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WELCOME RUNNERS

At this point you've probably already made the wise decision to get registered. Now, you are likely just trying to avoid doing something silly like showing up at the wrong place or forgetting to wear green - or both!

We're just like you, so that's why we made this guide. Be sure to like our LC10K Facebook event page for the latest breaking news and please read this entire document.

Thanks for running with us!

Ben Cohoon, Jason Bakewell, and Zach Harsin
Pink Gorilla Events Race Directors



- RUN BY -
**PINK GORILLA
EVENTS**

BRIN
RUNNING SERIES
Powered by **MADONNA**

PACKET PICKUP

ADVANCED PACKET PICKUP

LINCOLN

- Thursday March 2nd, 2017
- 11:30am to 6:00pm
- Madonna Proactive
7111 Stephanie Ln
Lincoln, NE 68516

OMAHA

- Friday March 3rd, 2017
- 5:00pm to 8:00pm
- Nebraska Orthopaedic
Hospital
(2808 South 143rd Plaza,
Omaha, NE 68144)

RACE DAY PACKET PICKUP

Packet Pick-Up will be available on race day, but we **STRONGLY** encourage you to pick it up in advance. After all, why stand in line when you could be showing off your finest Irish jig?

THE PACKET: RACE ENVELOPE & PARTICIPANT SHIRT

At Packet Pickup, you will receive a race envelope packet that contains your race bib (which also doubles as your timing chip) and safety pins. You will also receive your official participant shirt.

NO CONFIRMATION OR ID REQUIRED

We currently do not require photo ID or official confirmation to pickup your packet for this event as long as this privilege is not abused. Simply know your bib# that was sent to you in a pre-race email or you can look up your bib# when you arrive at packet pickup.

BRIN SWAG PICKUP | AVAILABLE AT ALL PACKET PICKUPS

Runners that signed up for the BRIN BLACKOUT Series and did not pickup their SWAG package at the party in January can pick up the BRIN BLACKOUT SWAG at any of the advanced or race day packet pickups.

PACKET PICKUP (CONT'D)

CAN A FRIEND PICK UP MY PACKET FOR ME?

Yes! We currently allow you to pick up packets for as many friends as you'd like at advanced packet pickup with a simple stroke of the pen (signature). Please just know their bib #. If this privilege is abused, we will be forced to ask for photo ID and proxy forms. Please don't abuse this and 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.

SHIRT EXCHANGE

If you would like to exchange your participant shirt for a different size, this can be done on race day only after the race. There will be a designated shirt exchange area at packet pickup after the race. Make sure your shirt fits prior to leaving on race day. Race shirts will not be mailed after race weekend.



LinPepCo
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Leprechaun Chase 10K Nebraska.

THE COURSE



RACE DAY SCHEDULE

RACE START

Strategic Air Command & Aerospace Museum (SAC)
28210 W Park Hwy
Ashland, Nebraska 68003

2:00 pm to 3:45	Packet Pickup & Gear Check
4:00 pm	Lasses Start
4:05:30 pm	Lads Start

RACE FINISH

Strategic Air Command & Aerospace Museum (SAC)
28210 W Park Hwy
Ashland, Nebraska 68003

4:30 pm to 6:30 pm	Athlete Recovery
4:30 pm to 7:00 pm	Bud Light Green Beer After Party
5:30 pm	Awards Ceremony & Contests

ARRIVAL

Arrive early on race day. Know your designated parking area and allow plenty of time to park the car, stretch, laugh and make that final trip to the lads or lasses room! Add another hour if you did not pick up your race packet in advance.

PARKING

Due to limited parking, you'll be assigned a parking area via email prior to the race at either Mahoney State Park or the SAC Museum. Your parking assignment depends on how soon you registered. Please consider carpooling and make sure you arrive early. It will take at least 45 minutes to park and get to the starting line—even if you have your race packet.

BRIN
RUNNING SERIES

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<http://proactive.madonna.org/proactive>

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THERAPYPLUS
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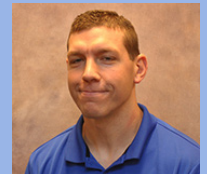
<http://therapyplus.madonna.org/therapyplus>

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RunWell

Call Doug Tvrdy, PT, DPT for info:
402.420.0004, dtvrdy@madonna.org

RACE DAY SCHEDULE

LATE ARRIVALS

If you show up after 3:55 PM, you may not be allowed to park in the either parking area due to the fact that the race course begins in this area.

EARLY DEPARTURES

If you need to leave immediately after the race you will need to park in the east parking lot of SAC or in the Mahoney State Park lot. The west SAC lot will not have access until after the race at 5:15 PM.

GEAR CHECK

Sure, we can hold your gear while you race, but it will be safer and less of a hassle for you to leave as many personal items as you can in your vehicle. Any personal items need to be clearly labeled with your bib # and last name. White bags and black markers are provided. Turn items into the designated Gear Check area and allow extra time before the start of the race if you plan to use this service. You won't want to miss the start. Gear will be available again after you cross the finish line wearing your silly grin.

LINING UP

The start and finish line are located inside the Durham Restoration Hanger of the SAC Museum. Just enter through the main entrance and you can't miss it. (There will be thousands of other folks wearing green and silly hats that are also looking for the start line). We will begin lining up at about 3:45pm. Lassies to the right, Lads to the left (keep your hands to yourselves). Yep, we'll have pace signs to help you find the right spot. We'll play the national anthem, open the hanger doors and kick this puppy off at 4:00pm sharp. Lads will twiddle their thumbs for another 5 1/2 minutes before being released from the gates.



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RACE DAY SCHEDULE

FREE INJURY SCREENINGS

Our good friends at Nebraska Orthopaedic Hospital will have their crew performing FREE injury screenings from 2pm to 3:30pm. Be sure to arrive early.

DYNAMIC PRE-RACE WARM-UP AND STRETCHING

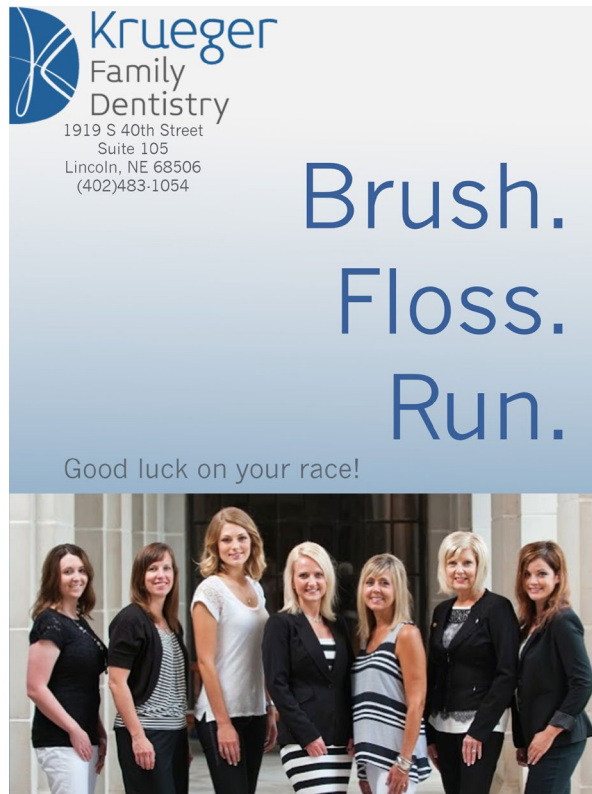
Get warmed up and stretched out with our friends at Madonna Proactive before you head out to try and win a free beer for your gender! Available 2pm to 3:30pm. Arrive early.

FREE PHOTO BOOTH

Arrive early on race day and get your photo taken in our free photo booth.

SPECTATORS

Spectators are encouraged to attend. However, [please refer to this Spectator Guide Map for the best results](#). Friends and family may enter the museum prior to 4:30pm at discount rates. After 4:30pm museum entry is free for all.



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Brush.
Floss.
Run.

Good luck on your race!



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It's worth it.

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RUNNER SAFETY

COURSE MEDICAL RESOURCES

Medical resources are available at the start and finish line as well as on the course and are staffed by paramedics from Midwest Medical Transport Company who can offer assistance as needed. If you need assistance, please notify the nearest medical personnel or event volunteer. 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, 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. If you are feeling ill on race morning, consider not starting the race. There's always next year and your health is more important.

RACE DAY WEATHER CANCELLATION POLICY

We want the Leprechaun Chase 10K to happen just as much as you! We'll do everything in our power to have things go off as scheduled. That being said, excessive rain, snow or other hazardous weather might cause us to modify or cancel the event. Cancellation is not likely, so plan on wearing green and running!

LOST & FOUND

Lost & Found on race day will be located inside the Pink Gorilla Events headquarters tent inside the Restoration Hanger. After the race, make inquiries at [Facebook.com/lc10k](https://www.facebook.com/lc10k)



The Team Behind the Team

When it comes to getting YOU back to YOUR game, choose the team behind the team. Nebraska Orthopaedic Hospital is the official orthopaedic and sports medicine provider to many of Omaha's premier athletic programs and events, including the Market to Market Relay and Leprechaun Chase.

If you want to perform your best, choose the best - Nebraska Orthopaedic Hospital.

For more information, visit www.TeamNOH.com



144th and West Center Road | (402) 609-1600



Specializing in You



GREEN BEER AFTER PARTY

LET'S PARTY

After the chase, it's time for cheers. You'll find the Bud Light Green Beer After Party just steps from the finish line. Grab some grub and toast to your success while we hand out awards for overall winners, age group winners and the best dressed lads and lasses. The Bud Light Green Beer After Party takes place indoors inside a huge airplane hangar at the Strategic Air Command & Aerospace Museum. Cool!

You must bring your ID and be of age to consume adult beverages

BEER

- \$4 Green Michelob Ultra
- \$4 Bud Light

FOOD

- SAC Lunch Concessions



www.nebikewalksummit.org

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AWARDS & RESULTS

WHO'S FEELING LUCKY?

Stay for the Bud Light Green Beer After Party to see who walks away with a piece o' gold. Practice your celebration jig in case you win one of these fine awards:

- **Overall Winner:**
\$100 Cash Bonus
- **Top 3 Lads & Top 3 Lasses:**
\$100, \$75, \$50 Gift Certificates & Leprechaun Chase 10K Pint Glass
- **Top Masters Lad and Lass Award (40+):**
\$50 Gift Certificate & Leprechaun Chase 10K Pint Glass
- **Awards to the Top 3 in each Age Group (Lads and Lasses):**
Gift Certificates & Leprechaun Chase 10K Pint Glasses
19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & Up
- **Best Dressed Awards:**
Top 3 best dressed lads and lasses will win a \$25, \$15 or \$10 Gift Certificate & a Leprechaun Chase 10K Pint Glass



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2017 MEDAL

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RACE DAY REGISTER
OCTOBER 29, 2017 **APRIL 7, 2017**

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LIVE MOBILE RESULTS

Mobile results will be made immediately at lc10k.com/results/

1 in 3 people will need blood in their lifetime

Runners help runners. That's just part of the game. You'll often see an athlete stop to help another when the race gets hard and they are ready to give up.

Tragedy strikes many, including the people you pass by on the track or the family around your table. Blood recipients can be found in the cancer ward, the NICU and the emergency room. The need for blood is constant. The supply is not.

When you donate blood, you ensure there is a stable supply for the people on your team and your community. Visit NCBB.ORG or call 1-877-486-9414 to learn more.

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