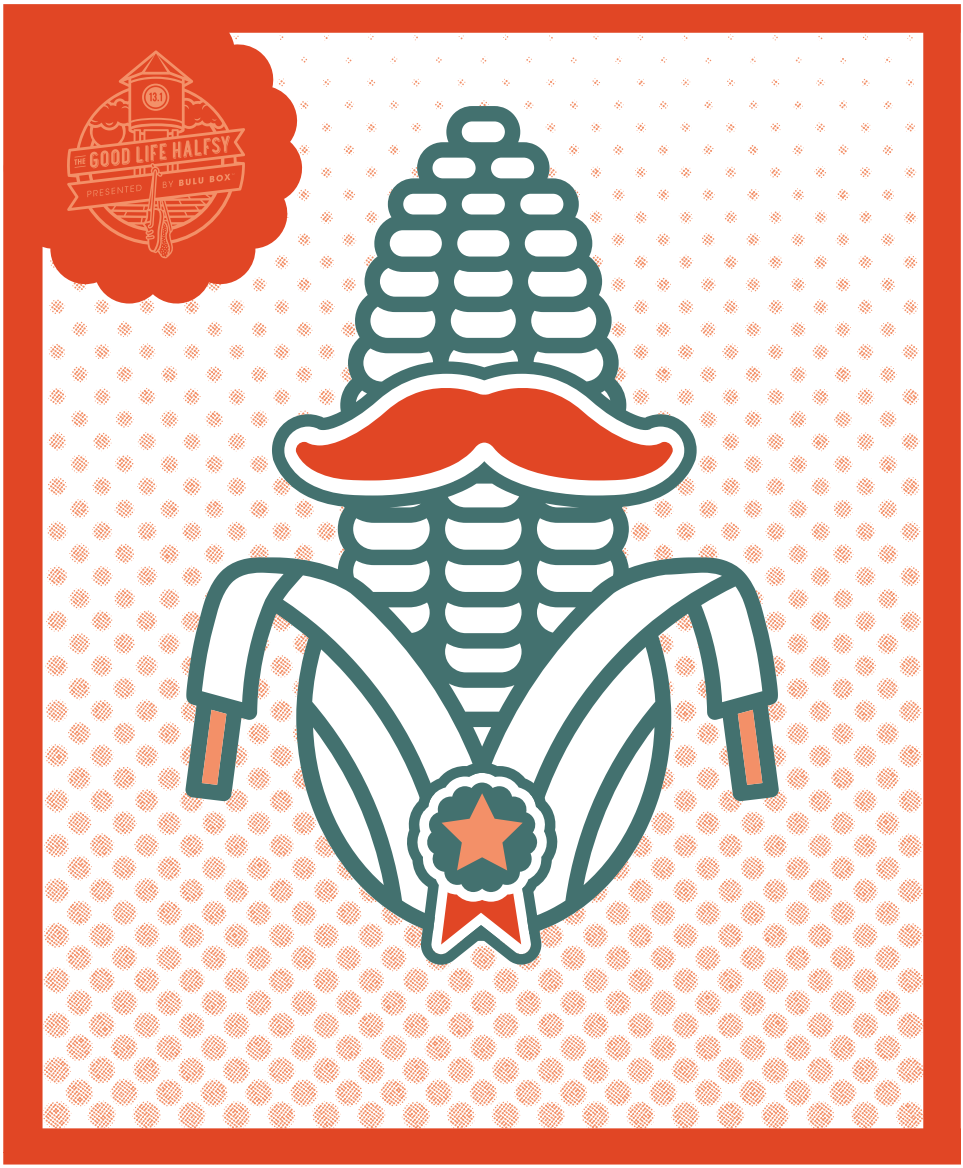

THE GOOD LIFE HALFSY

LINCOLN, NEBRASKA • 2017

PRESENTED BY:

Bulu Box™

- RUN BY -
PINK GORILLA EVENTS

EXPO SPONSOR:

EXCEL CHIROPRACTIC AND WELLNESS

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Lincoln Vision Center
You are the focus.

A CAFE BY ChefauChef

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FLEET FEET LINCOLN // FLEET FEET OMAHA

SOCIAL MEDIA PARTNER

HURRDAT

SCHEDULE OF EVENTS

SATURDAY, OCTOBER 28TH, 2017

PACKET PICKUP, RUN EXPO & SPEAKER SERIES
Embassy Suites
1040 P Street, Lincoln, NE
12:00 pm to 6:00 pm

HALFSY HOUR
12:00 pm to 6:00 pm
Embassy Suites Lobby

RUNNER WRISTBAND PRE-RACE MEAL
Participating Lincoln Restaurants
See page 8
5:00 pm to close

GET DOWN IN THE GOOD LIFE

SUNDAY, OCTOBER 29TH, 2017

RACE START
Seacrest Field, 7400 A Street, Lincoln, NE

7:30 am to 8:15 am	Race Bag Check
8:25 am	Wheelchair Athlete Start
8:30 am	Race Start

RACE FINISH
West Haymarket District

9:30 am to 1:00 pm	Athlete Recovery Village
9:30 am to close	Finish Festival
10:00 am to 1:00 pm	Participant Shuttle Bus Service
11:30 pm	Award Ceremony

WELCOME RUNNERS

FROM THE RACE DIRECTORS

Welcome! It's finally time for the 4th annual running of the Good Life Halfsy presented by Bulu Box! We hope you are as excited as we are for race day. With more runners, enthusiastic cheer stations and more course entertainment, we think this could be the best Halfsy yet! Over 6,500 runners from 43 states and 766 communities across the nation (over 300 in Nebraska) are taking part, and we're glad you're here!

Please read this guide carefully. We have a ton of fun in store for you! There are so many people and groups to thank who have helped to make this race possible. First, we'd like to thank the officials and citizens of Lincoln for hosting and supporting the Good Life Halfsy. Second, the race is greatly enhanced through our sponsors and partners who generously support the race and active lifestyles in our state and communities. Last, but not least, a huge thank you goes out to the hundreds of volunteers who will bring the race to life this weekend. Many are volunteering in support of one of our charity partners, People's City Mission or Habitat for Humanity of Lincoln. Be sure to share the included Spectator Guide with family and friends. There are all kinds of Cheer Stations and entertainment stops that will make spectating nearly as fun as running!

Good luck and we'll see you at the finish line.

Pink Gorilla Events Crew

FROM THE CITY OF LINCOLN

Lincoln is excited to welcome you to an event that continues to secure our place on the nation's running map – the Good Life Halfsy, presented by Bulu Box. This half marathon sends runners through some of Lincoln's most scenic locations, including the Pinnacle Bank Arena Plaza and Canopy Street in the Historic Haymarket!

The well-being of our community is a top priority. And the Good Life Halfsy is the type of high-profile event that promotes the benefits of exercise and a healthy lifestyle. We want to thank the Pink Gorilla Events team for enhancing Lincoln's already outstanding quality of life. I hope you all have a wonderful experience at the fourth annual Good Life Halfsy. Be safe and be fast!

Chris Beutler, Mayor of Lincoln

FROM BULU BOX

Bulu Box was born on the finish line of the San Francisco half marathon. So being the presenting partner of the Good Life Halfsy was an opportunity to return to our roots in a way and give back to the community that's given us so much. We're thrilled you've joined us today and are filled with pride seeing our city come together for such a fun event. We hope you have a great run and we'll be cheering along the way!

Paul & Stephanie Jarrett
Co-founders of Bulu Box

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SAVE THE DATE

The 5th Annual Good Life Halfsy is scheduled for Sunday, October 28, 2018.

Registration opens early 2018. Stay tuned...

Habitat for Humanity of Lincoln

Habitat for Humanity ReStore

SHOP • DONATE • VOLUNTEER

Habitat Lincoln ReStore is a home improvement warehouse and donation center that sells new and gently used building materials, appliances, furniture, cabinets, and more at the fraction of the retail prices. All proceeds stay local and help build more safe, simple, affordable homes in Lancaster County!

ReStore Hours
Wednesday-Friday: 10:00 a.m. - 6:00 p.m.
Saturday: 9:00 a.m. - 5:00 p.m.

47th and Y St. Lincoln, NE

Call today to schedule a free pick up

402-464-0010

www.LincolnHabitat.org | 402.464.0010

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market to market relay

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BORN & RACED IN NEBRASKA

LEPRECHAUN CHASE

CORNFIELD CORNFIELD

BARNEST MOONRUSTLE

THE GOOD LIFE HALFSY
13.1
LINCOLN NEBRASKA

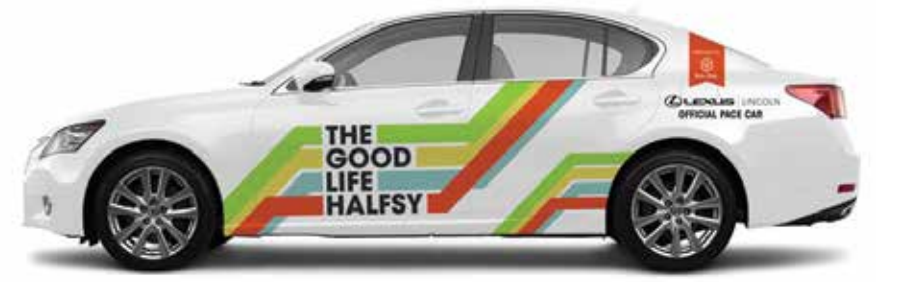
HALFSY HOUR

MUSIC, BEER, CAMARADERIE…

Halfsy Happy hour is back! This year we'll be in the lobby of Embassy Suites during packet pickup and Run Expo hours from 12 pm to 6 pm. Enjoy drink specials and conversation with your fellow runners.

For just $10 you can score a limited edition glass (you get to keep) filled with a pint of beer.

EMBASSY SUITES
by HILTON™
Lincoln



Keep an eye out for the Lexus Pace Car throughout your run. And after, EXPERIENCE AMAZING at our new location: **8585 S. 37th St.**

LEXUS | LINCOLN

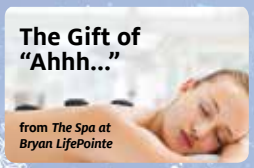
lexusoflincoln.com

Special Holiday Packages

From *pampering experiences* to *fitness* to *gift cards* to use as you choose, our holiday specials package the best of The Spa at Bryan LifePointe and Bryan LifePointe Fitness!

Gift cards for the amount of your choice make great stocking stuffers! Available November 15, 2017.

Pampering experiences begin at only $40!



- Facials/HydraFacials
- Massage/Reflexology
- Airbrush Tanning
- Lash Lift & Brow Tint
- Pedicures
- Spa Packages
- Dermaplane

Exhilarating experiences from full day access to specialty classes!

- 12 Days of Fitness day passes
- Group classes: Yoga, Zumba®, Cycling, BodyPump™
- Nutrition Consultations
- Cryotherapy

Stop by: 7501 S. 27th St.
Call: 402-481-6300
Online: bryanlifepointe.com/holidayspecials
Open Daily!

Bryan LIFEPOINTE

RUNNER WRISTBAND

HOW ABOUT A LITTLE HOOK UP?

Check in your Bulu Box for your Runner Wristband. Not only is it the season's hottest fashion accessory, it's also your key to some great deals. Just flash your Runner Wristband at these participating merchants for special discounts and promotions.

GOOD LIFE HALFSY

PRE & POST RACE FOOD

Cruise over to one of these fine Lincoln establishments for your pre and post-race dinner and use your Runner Wristband to get special offers just for runners of the Good Life Halfsy! Show your wristband to get these sweet offers.

EAT FIT GO HEALTHY FOODS

Buy one entree, get the second 1/2 off.

McKinney's

$1 off food & drink.

BREEZY ISLAND ICE

$1 off a drink item.
Limit one per customer.

LONGWELL'S '76 Strong

$6 pulled pork sandwich and side.

MAIZE POPCORN Co.

$1 off any purchase.

BUFFALO WINGS & RINGS

$5.00 off of $20.00 or more.

mellow MUSHROOM PIZZA BAKERS

$5 small cheese pizza.

GATE 25 bar and restaurant

Receive 15% off entire ticket.
Excludes drinks.
Valid race weekend only.

MORE GREAT DEALS

Lincoln RUNNING CO. RUN • WALK • BE FIT

Receive 20% off any one regularly priced item - Shoes or apparel.
Limit one per customer.
Expires November 21, 2017.

pure barre Lincoln

Receive 1 FREE WEEK of UNLIMITED pure barre classes.

fly

Receive 1 FREE WEEK of HIIT, cycle, barre & yoga classes. Plus, 20% OFF 1 boutique item.
Expires November 21, 2017

FLEET FEET Sports

20% off one regular priced pair of shoes. One per customer.
Non-combinable.
Expires December 31, 2017.

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THE GOOD LIFE HALFSY
13.1
PRESENTED BY BULU BOX™

/goodlifehalfsy

@goodlifehalfsy

@goodlifehalfsy

pgevents

CHARITY PARTNERS

The Good Life Halfsy presented by Bulu Box is proud to partner and bring awareness to a couple of Nebraska's finest charity groups. People's City Mission and Lincoln / Lancaster County Habitat for Humanity do so much good in our community. We hope you join us in promoting them in their missions through donations and volunteerism. Both groups have supported Good Life Halfsy runners with hundreds of volunteers. Let's be sure to return the support!

Since 2008, Pink Gorilla Events is proud to have helped raise or donate over $400,000 for charity partners or community groups. Thousands more will be raised through the Halfsy this year. Thanks for being part of this tradition of giving locally.

Lincoln/Lancaster County Habitat for Humanity®

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www.ChefauChef.com

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With Chocolate Milk

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The right mix of protein and carbs, to refuel exhausted muscles and help return to peak potential.

Fluids and electrolytes to rehydrate and help replenish critical nutrients lost in sweat.

HilandDairy.com/Chocolate

Where ideas run wild.

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Branding. Marketing. Advertising.

ervinandsmith.com

RUN EXPO &

The Excel Chiropractic and Wellness Run Expo will be an intimate experience featuring a handful of select vendors in the Embassy Suites - downtown Lincoln. The official Halfsy Gear Store will be on hand with commemorative apparel, accessories and gear. Pick up your packet, visit with vendors, check out a speaker series session, meet your pacer, get your Runner Wristband and then head over to the hotel lobby to hang with other runners taking advantage of the drink specials at our Halfsy Happy Hour.

PARKING AT THE RUN EXPO

The Embassy Suites is conveniently located in the heart of downtown Lincoln. Parking is available in many nearby garages, lots and on-street meters. Fees are enforced on Saturdays in Lincoln. Visit parkandgo.org for information and maps.

HOURS/LOCATION

Saturday, October 28th, 2017 | 12:00 pm to 6:00 pm
Embassy Suites, 1040 P Street, Lincoln, NE

STARRY NIGHTS
CHRISTMAS TREE FESTIVAL
for People's City Mission

NOVEMBER 25th-26th

[25th 9am-8pm]
[26th 9am-3pm]

PINNACLE BANK ARENA FLOOR

TICKETS: $5.00
(Children 2 and under are FREE.)
FAMILY TICKETS: $20.00
(immediate family members.)

JOIN US FOR PCM'S 7TH ANNUAL STARRY NIGHTS FESTIVAL!

- Designer-decorated Christmas Trees
- Pictures with Santa
- Children's Workshop: Crafts & Activities
- Free Holiday Treats
- Entertainment and more!

You can also place a proxy bid on the trees, purchase wreaths and enter a raffle to win a one-of-a-kind tree! All proceeds go directly to benefit the programs and services offered by People's City Mission.

PEOPLE'S CITY MISSION | EST. 1907

[PLATINUM SPONSOR]
Scheels

Learn more at: STARRYNIGHTSLINCOLN.ORG

PACKET PICKUP

PICKING UP YOUR OWN PACKET?
If you are picking up your own packet, your email confirmation or photo ID is required to pick-up your own packet in person. If you cannot attend, see below.

IF YOU CANNOT MAKE IT TO THE RUN EXPO
Need someone else to pick up your packet for you? A printed "Packet Pickup Proxy" form must be signed by you and your chosen proxy (friend, family member, etc) and must be turned in at packet pickup. Photo ID of the proxy will be required. Remember, there are no bib transfers, deferrals or refunds. Only registered runners are allowed to run in the race with their race bib.
PACKET PROXY WILL NOT BE ACCEPTED AT RACE DAY PACKET PICKUP.

THE PACKET:
BULU BOX, RACE ENVELOPE, GEAR CHECK BAG, PARTICIPANT SHIRT
At Packet Pickup, you will receive a race envelope packet that contains your race bib (which also doubles as your timing chip), race bag sticker, and safety pins. You will also receive a complimentary Bulu Box and your Race Bag for checking gear. Inside the race envelope is a bag check sticker. Make sure you stick it on the lower right corner of your race bag for race morning.

SHIRT EXCHANGE
If you would like to exchange your participant shirt for a different size, this can be done on race day only at the finish line. Look for the Good Life Halfsy store tent located in the Railyard.

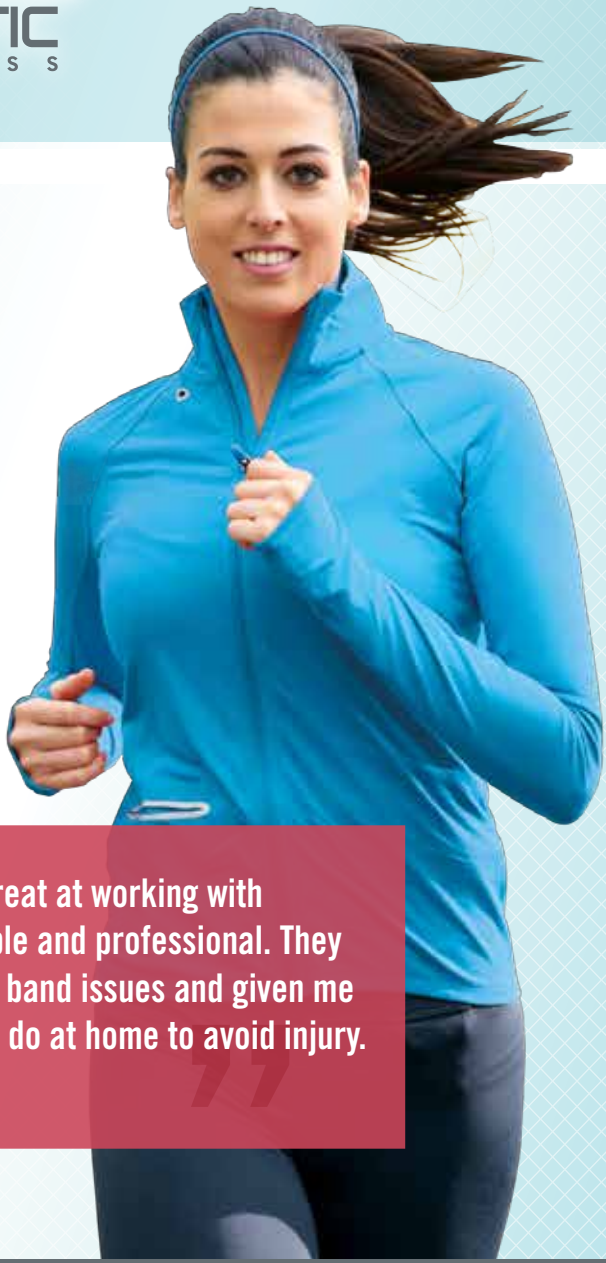
RACE NUMBER & TIMING CHIP INSTRUCTIONS
Your race bib will be picked up at the Run Expo and will also include safety pins and your timing chip on the back of the race bib. Do not fold or damage your race bib, this is your timing chip! Securely fasten the race bib on the FRONT and OUTSIDE of your clothing. It must be visible to race officials. Race bibs are non-transferable and may only be worn by the registered runner to whom it is assigned.

LEXUS OF LINCOLN PACE TEAMS & PACE BANDS
We've assembled quite possibly the most enthusiastic pace team possible thanks to Lexus of Lincoln! Ask pacers questions at the "Pace Team Booth" at the Run Expo and be sure to grab a Pace Band for your goal race pace. We will have pacers for the following times: 1:35, 1:40, 1:45, 1:50, 1:55, 2:00, 2:05, 2:10, 2:15, 2:20, 2:25, 2:30, 2:35, 2:40, 2:45 and 2:50.

SPEAKER SERIES SESSIONS
Be sure to check out the speaker series schedule at goodlifehalfsy.com. Presenters will include Excel Chiropractic and Wellness, Bulu Box, and ultra runner Pete Kostelnick.

EXCEL CHIROPRACTIC AND WELLNESS

ART Active Release Techniques®



It's never too soon to start taking care of yourself so you can run for a lifetime.

"The doctors at Excel are great at working with runners, very knowledgeable and professional. They have helped me heal my IT band issues and given me good strength exercises to do at home to avoid injury."

–CHIRSTY F.

402.327.0400 | LincolnExcel.com

MEET OUR HEROES

Tonya

Robert

Korey

Susan

Tonya, Robert, Korey, and Susan all have their own unique road to crossing the finish line. This year, they shared their journey with us. Read the stories of these Halfsy Heroes today!

goodlifehalfsy.com/heroes

THE START

SEACREST FIELD

START TIME

Wheel Chair Athletes:	8:25 am
Runners:	8:30 am

ARRIVAL & PARKING

Start line area parking is plentiful but not unlimited. Please carpool if possible and arrive at least 1 hour early to avoid congestion. Seacrest parking ends at 8:00 am. Please arrive at Seacrest Field from the east or west via A Street and enter either the Seacrest Field east or west parking lots. Follow parking monitor instructions. Do not attempt to arrive via the 70th Street entrance as there will be a barricaded street closure for the race. *If you are being dropped off, please enter the east lot.* Parking is free! There is no shuttle bus service to the Start Line, only from the finish back to the start line after the race. Note: 70th Street will be closed between O Street and Teton Drive so be sure to arrive via A Street.

RESTROOMS

Portable restrooms will be available in the west stadium lot of Seacrest Field and, of course, along the running route.

RACE BAG CHECK

Race Bag Check will be located at the Seacrest Field west stadium lot. Participants may place their warm up clothes or dry finish line clothes in the race bag provided at packet pickup. Make sure your Race Bag is labeled with your race number by using the sticker provided in your race packet and make sure your bag is securely tied shut. Do not place valuables in your bag. If you need a car key at the finish line, carry it with you or loop it in your shoelace rather than putting it in your bag. Don't forget to make smart plans for your ID and credit card for finish line fun! The Good Life Halfsy cannot be responsible for lost items placed in your Race Bag. Please allow 20 minutes to drop off your bag. Race Bag Check closes at 8:15 am.

Your checked bag will be transported to the finish line area to be claimed using your race bib tag after the race.

LINING UP

We will begin lining up at 8:00 am. Enter the starting chute from the open gates at the sides or from the opening at the rear. Do not enter the starting chute from the front. Show your race bib to officials as you enter the chute. Line up according to your goal race pace and feel free to join a pace group according to your race goals!

RACE DAY PACKET PICKUP

We will have a basic race day packet pickup at the Start Line area for runners that must pickup their packet on race day. See start line map for packet pickup location. Be sure to arrive extra early and know your race number.

THE ROUTE

LINCOLN, NE

RACE SCHEDULE

MILE	FIRST RUNNER	LAST RUNNER
Start	8:30 AM	8:45 AM
MILE 1	8:35 AM	9:05 AM
MILE 2	8:40 AM	9:25 AM
MILE 3	8:45 AM	9:45 AM
MILE 4	8:50 AM	10:00 AM
MILE 5	8:55 AM	10:25 AM
MILE 6	9:00 AM	10:45 AM
MILE 7	9:05 AM	11:05 AM
MILE 8	9:10 AM	11:25 AM
MILE 9	9:15 AM	11:45 AM
MILE 10	9:20 AM	12:05 PM
MILE 11	9:25 AM	12:25 PM
MILE 12	9:30 AM	12:45 PM
MILE 13	9:35AM	1:05 PM

THE FINISH

WEST HAYMARKET

SAM'S CLUB ATHLETE RECOVERY VILLAGE
Beyond the finish line, you will enter the Athlete Recovery Village on Canopy Street (race officials, volunteers and athletes only). Here you will receive your finish medal, heat blanket (weather dependent) as well as fluids from LinPepCo including Klarbrunn and Gatorade, snacks from Sam's Club, Hiland Dairy and more!

LINCOLN STATION: MEDICAL TENT, MASSAGE AND CHIROPRACTIC
Medical assistance is located outside the Athlete Recovery Village by entering the west doors of Lincoln Station. Medical attention can be received here from Midwest Medical Transport and you can visit with Excel Chiropractic. Any emergency transport will be provided by Lincoln Fire & Rescue. Also inside Lincoln Station will be the Massage Therapy Zone. Be sure to enter the correct doors. See finish line map.

RACE BAG CLAIM
Race Bags checked at the Start Area will be transported to the Finish Area and can be claimed with the "Bag Claim" ticket on your race bib. Volunteers will be there to assist you in retrieving your bag. See finish line map for location.

FREE PHOTOS
Photographers and videographers will located along the course to capture the day including a photographer at the finish line. Beyond the finish line, there will also be photographers that can take your picture with your medal at the photo booths. Photos will be posted to facebook.com/goodlifehalfsy, http://media.pinkgorillaevents.com/ and will also be emailed to participants following the race to download for free.

RAILYARD FINISH FESTIVAL, HALFSY GEAR & AWARDS CEREMONY
After the race, swing by the Railyard to celebrate your accomplishment, cheer on other runners still crossing the finish line and enjoy beer, food, and music. At the Finish Festival you will have another opportunity to purchase official Good Life Halfsy gear from the Halfsy Gear Tent and also check results at the results board.

The awards ceremony will take place at 11:30 am on the outdoor stage under the Cube screen. If you think you've placed in your division, be sure to stick around.

RESULTS
Results will be posted at the Finish Area in the Railyard and individual results can be requested at our Finish Area Results Kiosk. Friends and family can track athletes live and final results will be posted at goodlifehalfsy.com/results.

RETURN SHUTTLE
If you parked your vehicle at the start line, avoid a Fullsy and catch a ride on the free runner return shuttle bus. Buses will be leaving approximately every 5 minutes from 10:00 am until 1:00 pm. Shuttles depart one block from the finish line at the Amtrak Station (7th and Arena Drive).

CLAIM YOUR BEER IN THE RAILYARD!

- Mellow Mushroom
- Longwell's
- Breezy Island Ice
- Buffalo Wings & Rings
- Gate 25

Remember your ID & Michelob Ultra Race Bib ticket.

ON THE COURSE &

COURSE AMENITIES

AID STATION	MILE	MEDICAL	WATER	GATORADE	ENERGY GEL	TOILETS	CUTOFF TIME (18:20 MINUTES/MILE PACE)
Aid Station 1	3.1	⊕	💧	G		Y	9:51 AM
Aid Station 2	4.7	⊕	💧	G		Y	10:21 AM
Aid Station 3	6.9	⊕	💧	G		Y	11:01 AM
Aid Station 4	8.8	⊕	💧	G	Y	Y	11:36 AM
Aid Station 5	10.6	⊕	💧	G		Y	12:10 AM
Aid Station 6	12.1	⊕	💧	G		Y	12:36 AM

COURSE TIME LIMIT

City permits limit the race time to a 4.0 hour time limit. The course will be closed at a 18:20 minute per mile pace, and the finish line will remain open until 1:00 p.m. (assuming last runners start at 8:50 a.m.). No race services, including medical, aid stations or traffic control are available beyond this pace. Athletes must cross the finish line by 1:00 p.m. in order to be considered official finishers.

TIME LIMIT CUTOFF POINTS

There will be a time limit cutoff point located at every water station. See the above chart for cutoff times and locations. If an athlete is not keeping up with the 18:20 minute per mile minimum pace, they will be notified by a race official at these cutoff points. If the athlete wishes to continue, they will be directed to the sidewalk, must obey all traffic and pedestrian laws, and will no longer be considered a race participant or official finisher. Alternatively, a SAG transport may be arranged for a ride to the finish line or a phone call can be made to a friend or family member to arrange for pickup.

COURSE SIGNAGE

Mile Markers

Water Stations

Gatorade Station

Cheer Station

Directionals x3

RUNNER SAFETY

MEDICAL STATIONS & COURSE MEDICAL RESOURCES
Medical Aid Stations are located at all 6 Water Stations along the course and are staffed by paramedics from Midwest Medical Transport Company who can offer assistance as needed. A Medical Tent will be located at the Finish Area inside the Lincoln Station Great Hall just beyond the Athlete Recovery Village and Excel Chiropractic will be on hand to discuss any aches or pains. Lincoln Fire & Rescue will have ambulance and bike medic units along the route and at the finish. A SAG vehicle will be on course that can transport runners to the nearest Medical Aid Station or finish line. Remember to complete the Emergency Contact Information requested on the back side of your race bib.

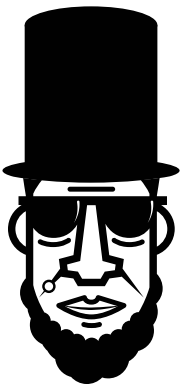
DROPPING OUT OF THE RACE
We want all runners to have an amazing running experience at the Halfsy, but we know that sometimes it's "just not your day." Listen to your body and do not continue running if you experience symptoms that are not familiar to you. If you are unable to continue or finish the race, ask the nearest race official for assistance or the location of the nearest Medical Aid Station. If you are feeling ill on race morning, consider not starting the race. There's always next year and your health is more important.

FRIENDS & FAMILY MEETING AREA
There will not be an official designated meeting area at the Finish Line Area. Be sure to let friends and family know your race bib # and choose a specific landmark or location to meet following the race. Pro tip: Have your friends or family bring any needed dry clothes, ID, phone or desired post-race items rather than using the Race Bag Check.

RACE DAY WEATHER CANCELLATION POLICY
The Good Life Halfsy will be held in most weather conditions. However, in the event of dangerous or life threatening conditions, there is always the chance the event may be canceled. Race organizers will work closely with Lincoln Police, Lincoln Fire and other city officials to make a decision based on the safety of runners, spectators and the community as a whole.

LOST & FOUND
Lost & Found on race day will be located inside the Lincoln Station Great Hall on Canopy Street. This is the same area as the Finish Line Medical Tent. After the race, make inquires at Facebook.com/goodlifehalfsy

DON'T LOSE YOUR $#!%.



FUN ON THE COURSE

There will be plenty of fun surprises sprinkled all over the Good Life Halfsy course. From DJs to blue grass music, there's a little something for everyone. Thank you to these groups who are chipping in to make the Good Life Halfsy more awesome!

A Lasting Impression Disc Jockey
ARC Music
Asian Cultural Center Lion Dancers
B107.3
Black Hills Energy
Blue Raven Bluegrass Revue
CKO Kickboxing
Fit Club
Froggy 98
Lincoln East Band
Lincoln Running Co.
Lincoln Jugglers
Megatron DJ
Omaha Street Percussion
QuickPro DeeJays
Red 94.5
Wow-FM 105.3
...& More!

IS THIS A RACE OR A PARTY? WHO CARES?

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AND VISITORS
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PACKING & PACKING SUPPLIES

DIVISIONS & AWARDS

The award ceremony will take place after the race in the Railyard at 350 Canopy Street at 11:30 am. Join us!

PRIZE MONEY AWARDS
Open Division | Male & Female
1st Place $500, 2nd Place $250, 3rd Place $100

Master's Division | Male & Female
1st Place $200, 2nd Place $100

Open division prize money in the Good Life Halfsy is awarded to the top 3 overall and top 2 in the Master's male and female division with the following guidelines:

- An athlete can be awarded prize money in only one category.
- Prize money winners cannot qualify for age division awards.
- Cash awards are based on gun time, not chip time.
- Runners must be officially registered for an event in order to qualify for any awards or cash prizes.

AGE DIVISION AWARDS
Age division awards will be given to the top three male and female finishers in each of the following age groups: 14 & under, 15 -19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 & over.

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CHEER STATIONS

WHAT IS A CHEER STATION?

If you're not running the Good Life Halfsy, there's no better way to spend the day than cheering wildly with other like-minded fanatics? Together you can support your friends, family and total strangers in reaching their Halfsy goals. Crowd support is welcome throughout the course, but we have a few intentionally designed, extra-awesome Cheer Stations strategically located throughout the course. Each Cheer Station will have music and will be stocked with vuvuzelas, cowbells, signs, thundersticks, and other assorted goodies from race sponsors to help you maximize your cheering greatness!

Use the course map driving route as an overview guide to avoid street closures and "getting stuck". Then use the Cheer Station specific information detailed under each Cheer Station map and description to insure proper arrival and parking. Enjoy!

Cheer Station **Suggested Driving Route** **Runner's Route**

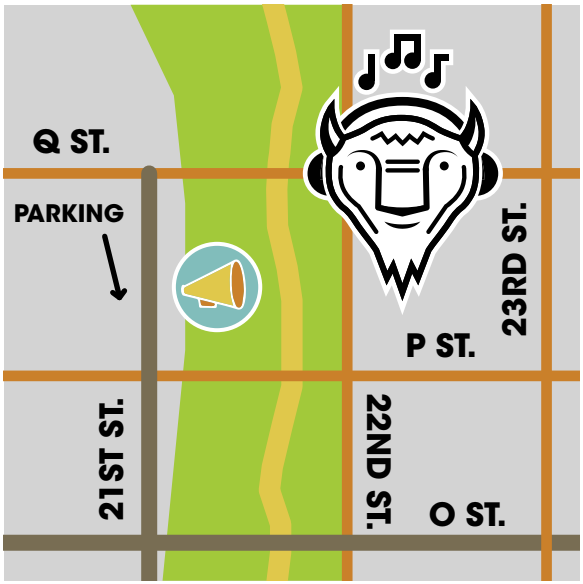
#1 ABE LINCOLN

Neighbor's Park

Course mile 7.8
First runner: 9:08 am
Last runner: 11:10 am

This Cheer Station is a bit tricky to get to, but we promise it will be worth it! Arriving on 33rd Street from the north, turn right onto Mohawk Street. Park in the neighborhood in on-street parking and walk into Neighbor's Park. The Greater Omaha Area Trail Runners will be your hosts, Snag a thunderstick and make some noise!

#2 BISON



D|A DAVIDSON
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Union Plaza

Course mile 9.1
First runner: 9:15 am
Last runner: 11:37 am

Quite possibly our signature Cheer Station. D.A. Davidson will host this scenic location in Union Plaza utilizing the Jayne Snyder Trails Center as a base. Arrive from O Street and turn north onto 21st Street. Parking is available on the street. QuickPro DJs will provide the party. You just have to show up! Be sure to pick up a vuvuzela and show us your skills!

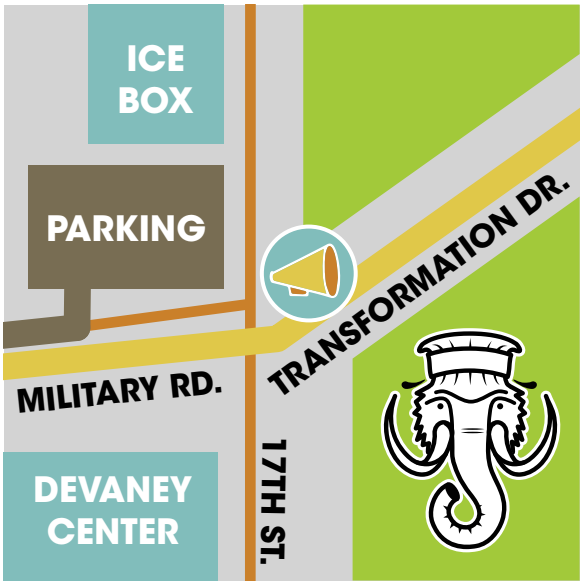
Use the interactive course map to pinpoint all the course Cheer Stations and entertainment: https://goo.gl/3ve0RH

MORE CHEER STATIONS

#3 Archie Mammoth

Innovation Campus
Course mile 10.8
First runner: 9:25 am
Last runner: 12:15 pm

The wild crew from Bulu Box along with our friends from Spreetail will welcome you to this slamming Cheer Station. Arrive from Antelope Valley Parkway and turn east onto Transformation Drive/ Military Road. Parking is available in public lots. Bring your energy... We'll provide the party!



Track your athlete and get start line, 5K, 10 mile, and finish line splits at goodlifehalfsy.com/results.

#4 MEADOWLARK

Haymarket Park

Course mile 12.5
First runner: 9:33 am
Last runner: 12:39 pm

This Cheer Station you won't want to miss. It has tons of parking,is located between the stadiums in Haymarket Park and is a short walk to the Finish Line! Be sure to arrive via Sun Valley Blvd turning into Haymarket Park. The American Outlaws will be your enthusiastic hosts. Pump your fists and wave your Cheer Signs, runners are less than a mile from the finish!

GOOD LUCK RUNNERS!

OFFICIAL PACING PARTNER

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