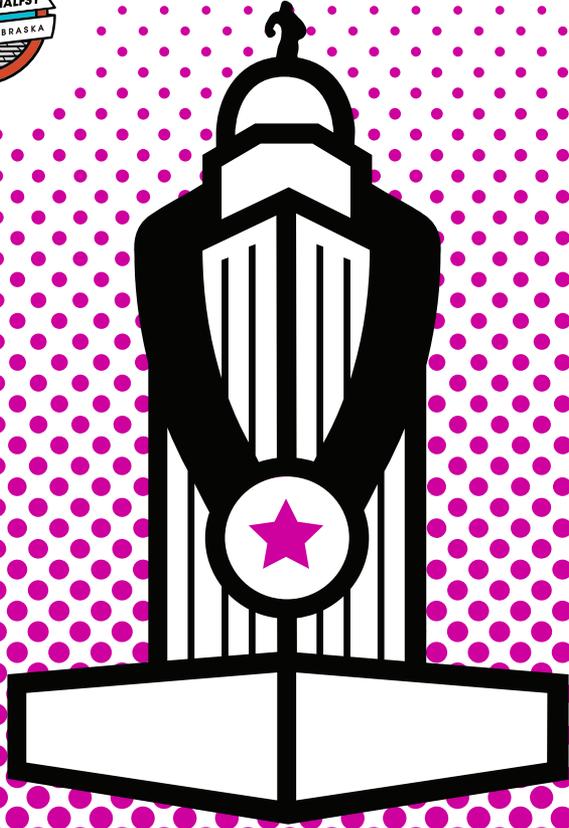


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---

# ***THE GOOD LIFE HALFSY***

---

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# SCHEDULE OF EVENTS

SATURDAY, OCTOBER 31, 2020

PACKET PICKUP & RUN EXPO

Lancaster Event Center

4100 N 84th Street, Lincoln, NE

**12:00 pm to 6:00 pm**

HALFSY STORE

**12:00 pm to 6:00 pm**

Lancaster Event Center



SUNDAY, NOVEMBER 1ST, 2020

RACE START

Seacrest Field, 7400 A Street, Lincoln, NE

**7:00 am to 7:45 am**

Race Bag Check

**7:55 am**

Wheelchair Athlete Start

**8:00 am**

Race Start

RACE FINISH

West Haymarket District

**9:00 am to 1:00 pm**

Athlete Recovery Village

**10:00 am to 1:00 pm**

Participant Shuttle Bus Service

## SPECTATORS

Normally we LOVE spectators at the Good Life Halfsy. For runner safety, please no spectators this year at the start or finish line areas unless the spectator is accompanying a participating minor. Friends or family may drop you off or pick you up, but spectating in these areas is not allowed. Any spectators along the running route should practice social distancing and follow all local directed health measures.

# WELCOME RUNNERS

## FROM THE RACE DIRECTORS

Welcome! It's finally time for the 7th Annual Good Life Halfsy presented by Certified Piedmontese! Get ready to celebrate running together! We couldn't be more excited to return to in-person racing and can't wait to see you on race day. We know many of you have been logging more miles than ever and are excited to get back to running the events you know and love. Much like restaurants, grocery stores, barber shops and other spaces where people gather, Pink Gorilla Events races are going to look a little different for the near future. During the coronavirus era, local directed health measures are dynamic and can loosen or tighten at any time. For this reason we've developed the Pink Gorilla Run Safe Commitment which you can find on the next pages and will be up to date on each race website. Along with general info on the race website, this page will explain what to expect on race day and what we are doing to keep the events as safe as possible. In addition, we have developed a list of Athlete Responsibilities so you can be as prepared as possible for race day. While racing might look slightly different, Pink Gorilla Events promises to do everything we can to provide the safest and most fun events possible. We look forward to seeing you soon, we've missed you!

See you out there!  
**The Pink Gorilla Events Crew**



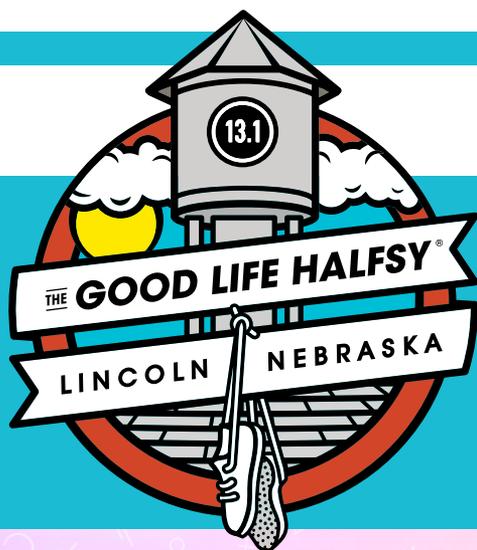
## FROM CERTIFIED PIEDMONTESE

All your hard work and training has finally paid off, it is time to race! Whether it will be your first time running, or you have ran the Good Life Halfsy since the beginning, we are excited to see the continuous support for the Lincoln community along with us! Here at Certified Piedmontese we are so happy to be a part of the Lincoln community and provide Real Nebraska Beef, that is the healthier beef, to fuel your training and recovery. Good luck runners! We are cheering you on, and can't wait to see you at the finish line!



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## SAVE THE DATE

The 8th Annual Good Life Halfsy is scheduled for Sunday October 24, 2021.

Registration opens early 2021. Stay tuned...

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# RUN SAFE COMMITMENT

## EVENT ADJUSTMENTS

- Total event capacity will be reduced to have less total event athletes.
- Start line corrals will be implemented to keep athletes socially distant throughout the event.
- Athletes may be asked to remain in their vehicles prior to starting other than for essential activities such as packet pickup, using the restroom, brief warm-up or lining-up to start. Text messaging and event announcements will be used to communicate wave starts.
- Athletes may be given a recommended arrival time.
- Spectators may not be allowed or highly discouraged, unless accompanying a participating minor.
- After-Party activities including the award ceremony may not be held after the race to avoid gathering.
- Athletes may be encouraged to depart the event as soon as feasible after finishing.
- There will be no on-site registration. Registration and payment must be made online prior to event day.
- All participants will have the option to run virtually if they choose or defer to next year. Please refer to The Halfsy Registration Guarantee for more information.



## SOCIAL DISTANCING

- Event signage will promote safe social distancing practices including maintaining 6 feet of distance between others.
- 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.

## 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.
- Water stations will use sealed, bottled water rather than cups.
- We will use increased safety and hygiene practices for staff and volunteers including use of masks, gloves and regular hand sanitization.

## PERSONAL PROTECTIVE EQUIPMENT

- All staff and volunteers will wear face covering at all times. In addition to social distancing measures, athletes are requested to wear a face covering at the event while not on the course.
- Face masks will be available on site for athletes that do not have one and would like one.
- Transparent plastic barriers will create separation at essential interaction points such as packet pickup.

## SCREENING AND AT-RISK PERSONS

- Athletes, staff, volunteers, vendors, and sponsors will be asked to self-screen and stay home for any of the following reasons:
  - Have been in contact with someone testing positive for COVID-19 in the 14 days prior to the event.
  - Have experienced or been in contact with someone experiencing any COVID-19 symptoms in the 14 days prior to the event.
  - Have a body temperature reading of 100 degrees Fahrenheit or higher.
- All athletes and especially at-risk persons are encouraged to consult a physician prior to participating.

# 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.

## 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 21 days.
- Have experienced any of the following in the last 14 days:
  - Known temperature of 100.4° F or higher
  - Cough (excludes symptoms from preexisting conditions)
  - Shortness of breath / difficulty breathing (excludes symptoms from preexisting conditions)
  - Chills, muscle pain, sore throat, or recent loss of taste or smell
- Have been in close contact with someone who has tested positive for COVID-19 in the last 14 days.

All athletes and especially at-risk persons are encouraged to consult a physician prior to participating.

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

## 2. MASK UP IN MASK ZONES

Face coverings are required to be worn by athletes at the event whenever they are not running the race course. Face coverings are not required while running the race course. However, athletes should carry their masks while running so they have it at the finish line.

When are face coverings required?

- Indoor environments such as packet pickups
- Start line chute and finish line recovery area
- Parking lots or other event grounds
- Waiting in lines or crowded areas

When are face coverings not required?

- Running the race course; However, athletes should carry their masks while running so they have it at the finish line.
- Personal vehicles

We have masks if you need one.

- Staff and volunteers will wear masks at all times.

## 3. MAINTAIN 6 FEET DISTANCE

Practice Social Distancing:

- Reduce frequency, proximity and duration of contact with others.
- Maintain a distance of 6 feet whenever possible.
- Spectators are not allowed unless accompanying a participating minor.
- Remain in your vehicle whenever possible before and after race.
- Avoid congregating before or after race.

## 4. CARRY WATER, CARRY NUTRITION, BE SELF-RELIANT

Take the following steps to be self-sufficient for your race:

- Carry your own water bottle or hydration vest on course. We will have water bottles on course, however it is best to be self-sufficient.
- Carry your own nutrition.
- Carry your own personal-sized hand sanitizer.
- Read race websites, written guides, emails, social media posts, policies and rules. Follow event signage and race official instructions on race day.
- Know the race course. Be aware of potential traffic.
- Know your start wave time and corral if assigned.
- Use the restroom prior to arrival to reduce lines at event facilities.
- Bring your own face mask. Wear it in mask zones. Carry it while running. We have one if needed.
- Have a plan for your gear. Bag check will not be provided.

## 5. WASH HANDS

Practice good personal hygiene:

- Frequently clean hands with soap and water for at least 20 seconds.
- Use hand sanitizer when needed. Bring your own personal sized bottle and carry it with you.

## 6. AVOID TOUCHING

Whenever possible, avoid physical contact with:

- Other people
- Touching your face
- Surfaces
- Items that are not your own



## RACE DAY QUICK CHECK-LIST

- Check temperature before arriving. Feel sick? Stay home.
- Bring hand sanitizer, facemask, water bottle or vest, and nutrition.
- Know your starting wave, starting time, and when to arrive.
- Read and understand the Athlete Responsibilities.

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 PGEVENTS

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# CHARITY PARTNERS

The Good Life Halfsy presented by Certified Piedmontese is proud to partner and bring awareness to a couple of Nebraska's finest charity groups. People's City Mission and Habitat for Humanity of Lincoln/Lancaster County 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 \$625,000 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.



Everyone deserves the opportunity to build a better life.  
Donate or volunteer at [lincolnhabitat.org](http://lincolnhabitat.org)

# LINCOLN'S SAFETY NET WHEN LIFE IS NOT SO GOOD



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# RUN EXPO &



The Excel Chiropractic and Wellness Run Expo will be an intimate experience featuring a handful of select vendors in the Lancaster Event Center on the east side of Lincoln. The official Halfsy Gear Store will be on hand with commemorative apparel, accessories and gear.



For safety, masks are required to be worn by all attendees. This year we are asking participants to limit expo attendance to just those people picking up race packets.

## PARKING AT THE RUN EXPO

Lancaster Event Center is located off N 84th and Havelock. Parking is free and there will be signage to get you a great spot!

## HOURS/LOCATION

Saturday, October 31st, 2020 | 12:00 pm to 6:00 pm  
Lancaster Event Center | 4100 N 84th St, Lincoln, NE 68507



**YOGA & RUNNING  
IT JUST WORKS**

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OF YOGA**  
LINCOLN \* OMAHA

A photograph of a group of people, mostly women, stacking their hands on top of each other to form a pyramid shape. They are all smiling and looking upwards. The background is a bright, sunny outdoor setting.

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# PACKET PICKUP

## **NO CONFIRMATION, ID, OR PROXY REQUIRED FOR 2020**

### **PICKING UP YOUR OWN PACKET?**

For 2020, we have simplified packet pickup to reduce touchpoints and are not requiring photo ID or email confirmation. You will simply need to know the name and bib number of the participant packets that you are picking up.

### **CAN A FRIEND PICK UP MY PACKET FOR ME?**

Yes! For 2020, proxy forms are not required. If someone needs to pick up your packet, they will simply need to know the name and bib number of the participant packets they are picking up. Remember, runners can only run with their own bib. Please don't 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.

### **THE PACKET: 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 Race Bag for checking gear at the start line. 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**

Participant shirt exchange, if made available, will be available at packet pickup at the Run Expo. After the Run Expo, participant shirts can be exchanged upon request, but participants must cover the cost of shipping.

### **RACE BIB & TIMING CHIP INSTRUCTIONS**

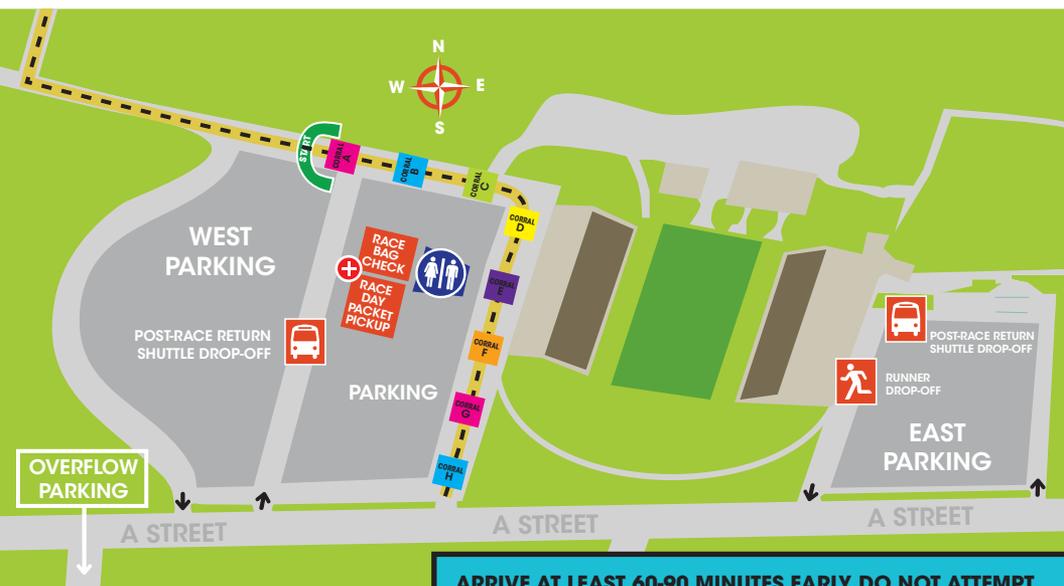
Your race bib will be picked up at the Run Expo and will also include safety pins and your timing chip on the back of the race bib. Do not fold or damage your race bib, this is your timing chip! Securely fasten the race bib on the FRONT and OUTSIDE of your clothing. It must be visible to race officials.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

### **CORRAL ASSIGNMENTS**

For 2020, 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.

# THE START

## SEACREST FIELD



**ARRIVE AT LEAST 60-90 MINUTES EARLY. DO NOT ATTEMPT TO ARRIVE CLOSE TO THE START OF THE RACE.**

### START TIME

Wheel Chair Athletes: 7:55 am  
Runners: 8:00 am

### ARRIVAL & PARKING

Start line area parking is plentiful but not unlimited. Arrive at least 1 hour early to avoid congestion. Seacrest parking ends at 7:30 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 7:45 am.

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

## RACE DAY PACKET PICKUP

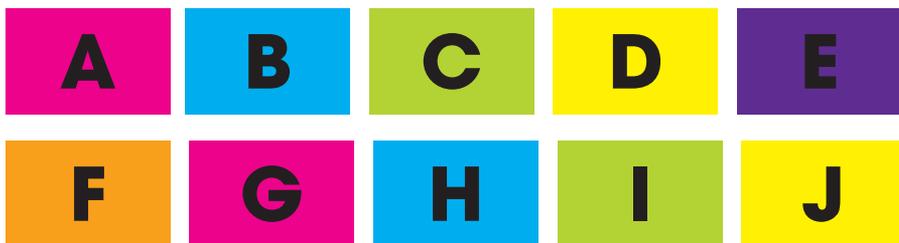
We will have a basic race day packet pickup at the Start Line area for runners that must pickup their packet on race day. See start line map for packet pickup location. Be sure to arrive extra early and know your race number.



# ROLLING CORRAL START & LINING UP

## ROLLING CORRAL START

For 2020, 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. Please wear a mask in the start chute and carry it with you to the finish line. You do not need to wear a mask while running. If you need a mask, they can be obtained at Packet Pickup.
5. Carry your own water bottle if possible. We will have canned water on course, but carrying your own is best.
6. Consider also carrying your own individual-sized hand sanitizer and any nutrition needed.
7. You may move back a corral to run with another participant if needed. You may not move up a corral under any circumstance.



# THE ROUTE

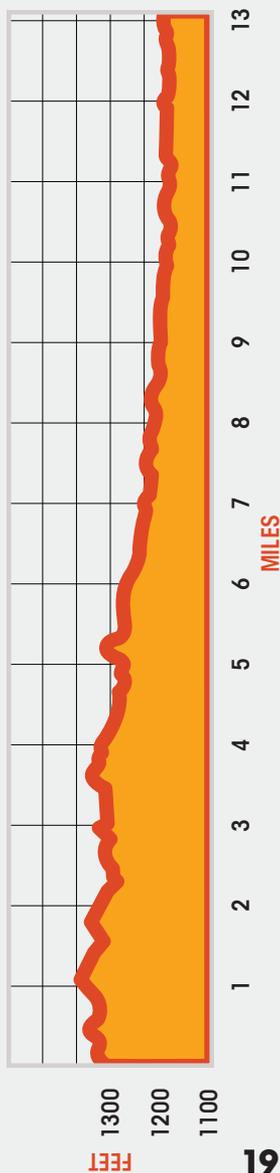
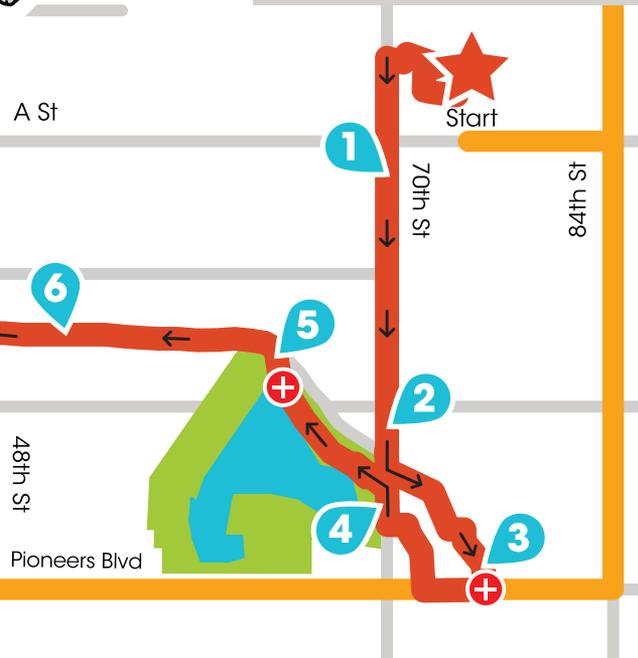
LINCOLN, NE





## RACE SCHEDULE

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



ELEVATION

# THE FINISH

## WEST HAYMARKET



## **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 hard earned rewards. You'll be hooked up with fluids and snacks galore from Pepsi Cola of Lincoln, Klarbrunn, Gatorade, and of course, your race medal!

## **MEDICAL ASSISTANCE**

Medical assistance is located outside the Athlete Recovery Village by the Lincoln Station. Medical attention can be received here from Midwest Medical Transport. Any emergency transport will be provided by Lincoln Fire & Rescue. 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 be located along the course to capture the day including a photographer at the finish line. Photos will be posted to [facebook.com/goodlifehalfsy](https://facebook.com/goodlifehalfsy) and will also be emailed to participants following the race to download for free.

## **RESULTS**

Results will be posted at [goodlifehalfsy.com/results](https://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 every 5 minutes approx. from 10 am until 1 pm. Shuttles depart one block from the finish line at the Amtrak Station (7th and Arena Drive).

## **CLAIM YOUR BEER**

Remember your ID & Michelob Ultra Race Bib ticket. Redeem your beer at Gate 25 or Longwell's.



# ON THE COURSE &

## COURSE AMENITIES

| AID STATION   | MILE | MEDICAL | WATER | ENERGY GEL | TOILETS | CUTOFF TIME<br>(18:20 MINUTES/MILE PACE) |
|---------------|------|---------|-------|------------|---------|--|
| Aid Station 1 | 3.1  | +       | 💧     |            | Y       | 9:31 AM                                  |
| Aid Station 2 | 4.7  | +       | 💧     |            | Y       | 10:01 AM                                 |
| Aid Station 3 | 6.9  | +       | 💧     |            | Y       | 10:41 AM                                 |
| Aid Station 4 | 8.8  | +       | 💧     | Y          | Y       | 11:16 AM                                 |
| Aid Station 5 | 10.7 | +       | 💧     |            | Y       | 11:52 PM                                 |
| Aid Station 6 | 12.1 | +       | 💧     |            | Y       | 12:17 PM                                 |

## 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 12:30 p.m. (assuming last runners start at 8:30 a.m.). No race services, including medical, aid stations or traffic control are available beyond this pace. Athletes must cross the finish line by 12:30 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



Directionals x3



Mile Markers



Water Stations

# 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 near the Train Station, just beyond the Athlete Recovery Village. Lincoln Fire & Rescue will have an 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, do not start 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.

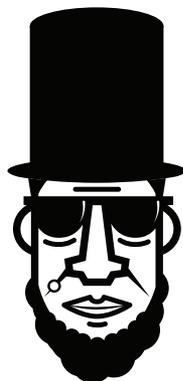
## **LOST & FOUND**

Lost & Found on race day will be located at the Pink Gorilla Events Headquarters tent, just outside the race chute. After the race, make inquiries at [ask@pinkgorillaevents.com](mailto:ask@pinkgorillaevents.com).

---

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### RUN CLUB PERKS

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- The Annual Run Club Gift
- Priority Registration to Most Races
- Store Discounts
- Private Facebook Group Access
- Run Club Only Virtual Challenges
- Run Club Only Group Runs



LEARN MORE AT: [PINKGORILLAEVENTS.COM/RUNCLUB](http://PINKGORILLAEVENTS.COM/RUNCLUB)

# DIVISIONS & AWARDS

For safety, there will be no awards ceremony for 2020. All award recipients will be mailed their awards. Congratulations!

## **OPEN DIVISION | MALE & FEMALE**

1st Place, 2nd Place, 3rd Place

## **MASTER'S DIVISION | MALE & FEMALE**

1st Place, 2nd Place

## **WHEELCHAIR DIVISION | MALE & FEMALE**

Awards will be given to the top finisher by gender for each Push Rim Wheelchair Division class.

## **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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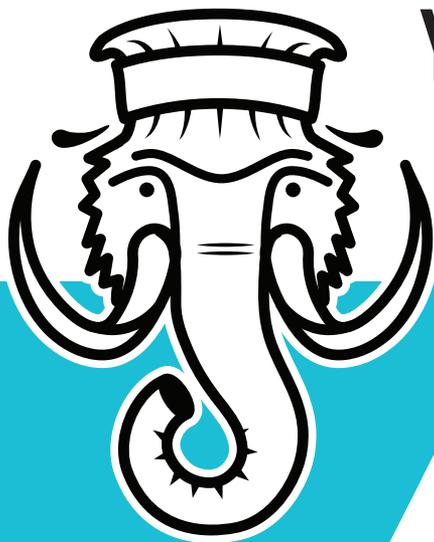
Whether we run together or virtually,  
we're pleased to be part of this event.  
Good luck to all the runners.



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per 4 ounce portion  
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4.5g total fat  
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26g protein

## FLAT IRON STEAK

per 4 ounce portion  
120 calories  
2g total fat  
1g saturated fat  
23g protein

## SIRLOIN FILET

per 4 ounce portion  
130 calories  
3g total fat  
1.5g saturated fat  
25g protein