

BRIN
 RUNNING SERIES
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**CORNFIELD
 CORNFIELD**

10K - 2019

PRESENTED BY
venue
 AT WERNER PARK

**RACE
 GUIDE**



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venue

AT WERNER PARK

BRIN SERIES POWERED BY



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PARTNERS



WELCOME RUNNERS

Welcome to Nebraska's 6th Annual Cornfield Cornfield 10K presented by Venue at Werner Park! Over 2,000 runners will take on the course!

At this point you've already made the wise decision to get registered. Now, you are likely just trying to avoid doing something silly like showing up at the wrong place or arriving late. Or perhaps you're ironing out your final costume ideas.

We're just like you, so that's why we made this guide. Be sure to like our [Cornfield Cornfield Facebook](#) event page for the latest breaking news and please read this entire document.

Thanks for running with us!

Ben Cohoon, Jason Bakewell, and Linda Brown
Pink Gorilla Events Race Directors



PACKET PICKUP

ADVANCED PACKET PICKUP

LINCOLN

- Thursday June 13th, 2019
- 11:00am to 6:00pm
- [Madonna ProActive](#)
7111 Stephanie Ln
Lincoln, NE 68516

OMAHA

- Friday June 14th, 2019
- 11:00am to 6:00pm
- [Fleet Feet Omaha](#)
17660 Wright St,
Omaha, NE 68130

RACE DAY PACKET PICKUP

Packet Pick-Up will be available on race day, but we STRONGLY encourage you to pick it up in advance. After all, why stand in line when you could be stretching your hammies and cracking corny jokes?

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

If you would like to exchange your participant shirt for a different size, this can be done on race day only. Shirt exchange will be available AFTER the race at the BRIN Merchandise tent located on the West side of the concourse. Make sure your shirt fits prior to leaving on race day. Race shirts will not be mailed after race weekend.

BIB # LOOKUP

PACKET PICKUP (CONTINUED)

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.

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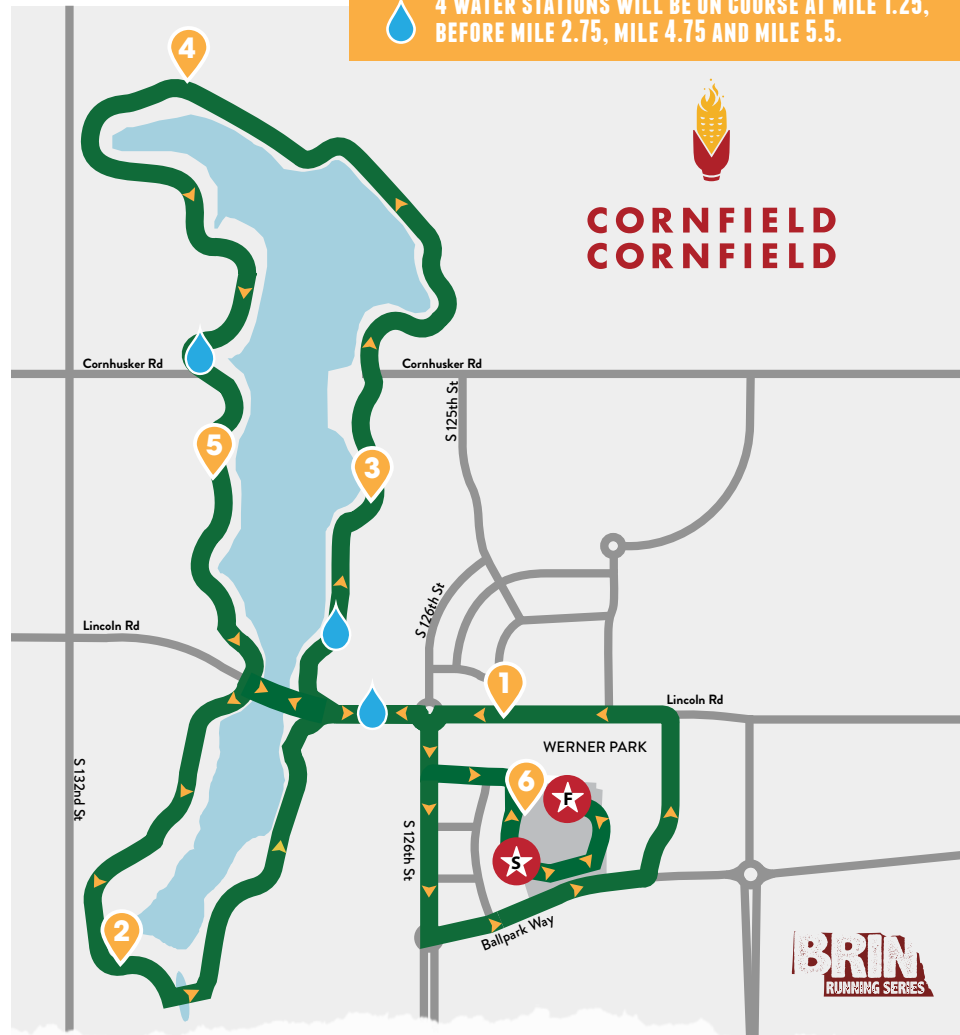
ENTERPRISE

If your business runs on software and technology, we can make sure they work for you.

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THE COURSE

4 WATER STATIONS WILL BE ON COURSE AT MILE 1.25, BEFORE MILE 2.75, MILE 4.75 AND MILE 5.5.

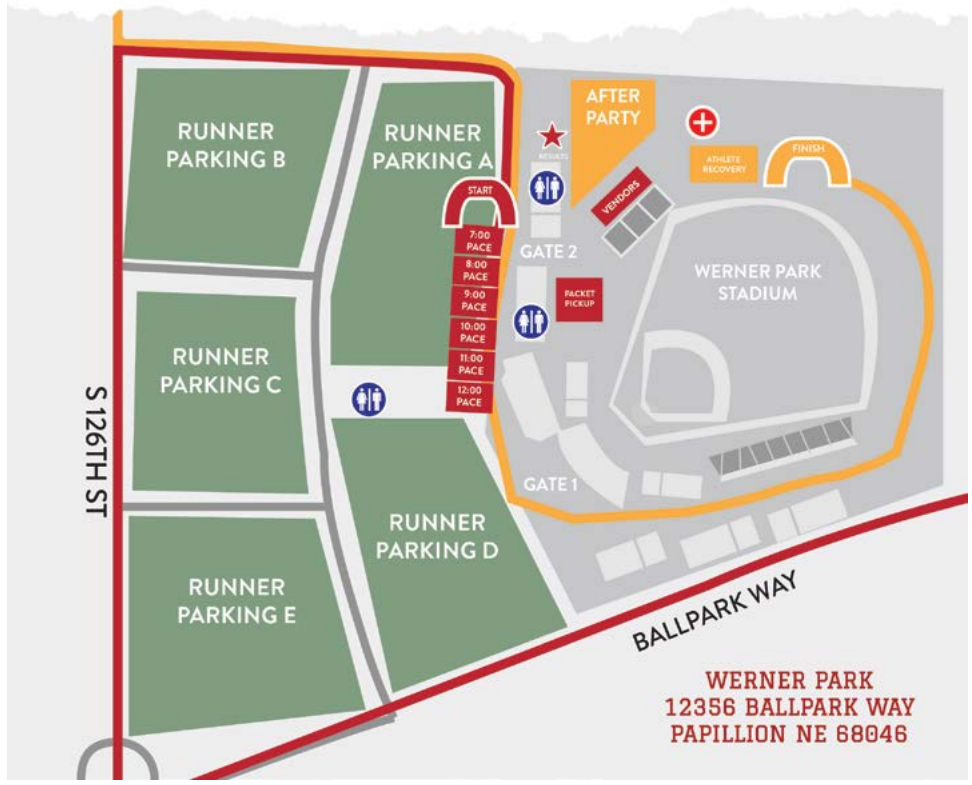


VIEW COURSE
MAP

START/FINISH
MAP



RACE DAY SCHEDULE



RACE START

Werner Park Gate 2
12356 Ballpark Way,
Papillion, Nebraska 68046

- 5:45 am to 6:45 am Packet Pickup
- 6:00 am to 10:00 am Race Expo Open
- 7:00 am Race Starts

RACE FINISH

Left Field Concourse

- 7:30 am After Party Begins
- 8:30 am Awards + Costume Contest Ceremony
- 9:30 am Last Beer Served

ARRIVAL

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

Parking lots close at 6:45 am.

SEPTEMBER 8, 2019

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WELCOME, VENUE AT WERNER PARK!

Let's give a warm welcome to our new presenting sponsor, Venue at Werner Park! This new apartment complex on Ballpark Way is preleasing now for move-ins in August. Stop by their booth at the after party to play a little corn hole, get to know Cornfield Cornfield's new neighbors, set up a hard hat tour, and maybe win some giveaways...

GET SOCIAL!

#RUNFORTHECORN

- /CornfieldCornfield
- @cornfieldcornfield
- @ccornfield10k
- pgevents

RACE DAY SCHEDULE

PARKING

Parking will be available in the stadium lots labeled 1-5 with Werner Park event staff present to direct guests upon arrival. While there is plenty of parking available we still encourage arriving at least 45 mins early. Runners are encouraged to use BOTH entrances off Hwy 370. Vehicles arriving from the West should use the 126th St. entrance, while vehicles arriving from the East should utilize the 120th St. entrance.

LATE ARRIVALS

If you show up after 6:45 AM, you risk not being allowed to park as the course will need to be cleared for runners and volunteers.



Judd Knispel Ins Agcy Inc
Judd Knispel, Agent
712-325-0256
402-201-5891
judd@juddknispel.com

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family,
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EARLY DEPARTURES

Early departures before 8:15 are encouraged to be mindful of runners still on the course and safely exit parking lots to the South.

SPECTATORS

Spectators are welcome and encouraged to attend. For more information and best viewing results, [please refer to this Spectator Guide Map](#). Spectators wishing to eat & drink at the after party will need to [purchase a drink/meal ticket](#) for \$10. You can do so online through Wednesday 6.13 at noon. After that, tickets can be purchased at Early Packet Pickups or the BRIN Merch Tent on Race Day.

RACE DAY SCHEDULE

FREE PHOTO BOOTH

Arrive early on race day and get your photo taken in our free photo booth. Photos will be posted to [Venue at Werner Park's Facebook Page](#)

LINING UP

The race will start outside Werner Park. Runners will be instructed to enter the start chute through Gate 2. We will begin lining up at 6:45 am. Please make your way from inside the stadium to Gate 2 before loading into the Chute. Yep, we'll have pace signs to help you find the right spot. Please be courteous of other runners and line up according to your anticipated pace. Remember your time doesn't start until you cross the start line! We'll play the national anthem, make final announcements and kick this puppy off at 7:00 am Sharp!

let's keep the ER out of summer

+ FULL MEDICAL TEAM

+ JUST WALK IN

+ 8-8 EVERY DAY

**MULTIPLE CONVENIENT LINCOLN
AND OMAHA LOCATIONS**



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AT WERNER PARK



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- Attached/Detached Garages
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- Bark Park & Pet Spa
- Playground & Car Care Area



11951 BALLPARK WAY | PAPIILLION, NE 68046 | WWW.VENUEWERNERPARK.COM 

FIND OUT WHY
EIGHT OUT OF TEN RUNNERS
SUFFER INJURIES
AT SOME POINT IN THEIR CAREER.



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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. 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 10K 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 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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madonnaproactive.org



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**Introductory rates effective for first six months of annual membership agreement.*



Conversations About Farming and Food

COMMON GROUND AFTER PARTY

LET'S PARTY

The CommonGround Nebraska After Party will begin immediately following the completion of your run. With your race registration you get entry into the after party complete with refreshing watermelon, sweetcorn, your choice of lemonade or beer and Corn Hole games!

*Must have race bib AND photo ID

*Non-runners – \$10 ([pre-purchase online](#) or on race day)

Includes watermelon, sweet corn & choice of lemonade/beer

BEER

- One free for 21+ runners
- Domestic beers \$4.00
- Craft beers \$6.00

FOOD

- Watermelon
- Sweet Corn



Runners, fuel your body with safe, healthy food.

As a runner and a farmer, I can offer an important perspective on food. That's why the farm women of CommonGround Nebraska are a valuable resource for making informed food-related decisions.

Visit us on the web at CommonGroundNebraska.com and Findourcommonground.com

commonground NEBRASKA

Brought to you by America's soybean and corn farmers and their checkoffs. Photo provided by Nebraska Life



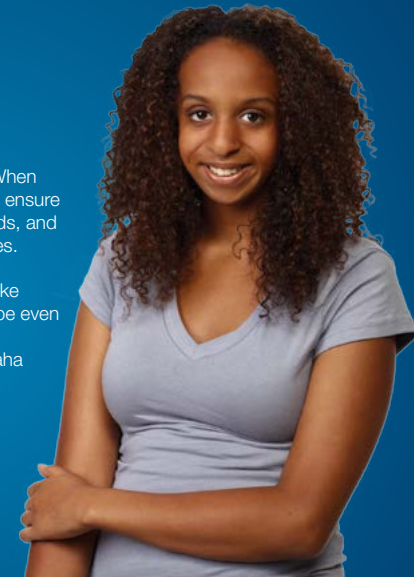
1 in 3 people will need blood in their lifetime

Runners help runners—camaraderie is half the fun of a race. When you donate blood with Nebraska Community Blood Bank, you ensure there is a stable supply of life-saving blood to help family, friends, and fellow runners in Omaha, Lincoln, and surrounding communities.

The need for blood is constant. The supply is not. Athletes make great blood donors because they are typically in excellent shape even in the offseason. Learn more at NCBB.ORG/ATHLETES or call **1-877-486-9414**. Schedule an appointment at one of our Omaha or Lincoln donor centers or a blood drive near you.

 **Nebraska**
Community Blood Bank

A Division of Innovative Blood Resources



AWARDS & RESULTS

COSTUME CONTEST!

Show your hometown Nebraska pride with our costume contest! Awards will be given for best dressed Male, Female, & Group! To be entered, you must have your photo taken at the photo booth at the start of the race. Get Creative!

WHO'S FEELING LUCKY?

Stay for the CommonGround NE After Party to 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 Guys & Top 3 Gals:
\$100, \$75, \$50 Gift Certificates & Cornfield Cornfield 10K Pint Glass
- Top Masters Guys and Gals Award (40+):
\$50 Gift Certificate & Cornfield Cornfield 10K Pint Glass
- Awards to the Top 3 in each Age Group (Guys and Gals):
Gift Certificates & Cornfield Cornfield 10K Pint Glasses
19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & Up
- Big Red Costume Contest:
Best dressed Male, Female & Group win a Cornfield Cornfield Pint Glass & Beer Ticket.

LIVE MOBILE RESULTS

Personalized print receipt results will be available in the concourse in left field. For full complete results, visit cornfieldcornfield.com/#results



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