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★ PAPILLION, NE ★

RACE GUIDE



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WELCOME RUNNERS

Welcome to Nebraska's 7th Annual Cornfield Cornfield 5K and 10K! Get ready for the most 'Nebraska' race in Nebraska.

We couldn't be more excited to return to in-person racing and can't wait to see you on race day. We know many of you have been logging more miles than ever and are excited to get back to running the events you know and love.

Much like restaurants, grocery stores, barber shops and other spaces where people gather, Pink Gorilla Events races are going to look a little different for the near future. During the coronavirus era, local directed health measures are dynamic and can loosen or tighten at any time.

For this reason we've developed the *Pink Gorilla Run Safe Commitment* which you can find on the next pages and will be up to date on each race website. Along with general info on the race website, this page will explain what to expect on race day and what we are doing to keep the events as safe as possible. In addition, we have developed a list of *Athlete Responsibilities* so you can be as prepared as possible for race day.

While racing might look slightly different, Pink Gorilla Events promises to do everything we can to provide the safest and most fun events possible. We look forward to seeing you soon, we've missed you!

See you out there!

The Pink Gorilla Events Crew



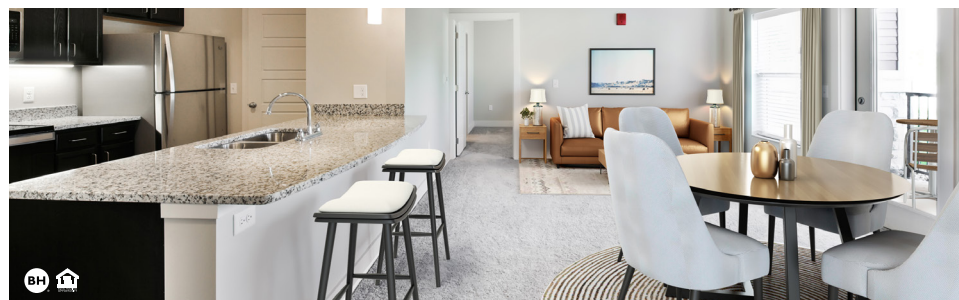
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RUN SAFE COMMITMENT

As we return to in-person running events, Pink Gorilla Events promises to follow social distancing best practices to ensure everyone involved is as safe as possible. We will work closely with our local health department to follow all directed health measures at the time of the event.

1. EVENT ADJUSTMENTS

- We've created a new course for the 2020 Cornfield Cornfield to accommodate social distancing.
- The start line location will be different from the finish line.
- Waves will be implemented with multiple start times to reduce the number of athletes at the event site and on the course at any given time
- Athletes will be asked to remain in their vehicles prior to starting other than for essential activities such as packet pickup, using the restroom, brief warm-up or lining-up to start. Text messaging and event announcements will be used to communicate wave starts.
- Athletes will be given a recommended arrival time.
- Spectators will not be allowed or highly discouraged, unless accompanying a participating minor, or dropping off or picking up a participant.
- After-Party activities including the award ceremony will not be held after the race to avoid gathering.
- Athletes will be encouraged to depart the event as soon as feasible after finishing.
- There will be no on-site registration. Registration and payment must be made online prior to event day.
- All athletes will have the option to run virtually if they choose.

2. SOCIAL DISTANCING

- Event signage will promote safe social distancing practices including maintaining 6 feet of distance between others.
- Dedicated lanes and waiting spots will be provided to aid in social distancing in areas where athletes congregate such as packet pickup, start line, and restrooms.
- Personal responsibilities will be communicated to athletes, staff, volunteers, vendors, and sponsors prior to the event.

3. CLEANING AND SANITATION

- We will reduce touch points to minimize physical interactions and deploy frequent cleaning and sanitation.
- Hand sanitizer will be available throughout the event including packet pickup, higher traffic areas, and in and around portable toilets.
- Water stations will use sealed, bottled water rather than cups.
- We will use increased safety and hygiene practices for staff and volunteers including use of masks, gloves and regular hand sanitization.

4. PERSONAL PROTECTIVE EQUIPMENT

- All staff and volunteers will wear a face covering at all times.
- Athletes are required to wear a face covering in designated mask zones at the event.
- Athletes are not required to wear face coverings while running on the course, but should carry their mask with them so they have it when done running.
- Face masks will be available on site for athletes that do not have one.
- Transparent plastic barriers will create separation at essential interaction points such as packet pickup.

ATHLETE RESPONSIBILITIES

1. FEEL SICK? STAY HOME

Athletes, staff, volunteers, vendors, and sponsors are asked to self-screen and stay home for any of the following reasons:

- Have been diagnosed with COVID-19 in the last 21 days.
- Have experienced any of the following in the last 14 days:
 - Known temperature of 100.4° F or higher
 - Cough (excludes symptoms from preexisting conditions)
 - Shortness of breath / difficulty breathing (excludes symptoms from preexisting conditions)
 - Chills, muscle pain, sore throat, or recent loss of taste or smell
- Have been in close contact with someone who has tested positive for COVID-19 in the last 14 days.

All athletes and especially at-risk persons are encouraged to consult a physician prior to participating.

Athletes that feel sick and stay home should contact us and we can transfer you to the virtual event.

2. MAINTAIN 6 FEET DISTANCE

Practice Social Distancing:

- Reduce frequency, proximity and duration of contact with others.
- Maintain a distance of 6 feet whenever possible.
- Spectators are not allowed unless accompanying a participating minor.
- Remain in your vehicle whenever possible before and after race.
- Avoid congregating before or after the race.

3. WASH HANDS

Practice good personal hygiene:

- Frequently clean hands with soap and water for at least 20 seconds.
- Use hand sanitizer when needed. Bring your own personal sized bottle and carry it with you.

4. AVOID TOUCHING

Whenever possible, avoid physical contact with:

- Other people
- Touching your face
- Surfaces
- Items that are not your own

5. WEAR A MASK

Face coverings are required for participants in the following situations:

- Indoor environments
- Start line and finish line
- Waiting in lines
- Crowded areas

We have masks if you need one.

Staff and volunteers will wear masks at all times.

Face coverings are not required for participants while running or while in the finish line recovery chute.

6. BE SELF-RELIANT

Take the following steps to be self-sufficient for your race:

- Read race websites, written guides, emails, social media posts, policies and rules.
- Read and follow event signage and race official instructions on race day.
- Know the race course and be aware of potential traffic.
- Know your start wave time and corral if assigned.
- Carry your own water bottle or hydration vest on course. We will have water bottles on course. However, it is best to be self-sufficient.
- Carry your own nutrition.
- Carry your own personal-sized hand sanitizer.
- Use the restroom prior to arrival to reduce lines at event facilities.
- Bring your own facemask. We have one if needed.
- Have a plan for your gear. Bag check will not be provided.

RACE DAY QUICK CHECK-LIST

- ☐ Check temperature before arriving. Feel sick? Stay home.
- ☐ Bring hand sanitizer, facemask, water bottle or vest, and nutrition.
- ☐ Know your starting wave, starting time, and when to arrive.
- ☐ Read and understand the Athlete Responsibilities.

NOTE:

The information in this document is subject to change at Pink Gorilla Events' discretion as best practices and local regulations continue to evolve.

PACKET PICKUP

ADVANCED PACKET PICKUP

LINCOLN

- Curbside Pickup
- Saturday, August 22nd, 2020
- 9:00 am to 2:00 pm
- [Pink Gorilla Events Warehouse](#)
[3121 South 6th Street, Unit C](#)
[Lincoln, NE 68502](#)

OMAHA

- Drive-Thru Pickup
- Wednesday, Aug. 26th, 2020
- 11:00 am to 6:00 pm
- [The Venue at Werner Park](#)
[11951 Ballpark Way](#)
[Papillion, NE 68046](#)

RACE DAY PACKET PICKUP

Packet Pick-Up will be available on race day at Werner Park Stadium. We STRONGLY encourage you or a friend to pickup your packet in advance if possible.

THE PACKET: RACE ENVELOPE & PARTICIPANT 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. The bib should be worn on the front of your chest on your outer-most layer of clothing. You will also receive your official participant shirt.

SHIRT EXCHANGE

Participant shirt exchange, if made available, will be on event day at the finish line. After event day, participant shirts can be exchanged upon request, but participants must cover the cost of shipping.

BIB # LOOKUP

CAN A FRIEND PICK UP MY PACKET FOR ME?

Yes! We currently allow you to 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.

NO CONFIRMATION OR ID REQUIRED

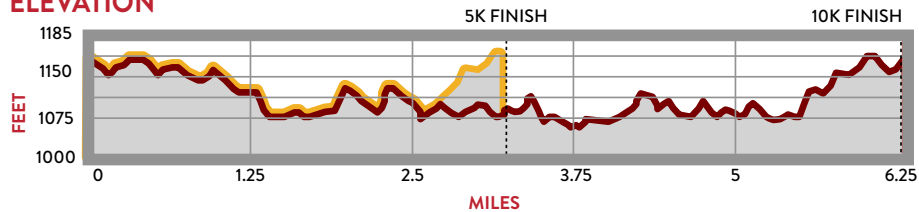
We currently do not require photo ID or official confirmation to pickup your packet for this event as long as this privilege is not abused. Simply know your bib# that was sent to you in a pre-race email or you can look up your bib# when you arrive at packet pickup.



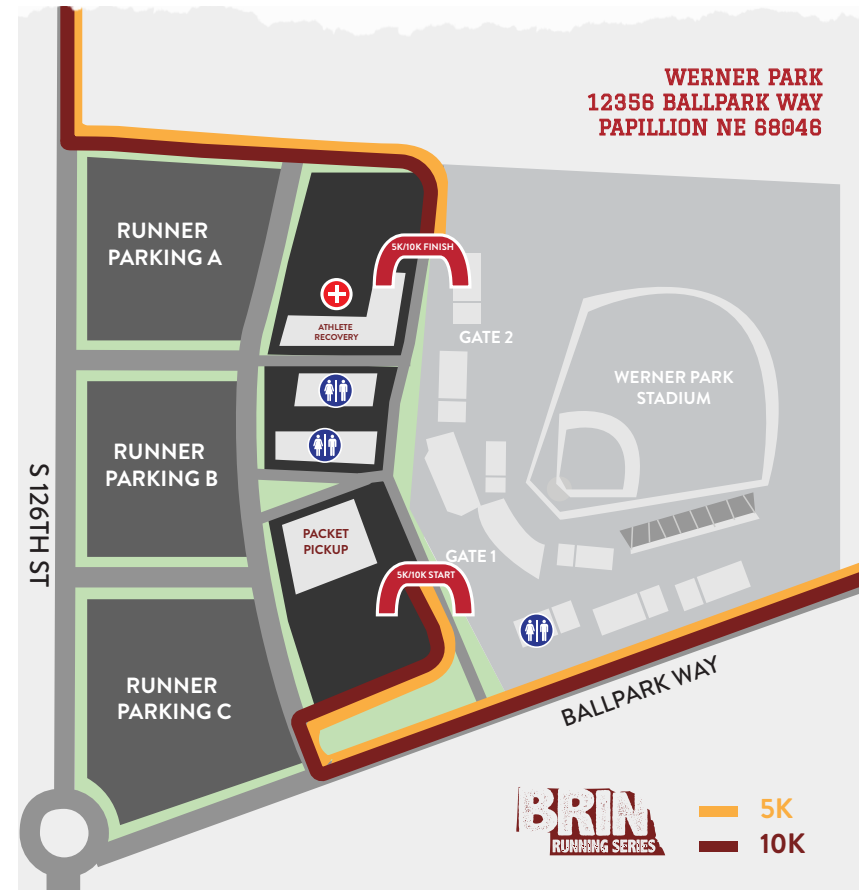
THE COURSE



ELEVATION



START / FINISH MAP



VIEW COURSE
MAP

START/FINISH
MAP



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RACE DAY SCHEDULE

RACE START & FINISH

[Werner Park Stadium](#)
[12356 Ballpark Way,](#)
[Papillion, Nebraska 68046](#)

6:30 am 5K Wave 1 Starts

6:45 am 5K Wave 2 Starts

7:00 am Course Reset

7:15 am 10K Wave 1 Starts

7:30 am 10K Wave 2 Starts

7:45 am 10K Wave 3 Starts

8:00 am 10K Wave 4 Starts

8:15 am 10K Wave 5 Starts

WAVE START

For 2020, we will be implementing a wave start. Each runner will be assigned a wave in their pre-race email that can also be found via bib-lookup. Runners may not move up a wave under any circumstance, however, a runner may move back a wave if they would like to run with another participant. Be sure to log-in to your registration account to provide us with your "average pace per mile" to aid in wave assignments by the July 31st deadline.

ARRIVING

Please arrive 30 minutes prior to the start of your wave. Add an additional 15 minutes if you still need to pickup your packet.

PARKING

All runners should arrive via the 126th and Hwy 370 entrance to Werner Park Stadium in order to park. Follow signs and parking attendant instructions.



DEPARTING

We ask that runners depart the event as soon as possible after finishing to aid in keeping event density low and to make room for the later runner waves.

SPECTATORS

For runner safety, please no spectators this year unless the spectator is accompanying a participating minor. Friends or family may drop you off or pick you up, but spectating is not allowed.

RACE DAY SCHEDULE

LINING UP

Lining up will look different to help keep athletes socially distant in the start line.

1. Know Your Wave # and start time.
2. Make sure you have your race bib and it is clearly visible.
3. Begin lining up after the previous wave has started. Listen to the announcer and staff instructions. When lining up you will find an individually marked spot in the start line chute.
4. Please wear a mask in the start chute. You do not need to wear a mask while running. If you need a mask, they can be obtained at Packet Pickup.
5. Carry your own water bottle if possible. We will have sealed water bottles on course, but carrying your own is best.
6. Consider also carrying your own individual-sized hand sanitizer and any nutrition needed.
7. You may move back a wave to run with another participant if needed. You may not move up a wave under any circumstance.



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Pink Gorilla Events



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RESOURCES & POLICIES

COURSE MEDICAL RESOURCES

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 water stations located on the course to keep you hydrated. However, it is best to be self-sufficient so please carry your own water bottle or hydration vest on course.

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, stay home. There's always next year and your health is more important. Please note, our race staff and volunteers are not allowed to transport runners in their personal vehicles. Unless you have a true medical emergency, you may be asked to call for a ride.

RACE DAY WEATHER CANCELLATION POLICY

We want the Cornfield Cornfield 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. Any announcements regarding weather will be made on our Facebook page, and emailed/texted to you.

LOST & FOUND

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



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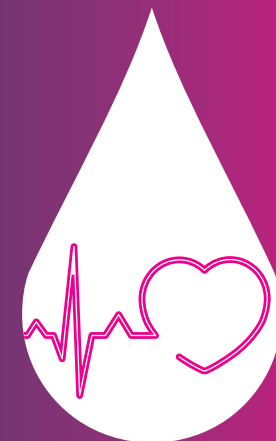
Give blood, support community health

Healthy blood donors are needed more than ever at BRIN's Charity of Choice, Nebraska Community Blood Bank. Blood donation is essential to ensure a stable supply for fellow runners, friends, and family members throughout Lincoln and Omaha. Athletes are ideally suited to give blood as they are typically in excellent shape.

Giving blood is a safe and simple process, and social distancing and a COVID-19 donor screening policy are in place at all donation sites.

Schedule your appointment at one of our Lincoln or Omaha donor centers, or a blood drive near you, at NCBB.ORG or **1-877-486-9414**.

 **Nebraska**
Community Blood Bank



COMMON GROUND POST-RACE

The Common Ground post-race recovery package will include snacks and fluids to reinvigorate you after your run. For safety, this year's goodies will be pre-packaged goodie bags ready for you to grab.



Conversations About Farming and Food

AWARDS & RESULTS

5K & 10K AWARDS

For safety, there will be no award ceremony for 2020. All award recipients will be mailed their awards. Congratulations!

- Top 3 Guys & Top 3 Gals
- Top Masters Guys and Gals Award (40+)
- Awards to the Top 3 in each Age Group (Guys and Gals):
19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & Up

LIVE MOBILE RESULTS

For results, please visit cornfieldcornfield.com/results



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