

THE GOOD LIFE HALFSY®

2026

– RUN BY –

PINK GORILLA EVENTS

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– RUN BY –
PINK GORILLA EVENTS

SCHEDULE OF EVENTS

SATURDAY, NOVEMBER 7, 2026

SHAKE OUT RUN - PRESENTED BY ALTRA
Sandhills Global Event Center
4100 N 84th Street, Lincoln, NE
11:30 am

GOOD LIFE HALFSY



RUN EXPO & PACKET PICK UP
Sandhills Global Event Center
10:00 am to 6:00 pm

HALFSY STORE
10:00 am to 6:00 pm
Sandhills Global Event Center

SUNDAY, NOVEMBER 8, 2026

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 1:30 pm	Athlete Recovery & Finish Festival
10:00 am to 1:30 pm	Participant Shuttle Bus Service
10:30 am	Award Ceremony – Open and Masters Divisions
11:00 am	Award Ceremony – Age Divisions and Wheelchair Division



WELCOME RUNNERS

FROM THE RACE DIRECTORS

Welcome, runners! We are absolutely thrilled to host you for the 13th annual Good Life Halfsy! Get ready to experience the magic of Lincoln, Nebraska, as thousands of runners and spectators come together to celebrate endurance, community, and the joy of running. Whether this is your first Halfsy or your thirteenth, you're now part of a tradition that fills the streets with energy, cheers, and unforgettable memories. Thank you for being part of this incredible journey—race day is going to be something special!

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

Lincoln is proud to be home of the Good Life Halfsy, Nebraska's biggest half marathon! Our residents go the distance to show appreciation and support for 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





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THE GOOD LIFE HALFSY

SAVE THE DATE

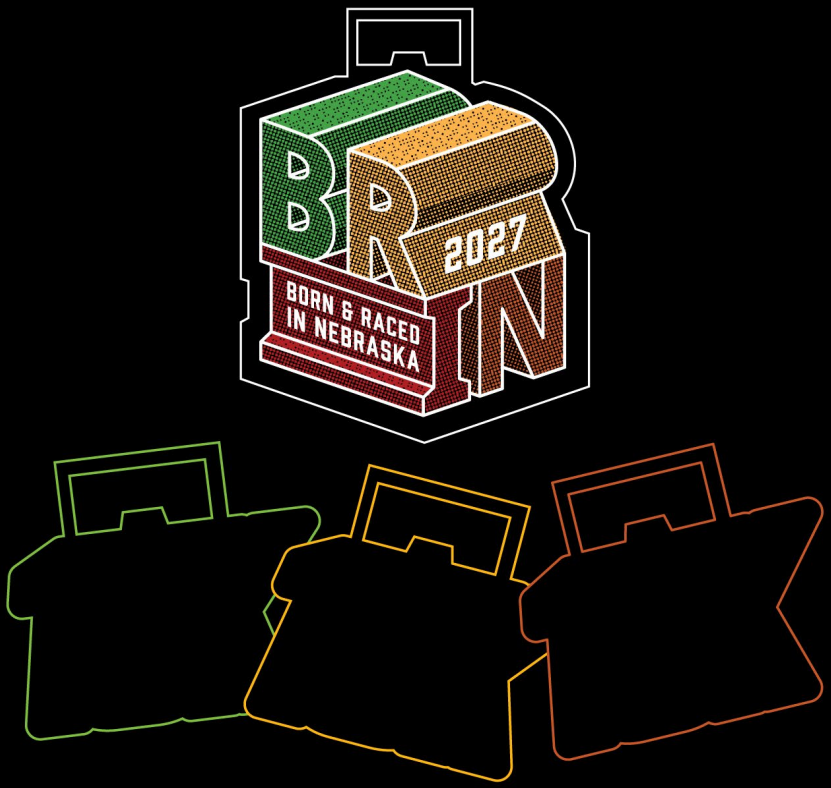
The 14th Annual Good Life Halfsy is scheduled for late October or early November. We'll finalize the date as soon as Nebraska Football announces their schedule.

Registration opens early 2027. Stay tuned...



PSST...

SOMETHING NEW IS COMING TO THE BRIN RUNNING SERIES IN 2027.



VISIT THE BRIN BOOTH AT THE GOOD LIFE HALFSY RUN EXPO AND BE THE FIRST TO KNOW.

BRIN RUNNING SERIES

POWERED BY BlueCross BlueShield Nebraska

– RUN BY –
PINK GORILLA EVENTS

BRINRUNNINGSERIES.COM

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Finish Strong
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A natural source of high-quality protein to build lean muscle.

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.



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ENJOY 13.1 MILES
THROUGH LINCOLN
Then see the parts that don't have mile markers. Eat. Drink. Explore. You've earned it.
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LINCOLN.ORG/HALFSY26









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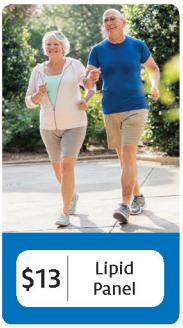





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View full list of tests and pricing at:
BryanHealth.org/LabOnDemand

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STRAVA PINK GORILLA EVENTS

CHARITY PARTNERS

The Good Life Halfsy 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 $1.1M ($1,100,000) 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.

Over $1.1M Raised Since 2008!

Habitat for Humanity® of Lincoln

PEOPLE'S CITY MISSION | EST. 1907





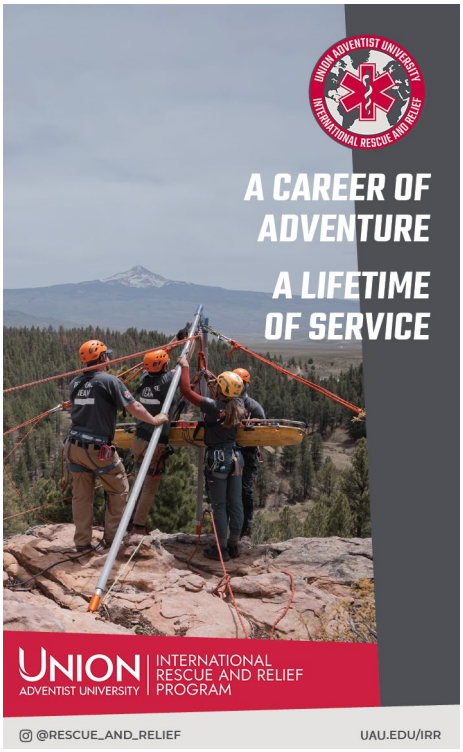
Do Small Things With Great Kindness!

SINCE 1907, PCM HAS BEEN A BRIDGE TO HELPING LINCOLN'S MOST VULNERABLE.

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

PEOPLE'S CITY MISSION | EST. 1907

@PCMLINCOLN





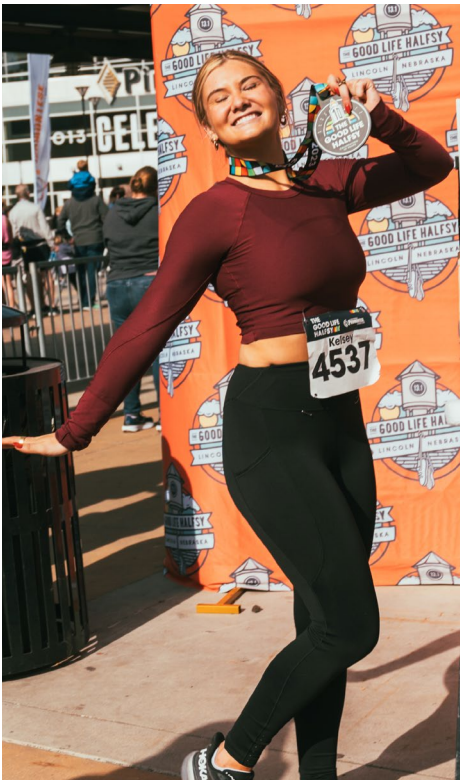
RUN EXPO

Kick off race weekend at the Run Expo in the Sandhills Global Event Center, FR8Star Pavilion on the east side of Lincoln! Browse select vendors, grab official Halfsy gear, pick up your packet, and meet your pacer. Hang out in the Pink Gorilla Events Runner Lounge and win some great prizes. Also, don't miss the official Good Life Halfsy Shake Out Run at 11:30am—the perfect warm-up before race day!

PARKING AT THE RUN EXPO
Sandhills Global 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 7, 2026 | 10:00 am to 6:00 pm
Sandhills Global Event Center | 4100 N 84th St, Lincoln, NE 68507





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 packet 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.

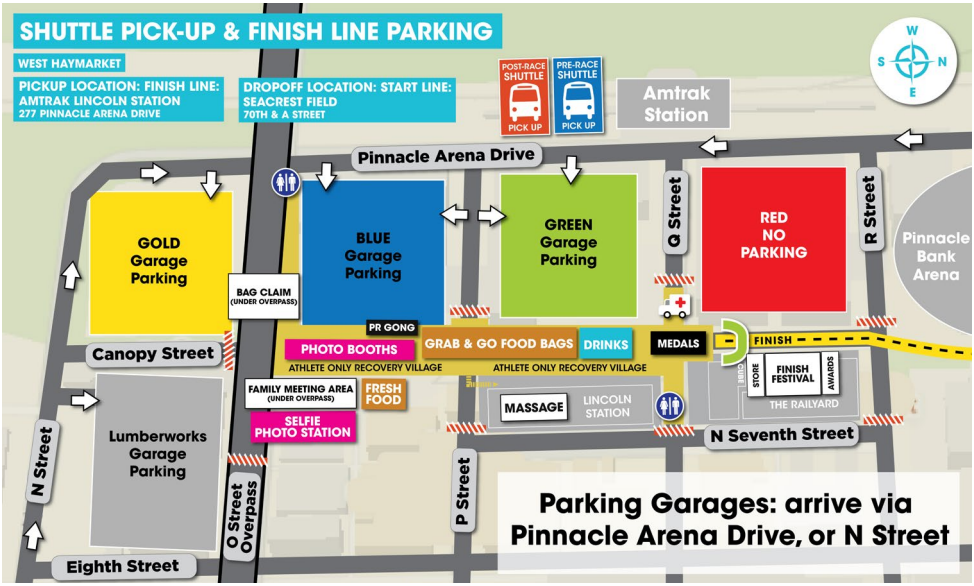
THE PACKET: RACE ENVELOPE, GEAR CHECK BAG, PARTICIPANT SHIRT
At Packet Pickup, you will receive a race envelope packet that contains your race bib (which also doubles as your timing chip), race bag sticker, and safety pins. You will also receive a complimentary Race Bag for checking gear at the start 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, will be available at packet pickup at the Run Expo and on race day at the Finish Line by the photobooths on Canopy Street. 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 PACING & PACE BANDS
We've assembled quite possibly the most enthusiastic pacing team possible thanks to Lexus of Lincoln! Ask pacers questions at the "Pacing 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: 1:30, 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, 2:50 and 3:00.

SHUTTLES



PRE-RACE START LINE SHUTTLE (FREE)

- **How it Works:** Before the race, park a vehicle in a downtown parking garage near the finish line and take a shuttle to the start line.
- **Parking:** Use the Green, Blue or Gold Park & Go Garages (daily rates apply). Do not use the Red Garage.
-**Reservations required** at time of registration. Check your race packet.
- **Indoor Waiting Area** available at Start Line at Lincoln East High.
- **Schedule:** Shuttle runs continuously from 6:30 AM - 7:15 AM. Last shuttle departs 7:15 AM.

POST-RACE START LINE SHUTTLE (FREE)

- **How it Works:** After the race, take a shuttle from the Finish Line back to your vehicle at the Start Line.
- **Schedule:** Shuttle runs continuously from 10:00 AM - 1:30 PM. Last shuttle departs 1:30 PM.

Pickup Location: Finish Line: Amtrak Station, 277 Pinnacle Arena Drive
Dropoff Location: Start Line: Seacrest Field, 70th & A Street

Big Experiences for Runners... Big Impact for Sponsors.



THE GOOD LIFE HALFSY

pinkgorillaevents.com/sponsorship

Explore Race Sponsorship

LEARN MORE

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


START LINE
& RACE DAY ARRIVAL
SEACREST FIELD | 70TH & A STREET
NEIGHBORHOOD ON-STREET PARKING
Teton Drive
Taylor Meadows Parking Lot
POST-RACE SHUTTLE
DROP OFF
RUNNER DROP OFF ZONE
70th & A Parking Lot
Silver Ridge Road
A Street
Kingston Road
Clocktower Plaza
Sumner Street
NEIGHBORHOOD ON-STREET PARKING
70th Street
Wedgewood
North Parking Lot
VERY LIMITED
ROAD CLOSED
Lincoln East High School
PRE-RACE SHUTTLE
DROP OFF
Lincolnshire Plaza Lot
Office Park Drive
Lincolnshire Plaza Lot
ROANOKE CT
BELL DR
SUMNER ST



CORRALS & START TIMES

Please lineup according to the Corral that matches your race bib.

WHEEL CHAIR	A	B	C	D
8:25AM	8:30AM	8:33AM	8:36AM	8:40AM

E	F	G	H	I
8:45AM	8:50AM	8:55AM	9:00AM	9:05AM

All athletes should be lined up by 8:15AM

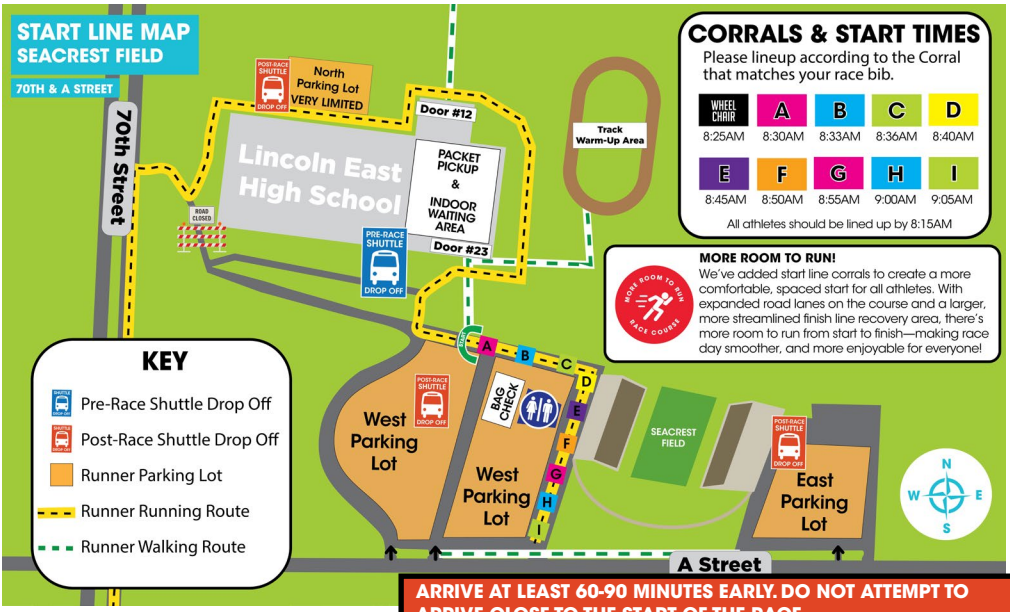
MORE ROOM TO RUN!

We've added start line corrals to create a more comfortable, spaced start for all athletes. With expanded road lanes on the course and a larger, more streamlined finish line recovery area, there's more room to run from start to finish—making race day smoother, and more enjoyable for everyone!

KEY

- Pre-Race Shuttle Drop Off
- Post-Race Shuttle Drop Off
- Runner Parking Lot
- Runner Drop Off Zone
- Runner Walking Route

THE START



ARRIVE AT LEAST 60-90 MINUTES EARLY. DO NOT ATTEMPT TO ARRIVE CLOSE TO THE START OF THE RACE.
PLEASE CARPOOL WHENEVER POSSIBLE.

START TIME

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

ARRIVAL & PARKING (See page 14 for detailed parking map)

Drivers:

- Carpool to Start Line whenever possible.
- Parking is plentiful but not unlimited.
- Arrive at least 60-90 minutes early to avoid congestion. Anticipate delays.
- Once Seacrest lots are full, use the Overflow Lots.
- Follow police and parking monitor instructions.

Dropoffs:

- If you are being dropped off, please use the designated Runner Drop-Off lots for your convenience!

Shuttles

- Athletes taking the Pre-Race Start Line shuttles from downtown near the finish line will be dropped off near the start line. See page 14-15.

RACE DAY PACKET PICKUP & INDOOR WAITING AREA

Race Day packet pickup will be indoors at Lincoln East High School's main gym. Enter via door 23 on the south side of the school. The gym will also serve as an indoor waiting area for athletes before the race.

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.

PRE-RACE DYNAMIC STRETCHING BY NEBRASKA ORTHOPEDIC CENTER
Get loose and ready to run! Join Nebraska Orthopaedic Center for a FREE pre-race dynamic stretching session at 7:45 AM on Seacrest Field. This quick warm-up will help get your body moving, muscles ready, and energy up before you take on the Good Life Halfsy. All runners are welcome—come stretch it out before you hit the course!



LINING UP - START LINE CORRALS

New for 2026. Start corrals for a more comfortable, paced start.

1. All athletes should be lined up by 8:15am, regardless of corral
2. Know your assigned start corral. It is written on your race bib.
3. Make sure you have your race bib and it is clearly visible. Wear on outside layer above your waist so timing equipment can read it.
4. Begin lining up according to the start line corral. Start corrals will be clearly signed and will follow each other in a continuous procession towards the start line. Listen to the announcer and staff instructions.
5. Consider carrying your own water bottle. We will have water and Gatorade on course that can be grabbed from tables at the aid stations.
6. Consider carrying any nutrition needed. We will have a energy gel station on course.
7. You may move back a wave to run with another participant if needed. You may not move up a wave under any circumstance
8. All athletes should plan to arrive at the start line by 7:00am – 7:30am to ensure timely arrival, and avoid congestion and road closures. Anticipate delays.

PACERS

Hop in with a pace group on race morning to reach your goal. Pacers will use the Smart-Pacing strategy, easing into the first few miles, running hills at consistent effort and slowing down through water stations.

The Lexus of Lincoln pacing team plans to have pacers at the following times 1:30, 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, 2:50, and 3:00.

RACE BIB & TIMING CHIP INSTRUCTIONS

– Securely fasten your race bib on the FRONT and OUTSIDE layer ABOVE YOUR WAIST to get your race time and race photos.

– If you discard clothing along the course still follow these instructions. Otherwise you may not receive a time or race photos.

Corrals	Start Times:	Pace Groups
Push-Rim - Wheelchair	8:25 AM	
Corral A	8:30 AM - Official Race Start	1:30
Corral B	8:33 AM	1:35, 1:40, 1:45
Corral C	8:36 AM	1:50, 1:55
Corral D	8:40 AM	2:00
Corral E	8:45 AM	2:05, 2:10
Corral F	8:50 AM	2:15, 2:20
Corral G	8:55 AM	2:25, 2:30
Corral H	9:00 AM	2:35, 2:40, 2:45, 2:50
Corral I	9:05 AM	2:55, 3:00

- All athletes should plan to arrive at the start line by 7:00am- 7:30am to ensure timely arrival, and avoid congestion and road closures. Anticipate delays.
- Duo Teams should line up in the start line chute according to their estimated pace, or at the end of the start chute, whichever is more comfortable. There is not a specific Duo Team start wave. We recommend lining up at the end of the start line chute for the safety of all athletes.





Use the code HALFSY26 on the Eventbrite page found at ShopTheBlocks.com to register a FREE ticket to Shop the Blocks!

THE ROUTE

LINCOLN, NE



orrals to create a more
rt for all athletes. With
the course and a larger,
ne recovery area, there's
tart to finish—making race
e enjoyable for everyone!

RACE SCHEDULE

MILE	FIRST RUNNER	LAST RUNNER
Start	8:30 AM	9:05 AM
MILE 1	8:34 AM	9:22 AM
MILE 2	8:39 AM	9:39 AM
MILE 3	8:44 AM	9:56 AM
MILE 4	8:49 AM	10:13 AM
MILE 5	8:53 AM	10:30 AM
MILE 6	8:58 AM	10:47 AM
MILE 7	9:03 AM	11:05 AM
MILE 8	9:08 AM	11:23 AM
MILE 9	9:12 AM	11:41 PM
MILE 10	9:17 AM	12:01 PM
MILE 11	9:22 AM	12:21 PM
MILE 12	9:27 AM	12:41 PM
MILE 13	9:32 AM	1:05 PM

THE FINISH & AFTER PARTY

WEST HAYMARKET

THE GOOD LIFE HALFSY

FINISH MAP



AFTER PARTY, HALFSY GEAR & AWARDS CEREMONY
After the race, swing by the 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 Crescent Hill Ski Patrol. 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 located along the course to capture the day including a photographer at the finish line. Photos will 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 run continuously approx. from 10:00 am until 1:30 pm. Shuttles depart one block from the finish line at the Amtrak Station (Q Street and Pinnacle Arena Drive).

CLAIM YOUR BEER OR COFFEE
Remember your ID & After Party Bib ticket
Coffee at Rabbit Hole Bakery.

GATE 25 bar and restaurant
Mellow Mushroom PIZZA BAKERS
HOPCAT
THE CORNER BAR
Tank's COUNTRY
Michelob ULTRA
The Rabbit Hole BAKERY

ON THE COURSE

COURSE AMENITIES

AID STATION	MILE	MEDICAL	WATER	GATORADE	ENERGY GEL	TOILETS
Aid Station 1	3.1	✚	💧	G		Y
Aid Station 2	4.7	✚	💧	G		Y
Aid Station 3	6.9	✚	💧	G		Y
Aid Station 4	8.8	✚	💧	G	N	Y
Aid Station 5	10.7	✚	💧	G		Y
Aid Station 6	12.1	✚	💧	G		Y

COURSE TIME LIMITS + FINAL FINISHER SCHEDULE: For the safety of all participants and the community, our City permits require a 4-hour time limit, measured from 9:05 am or prior if the last runner starts before 9:05 am.

FINAL FINISHER PACER: This specialized pacer will help you get to the finish line prior to the Course Time Limit by following the Final Finisher Schedule and starting in the last corral.

They will be wearing a pink shirt that says "Final Finisher Pacer" and will be holding pacer sticks that say "Final Finisher Pacer." Athletes can meet the Final Finisher Pacer in the start chute. These pacers will be following the Final Finisher Schedule, so staying in front of them will make sure that you are on pace to finish.

PACING RECOMMENDATION: If you are concerned about meeting the time limits, we strongly recommend starting with the 2:20 pace group rather than at the back of the pack to give yourself additional time to stay on schedule.

FINISH LINE AND ATHLETE VILLAGE: The finish line results will close at 1:05:59 PM and Athlete Village services close at 1:35PM.

Race officials may adjust time limits as needed for participant flow and overall safety.

For complete Course Time Limit Information and Final Finisher Schedule, please visit: https://www.goodlifehalfsy.com/the-course/

COURSE SIGNAGE:



Gel Station



Gatorade Station



Directionals



Mile Markers



Water Stations

RUNNER SAFETY

MEDICAL STATIONS & COURSE MEDICAL RESOURCES

*Course Medical Bikes will be roaming in approximately 2 miles zones throughout the entire course.
*If you are having medical issues stop and ask a volunteer for assistance.
*Stationary first responders and/or SAG vehicles will be located at each water station.
*A medical area will be located just past the finish line at Canopy and Q Street.

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 nearestl 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.

DANGEROUS CONDITIONS & EVENT ALERT SYSTEM

In the event of dangerous conditions that may cause an event alteration, delay or cancellation, participants will be notified of any event updates and given instructions via text, social media, and email channels as well as via in-person channels such as PA announcements, Event Alert System flags, or event staff or volunteers.
The Good Life Halfsy uses the Wet Bulb Globe Temperature (WBGT), a measurement of heat stress on the human body, to help educate runners, improve event preparedness and also to make informed event safety decisions. Below is the scale adopted by The Good Life Halfsy.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS	WBGT TEMP
 **LOW**	GOOD CONDITIONS NOTE: THIS FLAG WILL NOT BE DISPLAYED	ENJOY THE EVENT/ BE ALERT	**<65F**
 **MODERATE**	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS	**65.1-81F**
 **HIGH**	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE/ FOLLOW EVENT OFFICIAL INSTRUCTION/ CONSIDER STOPPING	**81.1-86.1F**
 **EXTREME**	EVENT CANCELLED/ EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED/ FOLLOW EVENT OFFICIAL INSTRUCTION	**>86.1F**

PAST CHAMPIONS

OPEN

Year	Men's Winner	Time	Women's Winner	Time
2025	John Cleary	1:07:58	Rita Moore	1:16:37
2024	Adam Moore	1:03:53*	Pasca Cheruiyot	1:15:14
2023	Derek Alcorn	1:06:47	Katie Spencer	1:14:40*
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
2025	Craig Halverson	1:12:59	Kayte Partch	1:23:04
2024	Jesse Davis	1:05:43	Kayte Partch	1:21:27
2023	Tim Meyer	1:13:07	Kayte Partch	1:20:50
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



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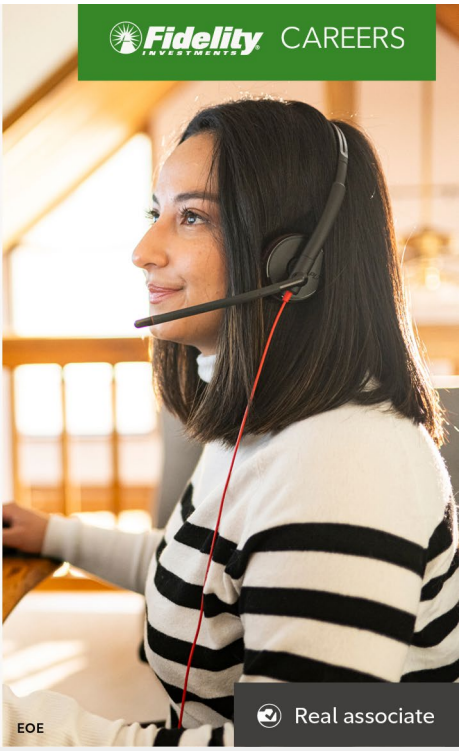
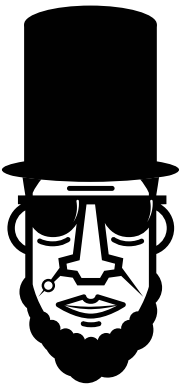




FRIENDS & FAMILY MEETING AREA
See finish line map for Family Meeting Location. Be sure to let friends and family know your race bib # and choose a specific landmark or location to meet following the race. Pro tip: Have your friends or family bring any needed dry clothes, ID, phone or desired post-race 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 and information tent, just outside the exit of the finish line race recovery chute. After the race, make inquires at ask@pinkgorillaevents.com.



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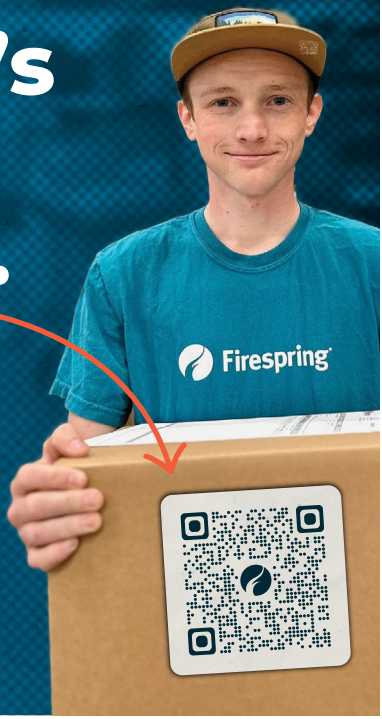



DIVISIONS AND AWARDS

The award ceremonies will take place after the race in the Railyard at 350 Canopy Street at 10:30 am for Open and Masters Divisions and 11:00 am for Age and Wheelchair Divisions. Join us!

OPEN DIVISION | TOP 5 FINISHERS MALE & FEMALE | 1ST PLACE NON-BINARY
1st Place, 2nd Place, 3rd Place, 4th Place, 5th Place

MASTER'S DIVISION | TOP 2 FINISHERS MALE & FEMALE | 1ST PLACE NON-BINARY
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.



DRIVE THE GOOD LIFE

TO THE ROAD AHEAD AND EVERY GOOD LIFE HALFSY RUNNER ON IT – YOU'VE GOT THIS.

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THE GOOD LIFE HALFSY





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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 ensure proper arrival and parking. Enjoy!

Go to goodlifehalfsy.com/results for live tracking options.

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: 11:40 am

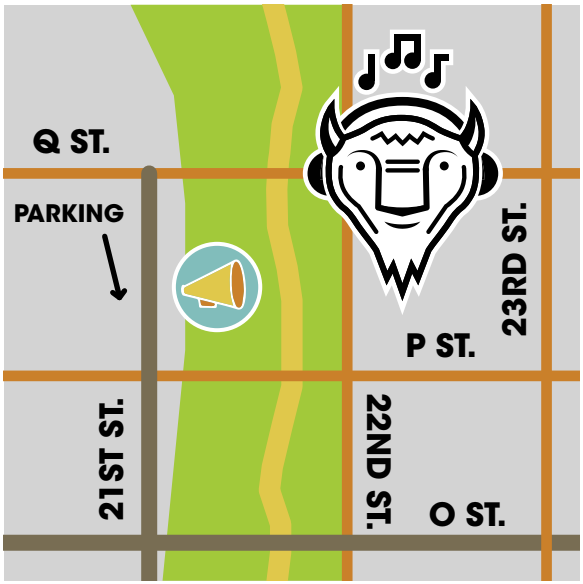
This Cheer Station is a bit tricky to get to, but we promise it will be worth it! Arriving on 33rd Street from the north, turn right onto Mohawk Street. Park in the neighborhood in on-street parking and walk into Neighbor's Park. Snag a thunderstick and make some noise!

If you are arriving from south of Normal Blvd, please go-to Cheer Station #2 BISON at Union Plaza.



CHEER STATIONS

#2 BISON



Union Plaza

Course mile 9.1
First runner: 9:15 am
Last runner: 12:13 pm

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 at the QR Code above to pinpoint all the course Cheer Stations and entertainment!





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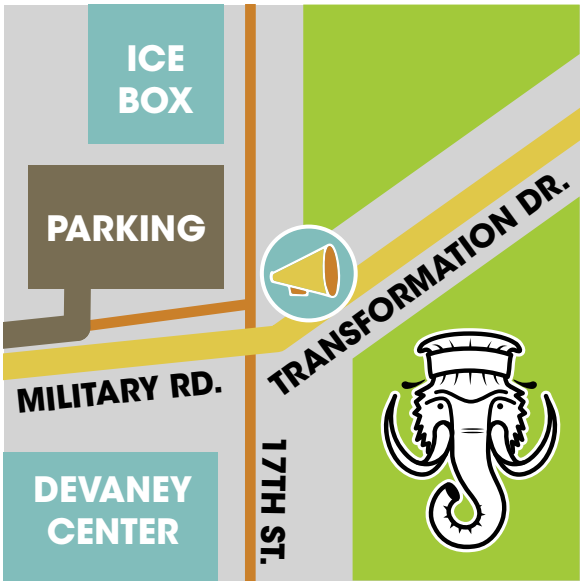
MORE CHEER STATIONS

#3 Archie Mammoth

Innovation Campus
Course mile 10.8
First runner: 9:25 am
Last runner: 12:45 pm

This is one awesome Cheer Station that you wont 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: 1:15 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 2026 CAPITAL CITY CHALLENGE MEDAL!

THESE RUNNERS RAN BOTH THE LINCOLN MARATHON OR HALF MARATHON AND THE GOOD LIFE HALFSY IN 2026.

EARN YOURS IN 2027.



FIRST UP FOR 2027 IS THE LINCOLN MARATHON AND HALF-MARATHON ON MAY 2, 2027. REGISTRATION OPENS **SIGN UP SATURDAY** ON DECEMBER 5TH.

THEN, WE'LL SEE YOU AT THE 2027 HALFSY TO HANG THE 2027 CAPITAL CITY CHALLENGE MEDAL AROUND YOUR NECK!

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2027 RACE CALENDAR

MARCH 6
LEPRECHAUN CHASE 10K
ASHLAND, NE LC10K.COM REGISTRATION OPENS 12/4/26

APRIL 3
EARLY BIRD 10 MILE
OMAHA, NE EARLYBIRDRUN.COM REGISTRATION OPENS 12/30/26

MAY 8
MARKET TO MARKET RELAY IOWA
IOWA M2MRELAY.COM REGISTRATION OPEN NOW!

JUNE 12
CORNFIELD CORNFIELD 10K
PAPILLION, NE CORNFIELDCORNFIELD.COM REGISTRATION OPENS 3/5/27

SEPT 10
HARVEST MOON HUSTLE 10K
ELMWOOD, NE HARVESTMOONHUSTLE.COM DRAWING OPENS 6/11/27

***FALL 2027**
MARKET TO MARKET RELAY NEBRASKA
NEBRASKA M2MRELAY.COM REGISTRATION OPEN NOW UNTIL 2/19/27

***FALL 2027**
GOOD LIFE HALFSY
LINCOLN, NE GOODLIFEHALFSY.COM REGISTRATION OPENS 4/2/27

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

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