



**THE
GOOD LIFE
HALFSY 2023**

EXCEL
CHIROPRACTIC
RUN EXPO

KUGLERVISION
AFTER PARTY



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→ INDICATES 10 YEAR SPONSOR/PARTNER

SCHEDULE OF EVENTS



SATURDAY, NOVEMBER 4, 2023

SHAKE OUT RUN - PRESENTED BY ALTRA

Lancaster Event Center

4100 N 84th Street, Lincoln, NE

11:15 am

PACKET PICKUP, RUN EXPO & HALFSY HOUR

Lancaster Event Center

12:00 pm to 6:00 pm

HALFSY STORE

12:00 pm to 6:00 pm

Lancaster Event Center



SUNDAY, NOVEMBER 5, 2023

RACE START

Seacrest Field, 7400 A Street, Lincoln, NE

7:30 am to 8:15 am

8:25 am

8:30 am

Race Bag Check

Wheelchair Athlete Start

Race Start

RACE FINISH

West Haymarket District

9:30 am to 1:30 pm

10:00 am to 1:30 pm

10:30 am

11:00 am

Athlete Recovery & Finish Festival

Participant Shuttle Bus Service

Award Ceremony - Open and Masters Division

Award Ceremony - Age Divisions and Wheelchair Division



WELCOME RUNNERS



FROM THE RACE DIRECTORS

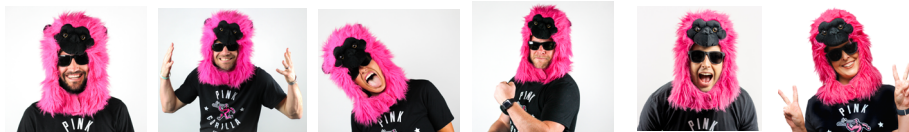
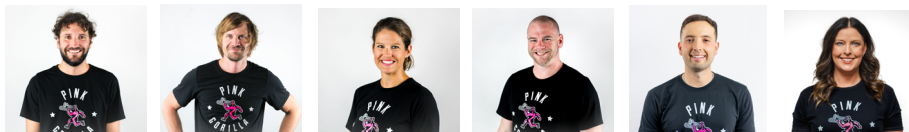
Welcome! We are incredibly excited to host you for the 10th annual running of the Good Life Halfsy presented by Certified Piedmontese Beef and celebrate our first decade of awesomeness running the streets of Lincoln, Nebraska. Thank you for being part of the journey! Race day will bring thousands of runners and spectators from across Nebraska and around the nation!

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!

The Pink Gorilla Events Race Crew



Ben Cohoon

Jason Bakewell

Linda Brown

Jared Bakewell

Jacob Henderson

Chelsea Hansen



FROM THE CITY OF LINCOLN



The Good Life Halfsy quickly hit its stride and has become a treasured Lincoln tradition in just ten short years. Visiting runners' local economic impact totals \$2 million, and our residents go the distance to show appreciation and support of all those competing. Runners, lace up and get ready to experience the tremendous hospitality and community spirit our capital city is known for – we are with you every step of the way!

Leirion Gaylor Baird
Lincoln Mayor



FROM CERTIFIED PIEDMONTESE BEEF



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 Beef 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 11th Annual Good Life Halfsy is scheduled for late October or early November. We'll finalize the date as soon as Nebraska Football announces their schedule. Registration opens early 2024. Stay tuned...

PRESENTED BY





Proud partner of
Pink Gorilla Events

A photograph of a person's legs and feet wearing athletic gear. The person is wearing black socks with a green and orange stripe at the top, and the word "HALFSY" is printed on the sock. They are also wearing black and white sneakers. The background is a blurred outdoor setting.

**SMASH
THOSE
GOALS**



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YOU'RE KILL'IN IT
IN LINCOLN, NEBRASKA

It's OK! Humpty Dumpty had wall issues too. The finish line is just around the corner, or maybe the next corner, or there could be one more corner? Celebrate your wins in Lincoln!



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- And More!

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#GOODLIFEHALFSY

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PINKGORILLAEVENTS



@PINKGORILLAEVENTS

CHARITY PARTNERS



The Good Life Halfsy presented by Certified Piedmontese Beef 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 \$820,000 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.



Thank you for
building hope.



Everyone needs
a place to be
themselves

SINCE 1907, PCM HAS
BEEN A PLACE OF SAFETY
& STABILITY FOR LINCOLN'S
MOST VULNERABLE.

Thank you

to Pink Gorilla for making us a charity of choice
since the very beginning of The Good Life Halfsy.
And thank you Lincoln!



PEOPLE'S CITY
MISSION | EST. 1907

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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, Pavilion 1 on the east side of Lincoln.

The official Halfsy Gear Store will be on hand with commemorative apparel, accessories and gear. Pick up your packet, visit with vendors, meet your pacer and then hang with other runners taking advantage of the drink specials at our Halfsy Happy Hour in the Pink Gorilla Events Runner Lounge!



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, November 4, 2023 | 12:00 pm to 6:00 pm
Lancaster Event Center | 4100 N 84th St, Lincoln, NE 68507



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BornAndRacedNE.com

PACKET PICK UP



PICKING UP YOUR OWN PACKET?

To pick up your own packet, you will simply need to know your name and bib number. We are not requiring photo ID or email confirmations.

CAN A FRIEND PICK UP MY PACKET FOR ME?

Yes! If someone needs to pick up your packet, they will simply need to know the name and bib number of the participant's packets they are picking up. We are not requiring photo ID, email confirmations or proxy forms. 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 and on race day at the finish line. After race day, 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.

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.

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: 8:25 am

Runners: 8:30 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 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 8:10 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 race pace and feel free to join one of our many free pace groups 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

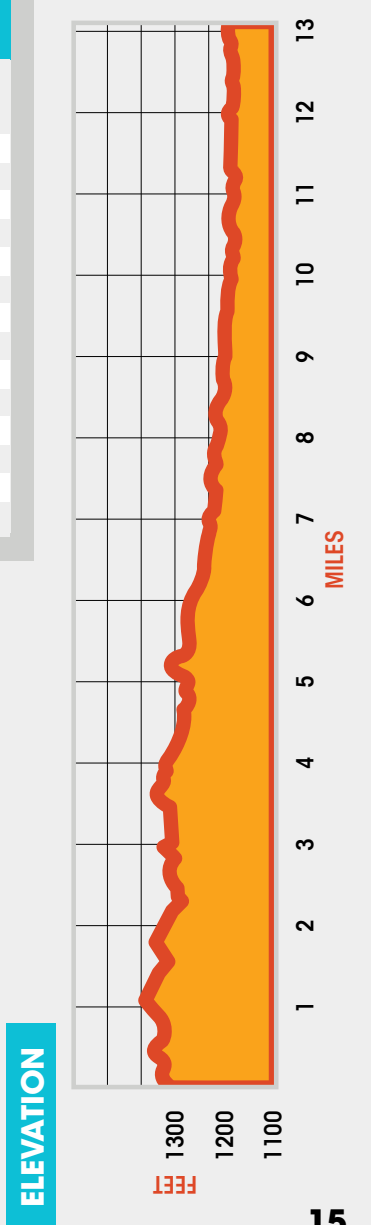
LINCOLN, NE





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	9:35 AM	1:05 PM



THE FINISH & AFTERPARTY

WEST HAYMARKET





AFTER PARTY, HALFSY GEAR & AWARDS CEREMONY

After the race, swing by the Kugler Vision After Party in 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 Store.

The awards ceremony will take place in the Railyard at 10:30 am for Open and Masters Divisions and 11:00 am for Age and Wheelchair Divisions. If you think you've placed in your division, be sure to stick around.

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 just past the finish line at Canopy & Q St. Medical attention can be received here from Mt Crescent. 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 and will also be emailed to participants following the race to download for free.

RESULTS

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 every 5 minutes approx. from 10:00 am until 1:30 pm. Shuttles depart one block from the finish line at the Amtrak Station (7th and Arena Drive).

CLAIM YOUR BEER

Remember your ID & After Party Bib ticket





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ON THE COURSE

COURSE AMENITIES

AID STATION	MILE	MEDICAL	WATER	GATORADE	ENERGY GEL	TOILETS	CUTOFF TIME <small>(18:20 MINUTES/MILE PACE)</small>
Aid Station 1	3.1	+	💧			Y	10:01 AM
Aid Station 2	4.7	+	💧			Y	10:31 AM
Aid Station 3	6.9	+	💧			Y	11:11 AM
Aid Station 4	8.8	+	💧		Y	Y	11:46 AM
Aid Station 5	10.7	+	💧			Y	12:22 PM
Aid Station 6	12.1	+	💧			Y	12:47 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 1:00 p.m. (assuming last runners start at 9:00 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



Directionals x3



Mile Markers



Water Stations



GATORADE

Gatorade Station

RUNNER SAFETY

MEDICAL STATIONS & COURSE MEDICAL RESOURCES

Medical Aid Stations are located at all 6 Water Stations. A medical area will be located just past the finish line at Canopy and Q Streets. 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.

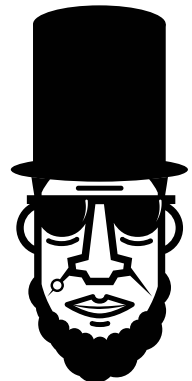
DANGEROUS WEATHER ON RACE DAY

In an emergency, call 911. 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 delayed modified, or even 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. In such cases, participants will be notified of any event updates and given instructions via text, social media, and email channels as well as in-person channels such as PA announcements, Event Alert System signage, or event staff or volunteers.

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.

**DON'T LOSE
YOUR \$#!%.**



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FOOTSHAPE™ COMFORT FOR ANY DISTANCE

Whether you're running a mile, a marathon, or more, our signature FootShape™ comfort gives your feet more space to sit naturally and is designed to address biological differences in men's and women's feet.

BALANCED IS BETTER

Our Balanced Cushioning™ platform positions your heel and forefoot at an equal distance from the ground, encouraging better alignment, better form, and a low impact landing.

THE RIVERA IN OUR SLIM FOOTSHAPE™ FIT

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LEXUS OF LINCOLN
IS PROUD TO
SUPPORT THE
GOOD LIFE HALFSY.

 LEXUS | LINCOLN



10 YEAR RUNNERS



These amazing runners have run in all 10 Good Life Halfsy races! Amazing!

- | | | |
|---------------------|--------------------------|--------------------|
| Bev Janak | Ashley Wiseman | Jason Weber |
| Teresa Edgerton | Jennifer Renton | Tom Roddel |
| Linda Kamble | Mark Olson | Jennifer James |
| Niki Henkel | Andrea Rezac | Kaj Stauffer |
| Dusty Hatt | Laurel Bentley | Matt James |
| Cyndi Schaer | Brad Penner | Josh Huenergardt |
| Melissa Lee | Lyndsay Jensen | Kiran Poda |
| Katherine Ortiz | Dick James | Erik Egglund |
| Patty Clausen | Gina Anderson | Timothy Hill |
| Jared Yost | Margaret Churchill-Black | Jeff Ahern |
| Marcia Esola | Spencer Finley | Lori Rockwell |
| Courtney Landon | Scott Haug | Amy Forsythe |
| Emily Swanda | Janna Mashek | Richard Wiedenbeck |
| Joy Donaldson | Mitch Jones | Jediah Kautz |
| Jessica Wehner | Colby Dolan | Mike Reed |
| Joy Mann | Kayla Sellhorn | Jeffrey Rudy |
| Stephanie Lambrecht | JJ Yost | Missy Droge |
| Daniel Campos | Craig Pleskac | Richard Rogers |
| Nancy Asselin | Danny Poethig | Matt Mundorf |
| Arun Pondicherry | Jano Madsen | Jim Peter |
| Hayden Meyer | Bryce Johnson | |
| Rachael Middleton | Derek Sinica | |
| Ryan Hatt | Vinnie Krikac | |
| Shane Peed | Steven Sousek | |
| Eddie Walters | Jeremy Williams | |
| Sara Stewart | Jim Esola | |
| Jay Oligmueller | Tammie Kruszczyk | |
| Jake Newman | Pat Golden | |
| Lora Sypal | Ben McGill | |
| Stephanie Semple | | |

Congrats again!



MOTIVATION.

MOMENTUM.

MINDSET.

JOIN THE RUN CLUB.

RUN CLUB PERKS

- Discounts on Pink Gorilla Events Races
- The Annual Run Club T-Shirt
- 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
- Run Club Only Events



LEARN MORE AT: [PINKGORILLAEVENTS.COM/RUNCLUB](https://pinkgorillaevents.com/runclub)

PAST CHAMPIONS



OPEN

Year	Men's Winner	Time	Women's Winner	Time
2022	Joe Moore	1:06:09	Katie Spencer	1:18:55
2020	Stan Linton	1:05:21	Bridgett End	1:19:12
2019	Phillip Duncan	1:06:31	Pasca Myers	1:14:45*
2018	Phillip Reed	1:05:54	Pasca Myers	1:15:50
2017	Brogan Austin	1:04:08*	Katie Westzstein	1:15:26
2016	Alvaro Sanabria-Diaz	1:07:32	Obsie Birru	1:15:23
2015	Eric Noel	1:09:06	Lauren Fog	1:19:28
2014	Luka Thor	1:08:13	Ellen Ries	1:19:55

Course records denoted with *

MASTERS

Year	Men's Winner	Time	Women's Winner	Time
2022	Tim Meyer	1:14:44	Michel Davy	1:27:05
2020	Jason Downing	1:15:42	Kristin Comment	1:26:59
2019	Ryan Regnier	1:17:44	Amy Barry	1:26:14
2018	Ryan Regnier	1:18:20	Christy Nielsen	1:28:20
2017	Ivan Ivanov	1:13:47	Lynette Ivanov	1:29:21
2016	Ivan Ivanov	1:14:14	Christy Nielsen	1:25:28
2015	Ivan Ivanov	1:12:44	Jenny Schulze	1:23:13
2014	Ivan Ivanov	1:11:32	Theresa Gosnell	1:27:43





EXCEL TO BE WELL

TAKING CARE OF YOURSELF STARTS TODAY!

We can help.

“I was trying to train for the Good Life Halfsy and all I was getting was pain. Through the treatment plan at Excel Chiropractic, I was able to run the Halfsy without much pain before, during and after. – KATE B. ”

**DR. JAKE AKERSON
DR. ARON FERGUSON
DR. BRIAN CHAPP**

📞 402.327.0400

🌐 LincolnExcel.com

📍 6830 S. 70th St., Ste. 1
Lincoln, NE 68516

HOURS

Mon-Thurs 7:00 am-6:00 pm
Friday 8:30 am-3:00 pm



VOTED AMONG LINCOLN'S BEST 10 YEARS IN A ROW.





THE GOOD LIFE HALFSY
LINCOLN, NEBRASKA 2014

PRESENTED BY Bulu Box
WITH PINK GORILLA EVENTS



THE GOOD LIFE HALFSY
LINCOLN, NEBRASKA 2015

PRESENTED BY Bulu Box
WITH PINK GORILLA EVENTS



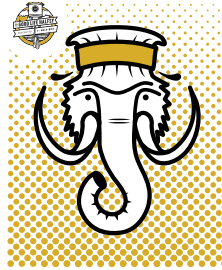
THE GOOD LIFE HALFSY
LINCOLN, NEBRASKA 2016

PRESENTED BY Bulu Box
WITH PINK GORILLA EVENTS
EXPO SPONSOR EXCEL TECHNOLOGIES



THE GOOD LIFE HALFSY
LINCOLN, NEBRASKA 2017

PRESENTED BY Bulu Box
WITH PINK GORILLA EVENTS
EXPO SPONSOR EXCEL TECHNOLOGIES



THE GOOD LIFE HALFSY
LINCOLN, NEBRASKA 2018

PRESENTED BY Bulu Box
WITH PINK GORILLA EVENTS
EXPO SPONSOR EXCEL TECHNOLOGIES



THE GOOD LIFE HALFSY
LINCOLN, NEBRASKA 2019

PRESENTED BY Bulu Box
WITH PINK GORILLA EVENTS
EXPO SPONSOR EXCEL TECHNOLOGIES



THE GOOD LIFE HALFSY
LINCOLN, NEBRASKA

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POST-EVENT SPONSOR id@stevenson



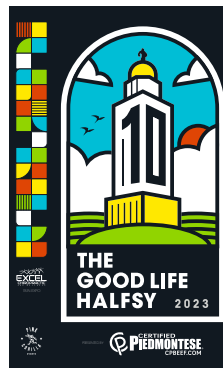
THE GOOD LIFE HALFSY
LINCOLN, NEBRASKA

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THE GOOD LIFE HALFSY
LINCOLN, NEBRASKA

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THE GOOD LIFE HALFSY
2023

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EXCEL TECHNOLOGIES

DIVISIONS AND AWARDS



The award ceremonies will take place after the race in the Railyard at 350 Canopy Street at 11:00 am for Open and Masters Divisions and 11:30 am for Age and Wheelchair Divisions. Join us!

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.



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

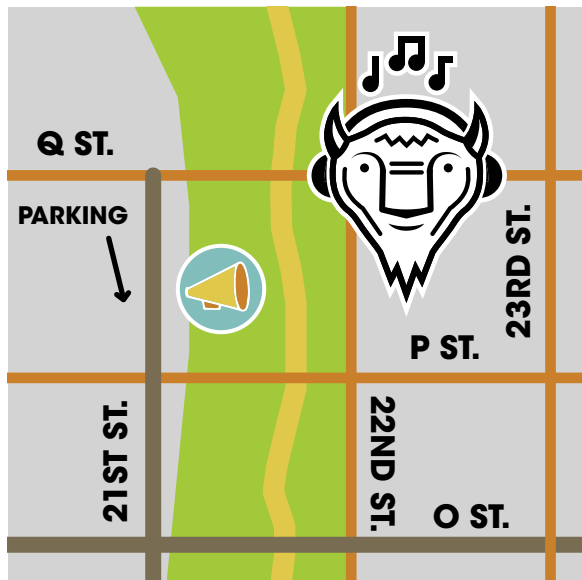
Course mile 7.8
First runner: 9:08 am
Last runner: 11:10 am

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. Snag a thunderstick and make some noise!



MORE CHEER STATIONS

#2 BISON



Union Plaza

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

Quite possibly our signature Cheer Station, 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. We 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>





#3 Archie Mammoth

Innovation Campus

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

This is one awesome Cheer Station that you won't want to miss. 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. Pump your fists and wave your Cheer Signs, runners are less than a mile from the finish!





DOWN
TOWN
LINCOLN



CONGRATS TO RUNNERS EARNING THE 2023 CAPITAL CITY CHALLENGE MEDAL!

THESE RUNNERS RAN BOTH THE LINCOLN MARATHON
OR HALF MARATHON AND THE GOOD LIFE HALFSY IN 2023.

NOW, EARN YOURS IN 2024.

FIRST UP IS THE LINCOLN MARATHON
AND HALF-MARATHON ON MAY 5, 2024.

REGISTRATION OPENS ON NOV. 4, 2023
AT LINCOLNMARATHON.ORG.

AND, OF COURSE, WE'LL SEE YOU AT
THE 2024 HALFSY TO HANG THE
2024 CAPITAL CITY CHALLENGE MEDAL
AROUND YOUR NECK!





RUN WITH US ALL YEAR LONG!

2024 RACE CALENDAR

MARCH 2

LEPRECHAUN CHASE 10K

ASHLAND, NE LC10K.COM REGISTRATION OPENS 12/1/2023

APRIL 6

EARLY BIRD 10 MILE

OMAHA, NE EARLYBIRD.RUN.COM REGISTRATION OPENS 12/29/2023

MAY 11

MARKET TO MARKET RELAY IOWA

IOWA M2MRELAY.COM REGISTRATION OPEN NOW!

JUNE 8

CORNFIELD CORNFIELD 10K

PAPILLION, NE CORNFIELDCORNFIELD.COM REGISTRATION OPENS 3/1/2024

SEPT 13

HARVEST MOON HUSTLE 10K

ELMWOOD, NE HARVESTMOONHUSTLE.COM REGISTER 6/7/2024

DATE TBA*

MARKET TO MARKET RELAY NEBRASKA

NEBRASKA M2MRELAY.COM REGISTRATION OPEN NOW UNTIL 2/10/2023

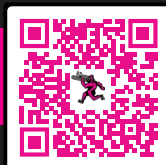
DATE TBA*

GOOD LIFE HALFSY

LINCOLN, NE GOODLIFEHALFSY.COM REGISTRATION OPENS 4/7/2023

*THESE RACE DATES WILL BE ANNOUNCED WHEN THE HUSKER FOOTBALL SCHEDULE IS RELEASED.

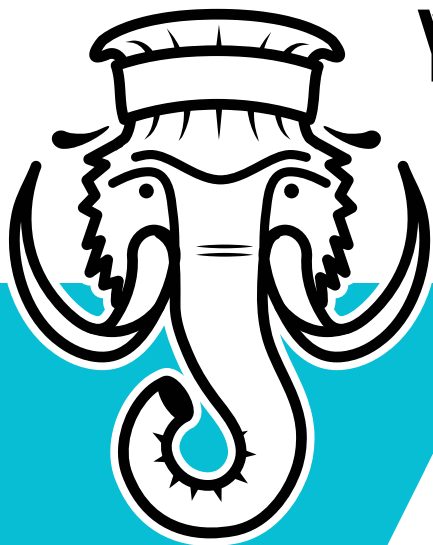
PINKGORILLAEVENTS.COM



ALL DATES SUBJECT TO CHANGE



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EVENTS**



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Now, show it off.



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LIMITED
SUPPLY!

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OR ONLINE AT GOODLIFEHALFSY.COM





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SCAN 
TO LEARN MORE