

2023



# CORNFIELD CORNFIELD

PAPILLION, NE

## RACE GUIDE



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# WELCOME RUNNERS

Welcome to the 10th Annual Cornfield Cornfield 10K powered by Blue Cross and 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.

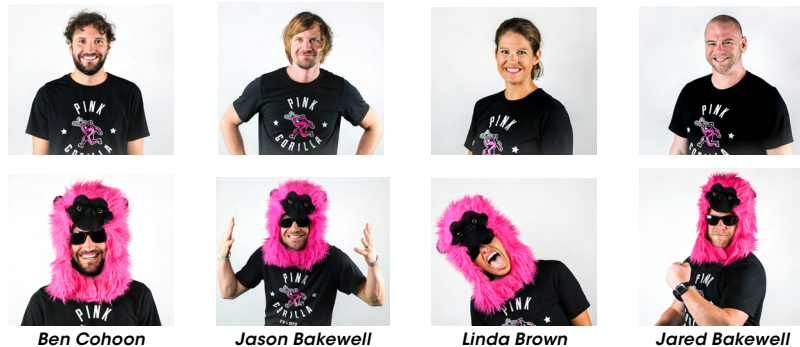
Thanks for running with us!

The Pink Gorilla Events Crew

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



## GET SOCIAL!

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Pink Gorilla Events



Cornfield Cornfield



# PACKET PICKUP

## ADVANCED PACKET PICKUP

### LINCOLN

- Tuesday, June 6, 2023
  - 3 pm to 7 pm
- Pink Gorilla Events  
[3121 S. 6th St, Suite C](#)  
[Lincoln, NE 68502](#)

### OMAHA

- Thursday, June 8, 2023
  - 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.

## 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.



# BIB # LOOKUP

## THE COURSE



**START / FINISH MAP**

**WERNER PARK**  
**12356 BALLPARK WAY**  
**PAPILLION NE 68046**

**PARKING**

**PARKING**

**PARKING**

**PARKING**

**PARKING**

**PARKING**

**PARKING**

**START**

**FINISH**

**WERNER PARK STADIUM**

**GATE 1**

**GATE 2**

**RESULTS**

**ATHLETE RECOVERY**

**PACKET PICKUP**

**S 126TH ST**

**BALLPARK WAY**

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**BRIN**  
**RUNNING SERIES**

**VIEW COURSE  
MAP**

# START/FINISH MAP



# RACE DAY SCHEDULE

## RACE START - SATURDAY, JUNE 10, 2023

[Werner Park Gate 2](#)  
[12356 Ballpark Way,](#)  
[Papillion, Nebraska 68046](#)

6:00 am to 6:45 am	Packet Pickup
6:00 am to 10:30 am	Race Expo Open
7:00 am	Race Starts

## RACE FINISH

Left Field Concourse

7:30 am	CommonGround Nebraska After Party Begins
8:15 am	Overall & Master Awards Ceremony
8:30 am	Age Group & Costume Contest Awards Ceremony
10:30 am	Last Beer Served

## LINING UP

Arrive early on race day and get your photo taken in our free photo booth. Photos will be posted to Blue Cross and Blue Shield of Nebraska's Facebook Page. 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 sound the Pink Gorilla's Trombone at 7:00 am Sharp!

# BIB LOOKUP

## 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.

## RACE BAG DROP

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



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# START

## FREE PHOTO BOOTH

Arrive early on race day and get your photo taken in our free photo booth. Photos will be posted to Blue Cross and Blue Shield of Nebraska's Facebook Page.

## 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 \$15. Tickets will be available for purchase on race day at the BRIN Merch Tent.



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# 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](mailto:ask@pinkgorillaevents.com)



# Run Happier.

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# FINISH AND POST RACE

## RACE RECOVERY

During race recovery, you will get your hard earned rewards.

## COMMONGROUND AFTERPARTY

### 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 – \$15 (purchase on race day at BRIN Merch Tent)  
Includes watermelon, sweet corn & choice of lemonade or beer

### BEER

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

### FOOD

- Watermelon
- Sweet Corn
- FREE Lemonade



## Fuel Up Your Body With Fact-based Food Choices

Some food marketers try to scare you into buying their products. Let us, the farm women of CommonGround Nebraska, be your resource about how food is grown and raised.

**Check out our Q & A on Food Labels**

[CommonGroundNebraska.com](http://CommonGroundNebraska.com)



*Crystal Klug, Farmer  
Columbus, Nebraska*



# AWARDS & RESULTS

## AWARDS

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 Female & Top 3 Male
- Top Masters Male and Female Award (40+)
- Awards to the Top 3 in each Age Group (Male and Female): 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over
- Best Dressed Award (Social Media Contest)

## LIVE MOBILE RESULTS

Mobile results will be made immediately at [cornfieldcornfield.com/results](https://cornfieldcornfield.com/results)




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