructions. Runners will run over 168th. Final course subject to change without notice
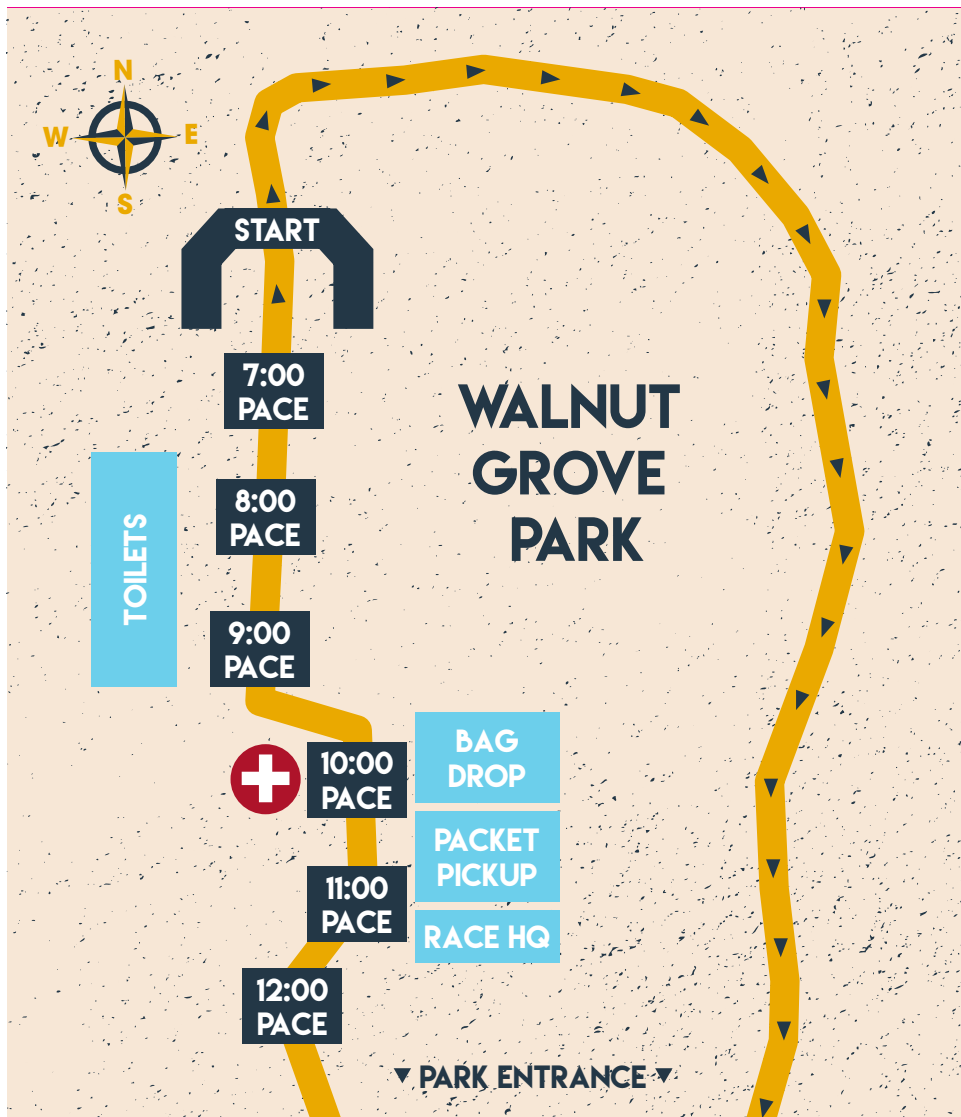
PARKING

See your race week email 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.
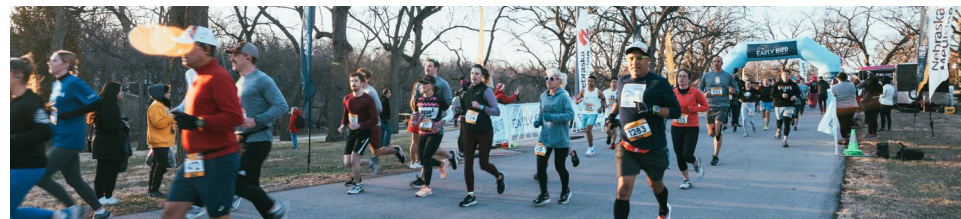

Map

Summerwood Dr.

SUMMERWOOD ON-STREET PARKING

Englewood Ave.

ENGLEWOOD ON-STREET PARKING

156th Street

Orchard Ave.

153rd St.

O St.

153RD & O LOT

WALNUT GROVE PARK

WALNUT GROVE PLAZA NO PARKING

Q Street

147th Street

156th Street

153rd St.

PHEASANT RUN ON-STREET PARKING

Blackwell Dr.

WEST LOTS

MILLARD SOUTH HIGH SCHOOL

EAST LOT

VISITOR STADIUM LOT

NO PARKING

OVERFLOW PARKING

PHEASANT RUN ON-STREET PARKING

OVERFLOW PARKING

Stony Brook Blvd.

147th Street

149th Street

N
W E
S

Legend

- **PARKING AREAS**
- **SUGGESTED DRIVING ROUTES**
- **OVERFLOW NEIGHBORHOOD PARKING**
- **SUGGESTED WALKING ROUTES**

THE START

Map

START

7:00 PACE

8:00 PACE

TOILETS

9:00 PACE

BAG DROP

10:00 PACE

PACKET PICKUP

11:00 PACE

RACE HQ

12:00 PACE

WALNUT GROVE PARK

▼ PARK ENTRANCE ▼

N W S E

INTERACTIVE MAP

ARRIVAL

Allow plenty of time to park the car, stretch, laugh and make that final trip to the guys or gals room.

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 you write your number on the provided plastic bag with permanent marker (we will have them on race day if you don't have one at home). Then 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!

FINISH AND POST RACE

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, water, breakfast treats, coffee, mimosas and orange juice. You earned your worm!

RESULTS

Friends and family can track athletes live and final results will be posted at earlybirdrun.com/results.

WALNUT GROVE PARK

FINISH

ATHLETE RECOVERY

BAG CLAIM

RACE HQ

COFFEE

TOILETS

▼ PARK EXIT ▼

INTERACTIVE MAP

BREAKFAST!!!

ARCHETYPE COFFEE

We are proud to partner with one of Omaha's finest coffee brands. Archetype Coffee will be served to you just beyond the race recovery area.

PASTRIES AND MIMOSAS

Just beyond the finish line you'll be treated to breakfast treats including cinamon rolls from Early Bird Restaraunt, donuts, orange juice, and fruit, Oh yeah, and mimosas!

ON THE COURSE

COURSE AMENITIES

MILE	MEDICAL	WATER	GATORADE	ENERGY GEL	TOILETS
2.8		💧	G		Y
4.7	➕	💧	G		Y
7.3	➕	💧	G	Y	Y

COURSE TIME LIMIT

City permits limit the race time to a 3.5-hour time limit. The course will be closed at a 20:00 minute per mile pace and the finish line will remain open until 11:00 a.m. (assuming last runners start at 7:40 a.m.). No race services, including medical, aid stations or traffic control are available beyond this pace. Athletes must cross the finish line by 11:00 a.m. in order to be considered official finishers.

EARLY BIRD

Not your everyday brunch, every day.

RUNNER SAFETY

COURSE MEDICAL RESOURCES

In an emergency, call 911. Medical resources are available at the start and finish line as well as on the course who can offer assistance as needed. If you need assistance, please notify the nearest medical personnel or event volunteer. There are three 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, safety is of the utmost importance. Dangerous conditions are always a possibility and may cause us to delay, modify or even cancel the event. In such cases, participants will be notified of any event updates and given instructions via text, social media, and email channels as well as in-person channels such as PA announcements, Event Alert System signage, or event staff or volunteers.

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

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.

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 wll be found on the Early Bird Facebook page and they will also be emailed to participants following the race to download for free.

Proud to be your official race gear supplier.

smashergear.com.

SMASHER GEAR

GET SOCIAL!

FOLLOW US

We're not some ol' stick-in-the-mud. We bring ALL the #EarnYourWorm race day excitement to the social accounts below.

Tag us on the gram, tweet us your favorite sunrise photo, give us a shout out on your reels or tiktoks and of course, give us a follow on all of our socials below!

f /EarlyBird10Mile

🐦 @EarlyBird10Mile

📷 @EarlyBird10Mile

#EarnYourWorm

▲ /clubs/pinkgorillaevents

📷 @PinkGorillaEvents

♪ @PinkGorillaEvents

AWARDS & RESULTS

AWARDS

- **Top 5 Male & Female Finishers**
- **Top Masters Male & Female Award (40+)**
- **Top 3 in each Age Group (Male & Female):**
  19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 -69, 70 & Up
- **Top Wheelchair Male & Female**

LIVE MOBILE RESULTS

Mobile results will be made immediately at:
earlybirdrun.com/results/

RESULTS

3D FOOT SCANNING TECHNOLOGY | FREE GROUP RUNS & EVENTS

OMAHA & LINCOLN

RUN WITH US, AGAIN!