2024



CORNFIELD CORNFIELD

PAPILLION, NE

RACE GUIDE







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PARTNERS











WELCOME RUNNERS

Welcome to the 11th 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 <u>Cornfield Cornfield Facebook</u> 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 85 years. We're proud to run with you on the path to your best and healthiest life, today and every day.

See you at the starting line,

Blue Cross and Blue Shield of Nebraska







Ben Cohoon



Jason Bakewell



Linda Brown



Jared Bakewell



Jacob Henderson



Chelsea Hansen



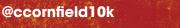








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Pink Gorilla Events



@pinkgorillaevents



Cornfield Cornfield

PACKET PICKUP

ADVANCED PACKET PICKUP

LINCOLN

- Tuesday, June 4, 2024
- 3 pm to 7 pm
 Pink Gorilla Events
 3121 S. 6th St, Suite C
 Lincoln, NE 68502

OMAHA

- Thursday, June 6, 2024
- 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.

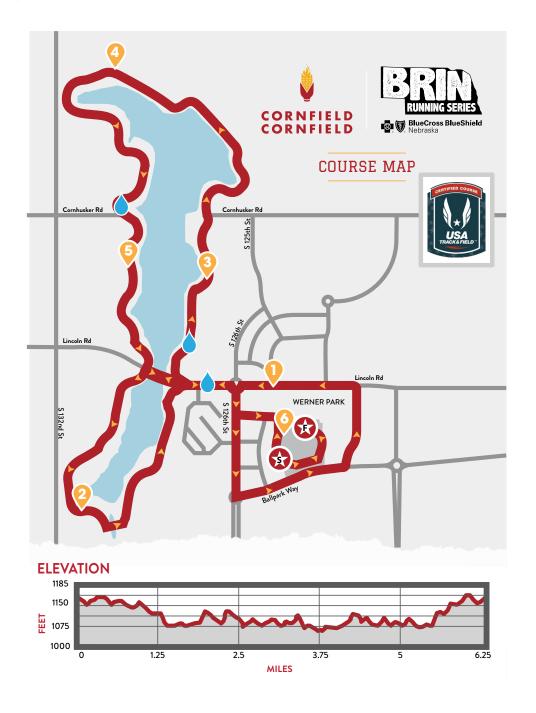
SHIRT EXCHANGE

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.

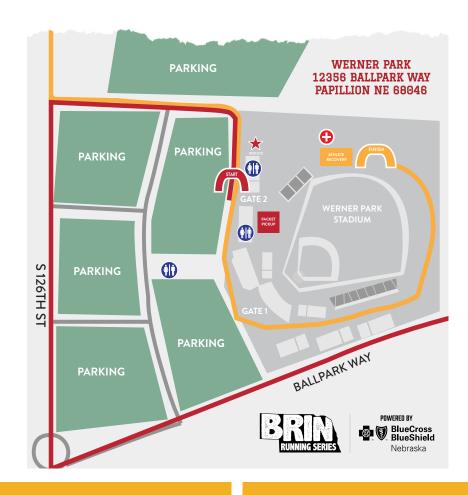
After event day, participant shirts can be exchanged upon request, but participants must cover the cost of shipping.



THE COURSE



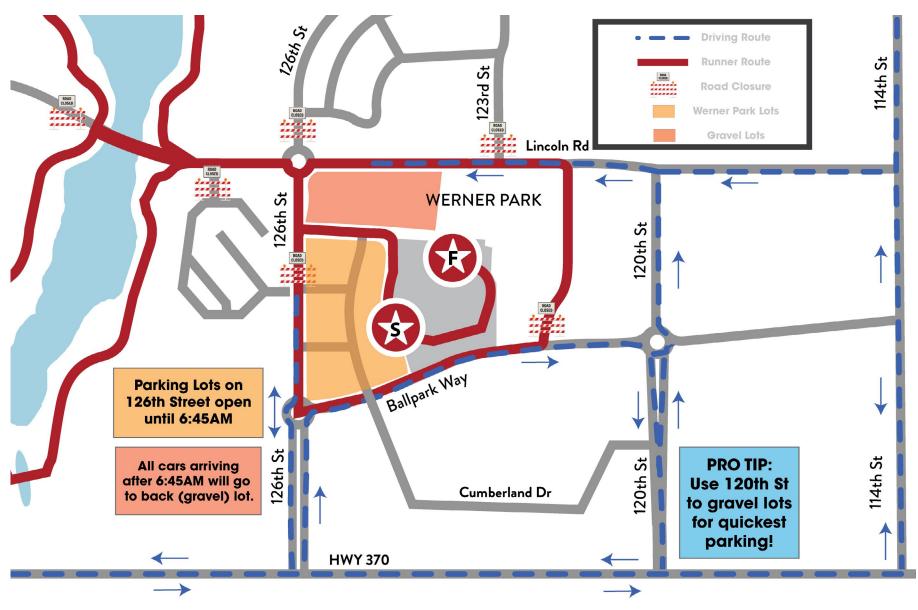
START / FINISH MAP



VIEW COURSE MAP

START/FINISH MAP

EVENT PARKING



Parking lots open at 6:00AM. Please arrive at least 45 minutes prior to the start of the race to park, stretch, and use the restroom. Parking lots close at 6:45AM. All cars arrving after 6:45AM will be directed to park in the back (gravel) lots.

PRO TIP: Use 120th St to the gravel lots for quickiest parking.

RACE DAY SCHEDULE

RACE START - SATURDAY, JUNE 8, 2024

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 After Party Begins

8:30 am Overall, Masters, Age Group & Costume Contest

Awards Ceremony

10:30 am Last Beer Served

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.

BIB LOOKUP

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!



START

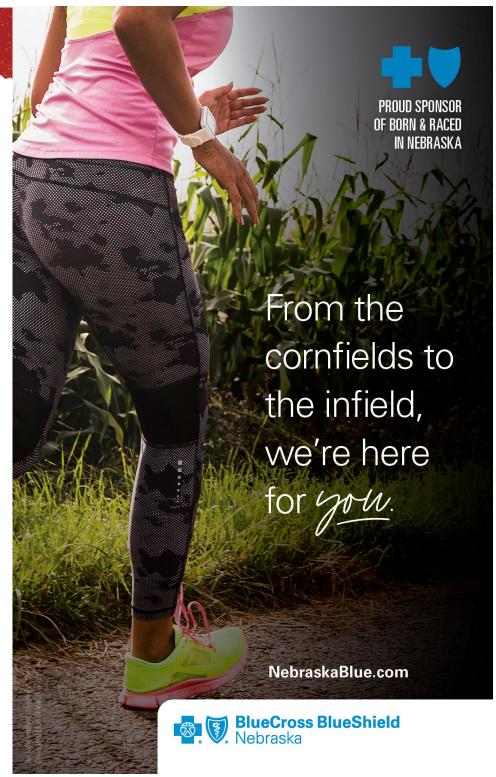
FREE PHOTO BOOTH

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 <u>Spectator Guide Map</u>. 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.





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



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FULL SUBLIMATION UNIFORMS CUSTOM EMBROIDERED GEAR ONLINE FANWEAR STORES



FINISH AND POST RACE

RACE RECOVERY

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

AFTERPARTY

LET'S PARTY

The 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

BEVERAGES

- One Free Beer for 21+ runners
- Free Lemonade

FOOD

- Watermelon
- Sweet Corn







Proud to be your official race gear supplier. Learn more at smashergear.com.



AWARDS & RESULTS

AWARDS

Stay for the 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

LIVE MOBILE RESULTS

Mobile results will be made immediately at <u>cornfieldcornfield.</u> <u>com/results</u>







