2021

CORNFIELD CORNFIELD

PAPILLION, NE

POWERED BY BlueCross BlueShield Nebraska

RACE GUIDE

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WELCOME RUNNERS

Welcome to the 8th Annual Cornfield Cornfield 10K powered by Blue Cross Blue Shield of Nebraska!

This 10K is about as Nebraska as it gets and we can't wait for you to join us at Werner Park and Prairie Queen Recreation Area.

Please read this guide as it contains all the information you'll need to be ready on race day. Also, be sure to like our Cornfield Cornfield Facebook event page for the latest breaking news.

Thanks for running with us!

The Pink Gorilla Events Crew

- RUN BY -
PINK GORILLA
EVENTS

Born and raised in Nebraska, we've provided coverage for the care you need, access to the doctors you trust and support from a team that's just a Cornfield Cornfield away for over 80 years. We are proud to run beside you today and will be cheering you on through the finish line!

Thank you for letting us be part of your story,

Blue Cross and Blue Shield of Nebraska

BlueCross
BlueShield
Nebraska

RUN SAFE COMMITMENT

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

- Start line corrals will be implemented to keep athletes socially distant throughout the event.
- The race will start at 7:00 AM for all athletes.
- 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.
- 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.
- We will use increased safety and hygiene practices for staff and volunteers

4. MASK STATUS

- Wearing masks will be optional as a result of the most recent CDC guidelines, local directed health measures, and rules at Werner Park.
- We will still practice social distancing during pre-race lining up procedures and provide hand sanitation stations. We appreciate our supportive running community being respectful of those who wish to wear masks on race day.

AT THE **HEART** OF IT ALL

1 & 2 BEDROOM APARTMENTS

Granite Countertops | Stainless Steel Appliances| Free Weights
Open Concept Floorplans | Paw Spa

THE venue
AT WERNER PARK

11951 Ballpark Way | Papillion, NE 68046
844-329-4493 | www.TheVenueWernerPark.com

ATHLETE RESPONSIBILITIES

1. FEEL SICK? STAY HOME.

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

- Have been diagnosed with COVID-19 in the last 14 days.
- Are not fully vaccinated against COVID-19 and have experienced COVID-19 symptoms
- Are not fully vaccinated against COVID-19 and have been in close contact with someone who has tested positive for COVID-19 in the last 14 days.

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

2. MASK STATUS

Masks will be optional as a result of the most recent CDC guidelines. local directed health measures, and rules at Werner Park.

We will still practice social distancing during pre-race lining up procedures and provide hand sanitation stations.

We appreciate our supportive running community being respectful of those who wish to wear masks on race day.

3. PRACTICE SOCIAL DISTANCING

- Help slow the spread by maintaining distance whenever possible at the event.

RACE DAY QUICK CHECK LIST

- ☐ Understand current CDC recommendations.
- ☐ Check temperature before arriving. Feel sick? Stay home.
- ☐ Know the race 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.

Love, family, security, runnning.

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

StateFarm™

Some things we all have in common.

There's nobody like me to protect the things we all value.

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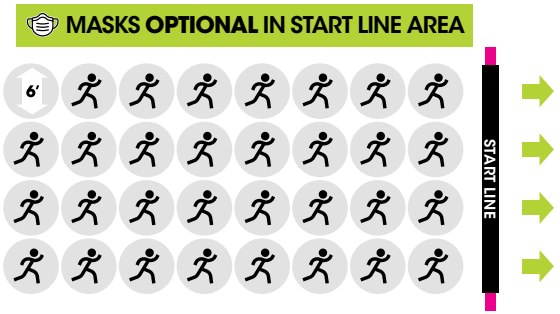
RUN SAFE COMMITMENT & ATHLETE RESPONSIBILITIES.

Pink Gorilla Events has always taken pride in putting on safe, high quality and fun events. During the COVID-19 era, we will be utilizing our Run Safe Commitment and Athlete Responsibilities to communicate to participants on how to prepare for race day and what to expect when you arrive. Please understand that circumstances are dynamic and constantly changing. We will continue to adjust and communicate changes as soon as possible to ensure a safe and healthy race experience. Thank you!

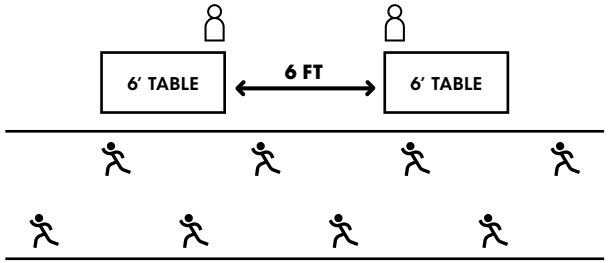
START LINE AREA

- Start corrals or waves will be assigned to ensure social distance
- Know your start corral or wave and arrival time
- The race will start at 7:00 AM for all athletes



AID STATION

- Tables will be spread apart
- Aid stations will be staffed with volunteers



FINISH LINE AREA

- Masks are optional after finishing
- Maintain social distancing
- Exit the finish and recovery area quickly
- Bottled water and packaged recovery items provided as participants exit the recovery area

RACE DAY QUICK CHECK-LIST

ATHLETE RESPONSIBILITIES

- ☐ Understand current CDC recommendations.
- ☐ Check temperature before arriving. Feel sick? Stay home.
- ☐ Know the race time and when to arrive.
- ☐ Read and understand the Athlete Responsibilities.

Self Screen. Feel Sick? Stay Home!

Practice Social Distancing

Masks Are Welcome, But Not Required.

Wearing a Mask is Optional.

PACKET PICKUP

ADVANCED PACKET PICKUP

LINCOLN
- Tuesday, June 8, 2021
- 3 pm to 7 pm
  Pink Gorilla Events
  3121 S. 6th St, Suite C
  Lincoln, NE 68502

OMAHA
- Thursday, June 10, 2021
- 3 pm to 7 pm
  Blue Cross and Blue Shield of Nebraska
  1919 Aksarben Drive,
  Omaha, NE 68180

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 getting your game face ready?

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. You will also receive your official participant shirt.

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.

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.

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.

THE COURSE

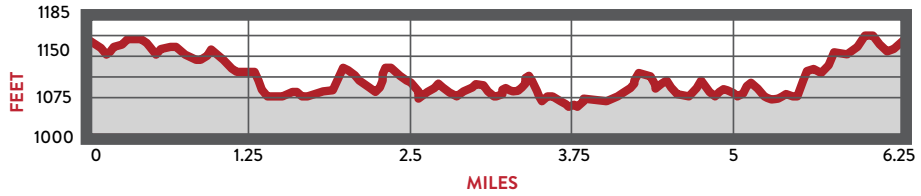
CORNFIELD CORNFIELD

BRIN RUNNING SERIES

BlueCross BlueShield Nebraska

COURSE MAP

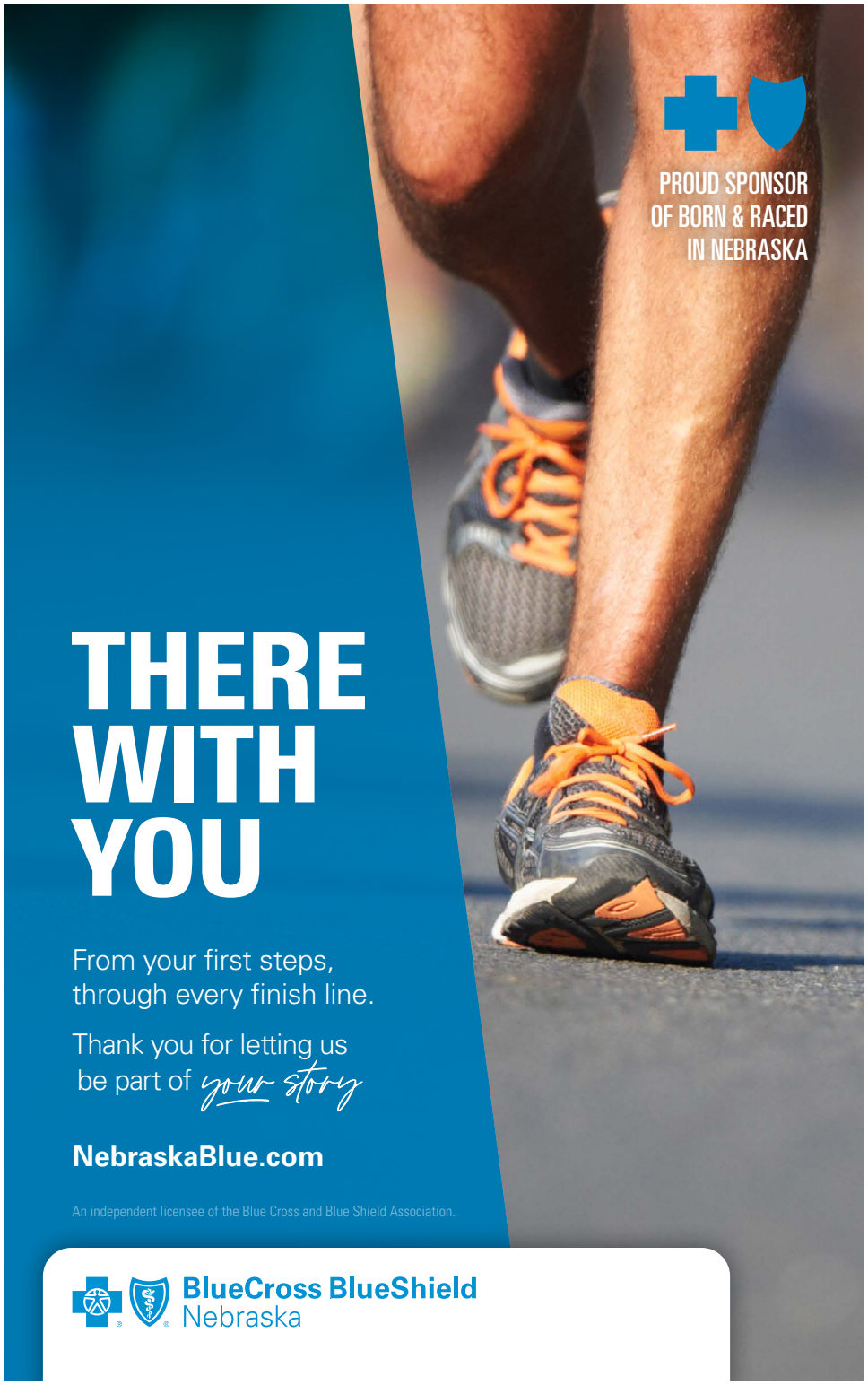
ELEVATION



START / FINISH MAP

VIEW COURSE MAP

START/FINISH MAP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through every finish line.
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- KrosStrainBeer

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RACE DAY:
10.24.2021

RACE DAY SCHEDULE

RACE START - SATURDAY, JUNE 12, 2021

12356 Ballpark Way,
Papillion, Nebraska 68046

6:00 am Parking Open
6:00 am Packet Pickup
7:00 am Race Starts!

FINISH

7:30 am Finish Line Race Recovery Starts
10:30 am Finish Line Race Recovery Ends

CORRAL ASSIGNMENTS

For 2021, we will be implementing a rolling corral start. Each runner will be assigned a corral. On race morning, corrals will be well signed and will follow each other in a continuous procession towards the start line. Corral assignments will be sent in participant pre-race emails and can also be found via bib-lookup. They will be printed on runner's race packet and also race bib. Runners may not move up a corral under any circumstance, however, a runner may move back a corral if they would like to run with another participant in another corral.

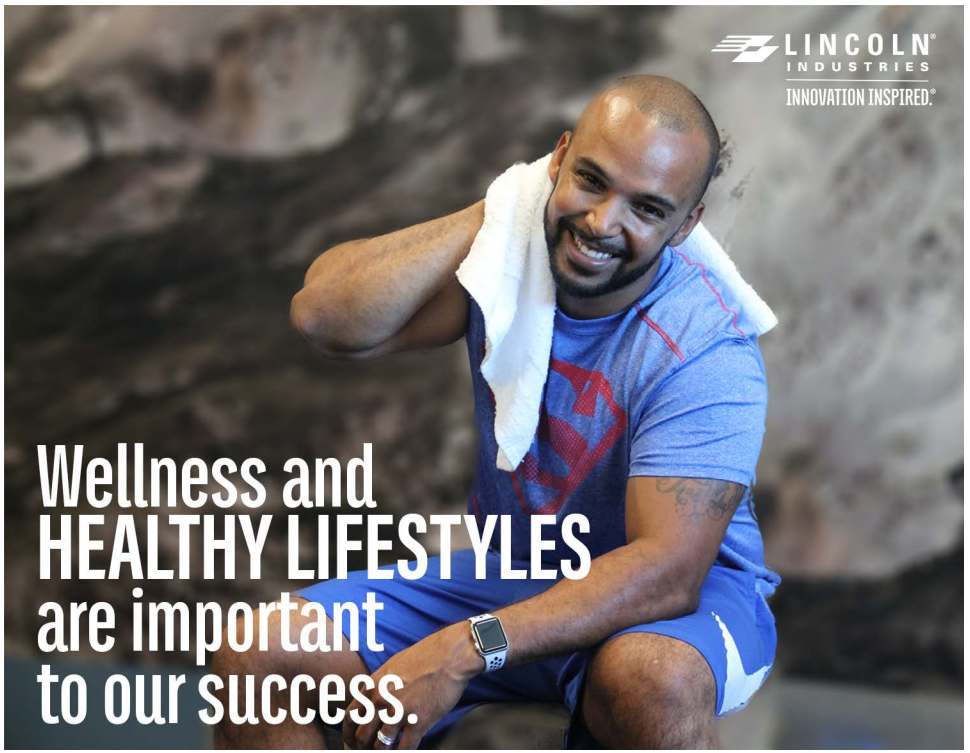
ARRIVAL TIME

Please arrive at least 45 minutes prior to the start of the race to park, stretch, and use the restroom. Add an additional 15 minutes if you still need to pickup your packet. Parking lots close at 6:45 am. All runners, regardless of corral assignment, should be ready to line up for the 7:00 am start.

BIB # & WAVE START

RACE BAG DROP

Race bag drop will not be provided at this race as parking is adjacent to the start and finish lines and due to anticipated warm temperatures.



START

ROLLING CORRAL START

We will be implementing a rolling corral start. Each runner will be assigned a corral. On race morning, corrals will be well signed and will follow each other in a continuous procession towards the start line. Corral assignments will be sent in participant pre-race emails and can also be found via bib-lookup. They will be printed on runner's race packet and also race bib. Runners may not move up a corral under any circumstance, however,a runner may move back a corral if they would like to run with another participant in another corral.

LINING UP

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

1. Know your assigned start corral. It is written on your race bib.
2. Make sure you have your race bib and it is clearly visible.
3. Begin lining up according to start line corral. Start Corrals will be clearly signed and will follow each other in a continuous procession towards the start line. Wait until your start corral sign is posted to begin lining up if you are in one of the later corrals. Listen to the announcer and staff instructions. When lining up you will find an individually marked spot in the start line chute.
4. Carry your own water bottle if possible. We will have water on course, but carrying your own is best.
5. Consider also carrying your own individual-sized hand sanitizer and any nutrition needed.
6. You may move back a corral to run with another participant if needed. You may not move up a corral under any circumstance.

SPECTATORS

Spectating is back for 2021! All spectators at Werner Park should follow stadium rules regarding optional masks and social distancing and spectators along the course should follow local rules and CDC guidelines

GET SOCIAL!

#RUNFORTHECORN

/CornfieldCornfield

@cornfieldcornfield

Pink Gorilla Events

@ccornfield10k

pgevents

Cornfield Cornfield

RUNNER SAFETY

COURSE MEDICAL RESOURCES

Medical resources and assistance are available at the race's start, finish, water stations and roving around the course. 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 race 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 at Werner Park Stadium. After the race, make inquiries at ask@pinkgorillaevents.com

FINISH AND POST RACE

RACE RECOVERY

During race recovery, you will get your hard earned rewards. Wearing a mask is optional.

commonground™

Conversations About Farming and Food

AWARDS & RESULTS

AWARDS

For safety, there will be no award ceremony for 2021. All award recipients will be mailed their awards. Congratulations!

- Top 3 Lads & Top 3 Lasses
- Top Masters Lad and Lass Award (40+)
- Awards to the Top 3 in each Age Group (Lads and Lasses): 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & Up
- Best Dressed Award (Social Media Contest)

LIVE MOBILE RESULTS

Mobile results will be made immediately at cornfieldcornfield.com/results