THE GOOD LIFE HALFSY

LINCOLN, NEBRASKA • 2017

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HURRDAT

WELCOME FANS

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

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THE START

SEACREST FIELD

START TIME

Wheel Chair Athletes: 8:25 am
Runners: 8:30 am
It may take up to 20 minutes for all runners to depart the start line.

DROPPING OFF YOUR RUNNER

The Start Line area is located at Seacrest Field at 7400 A Street. Please arrive at Seacrest Field from the east via A Street and enter the Seacrest Field east parking lot. 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.

DEPARTING THE START LINE AREA

After dropping off your runner, take a left out of the east parking lot on A Street towards 84th Street. Do not attempt to use A Street west or 70th Street (which will be closed between O Street and Teton Drive).

Now, head to a Cheer Station or to the Finish Festival at the Railyard to cheer on your runner and join in the fun!

THE ROUTE

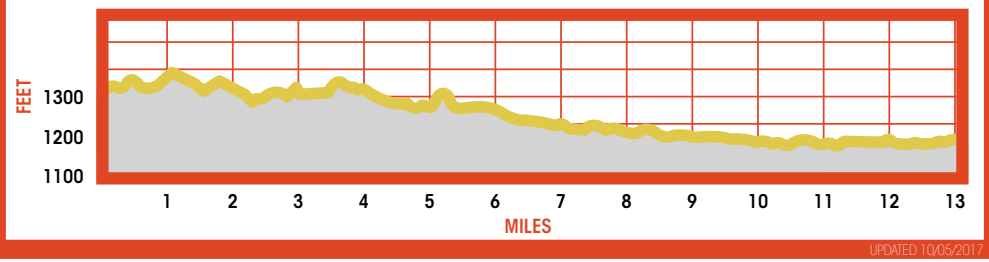
THE GOOD LIFE HALFSY
PRESENTED BY BULU BOX™

LINCOLN, NEBRASKA

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

ELEVATION



UPDATED 10/05/2017

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**

	First Runner	10 minute mile pace	Last Runner
Start	8:30 AM	8:40 AM	8:50 AM
Cheer Station #1	9:05 AM	9:58 AM	11:05 AM
Cheer Station #2	9:15 AM	10:11 AM	11:45 AM
Cheer Station #3	9:20 AM	10:28 AM	12:05 PM
Cheer Station #4	9:30 AM	10:41 AM	12:45 PM
Finish	9:35 AM	10:51 AM	1:05 PM

CHEER STATIONS

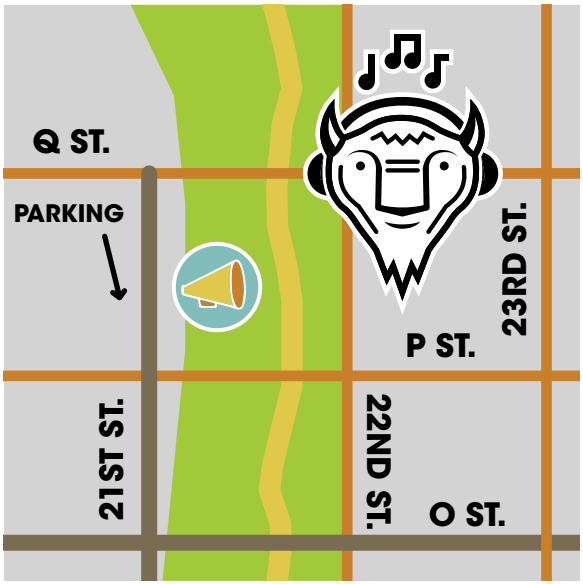
#1 ABE LINCOLN

Neighbor's Park
Course mile 7.8
First runner: 9:05 am
Last runner: 11:05 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. No Coast Derby Girls and Lotus House of Yoga will be your hosts, Snag a thunderstick and make some noise!

CHEER STATIONS

#2 BISON



D|A DAVIDSON
The Strength of Advice™

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!

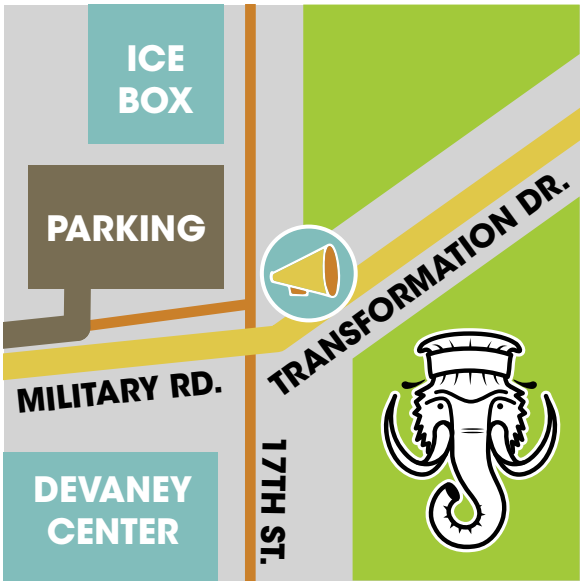
Use the interactive course map to pinpoint all the course Cheer Stations and entertainment: https://goo.gl/3ve0RH

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 time, halfway split and finish time at goodlifehalfsy.com/results.

CHEER STATIONS

#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!

13.1

THE GOOD LIFE HALFSY

PRESENTED BY BULU BOX™

SAVE THE DATE

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

Registration opens early 2018. Stay tuned...

CHEER AT THE FINISH

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* Expires December 31, 2017. Not valid with any other offer.