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20  21

RACE GUIDE

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WELCOME RUNNERS

Welcome to the 2021 Leprechaun Chase!

We know many of you have done some in-person races already during the pandemic and for others this will be your first race back. Either way, we can't wait to see you on race day.

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



RUN SAFE COMMITMENT

As we return to in-person running events, Pink Gorilla Events promises to follow social distancing best practices to ensure everyone involved is as safe as possible. We will work closely with our local health department to follow all directed health measures at the time of the event.

1. EVENT ADJUSTMENTS

- We've created a new course for the race to accommodate social distancing.
- The start line location will be different from the finish line.
- Waves will be implemented with multiple start times to reduce the number of athletes at the event site and on the course at any given time.
- Athletes will 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 will be given a recommended arrival time.
- Spectators will not be allowed or highly discouraged, unless accompanying a participating minor, or dropping off or picking up a participant.
- After-Party activities including the award ceremony will not be held after the race to avoid gathering.
- Athletes will 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 athletes will have the option to run virtually if they choose.

2. 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.

3. 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, canned 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.

4. PERSONAL PROTECTIVE EQUIPMENT

- All staff and volunteers will wear a face covering at all times.
- Athletes are required to wear a face covering when not racing.
- Athletes are not required to wear face coverings while running on the course, but should carry their mask with them so they have it when done running.
- Face masks will be available on site for athletes that do not have one.
- Transparent plastic barriers will create separation at essential interaction points such as packet pickup.

ATHLETE RESPONSIBILITIES

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 canned water 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.

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.

NOTE

The information in this document is subject to change at Pink Gorilla Events' discretion as best practices and local regulations continue to evolve.

RUN SAFE COMMITMENT & ATHLETE RESPONSIBILITIES.



Pink Gorilla Events has always taken pride in putting on safe, high quality and fun events. During the COVID-19 era, we will be utilizing our Run Safe Commitment and Athlete Responsibilities to communicate to participants on how to prepare for race day and what to expect when you arrive. Please understand that circumstances are dynamic and constantly changing. We will continue to adjust and communicate changes as soon as possible to ensure a safe and healthy race experience. Thank you!

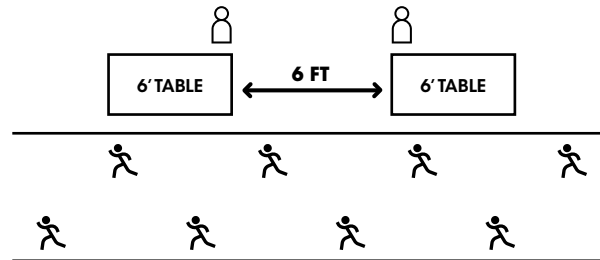
START LINE AREA

- Start corrals or waves will be assigned to ensure social distance
- Know your start corral or wave and arrival time
- Do not come to the start line area before your time



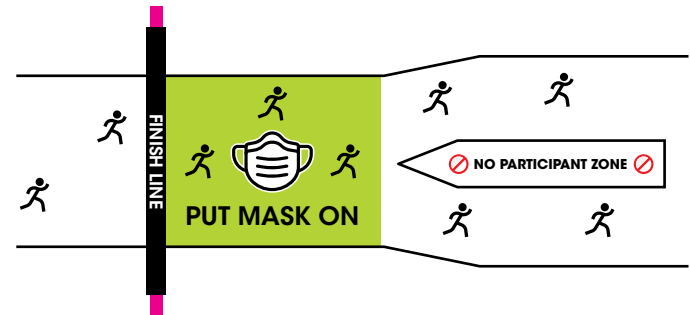
AID STATION

- Tables will be spread apart
- Aid stations will be staffed and wearing masks
- Cups or cans will be placed on tables to grab



FINISH LINE AREA

- Masks must be put on after finishing
- Spectators are not allowed
- Maintain social distancing
- Exit the finish and recovery area quickly
- Bottled water and packaged recovery items provided as participants exit the recovery area



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 and starting time. Know when to arrive.
- Read and understand the Athlete Responsibilities.



**Self Screen. Feel Sick?
Stay Home!**



**Maintain 6 Feet
Distance**



**Masks Required
When Not Racing**



**Carry Water, Carry
Nutrition**



Wash Hands



Avoid Touching

PACKET PICKUP

ADVANCED PACKET PICKUP

LINCOLN

- Tuesday, March 2nd
 - 4 pm to 8 pm
- Pink Gorilla Events
[3121 S. 6th St, Suite C](#)
[Lincoln, NE 68502](#)

OMAHA

- Thursday, March 4th
 - 4 pm to 8 pm
- Blue Cross and Blue
Shield of Nebraska
[1919 Aksarben Drive,](#)
[Omaha, NE 68180](#)

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 Bundle can pick up their SWAG package at any of the packet pickup dates or times listed above.

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. 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.

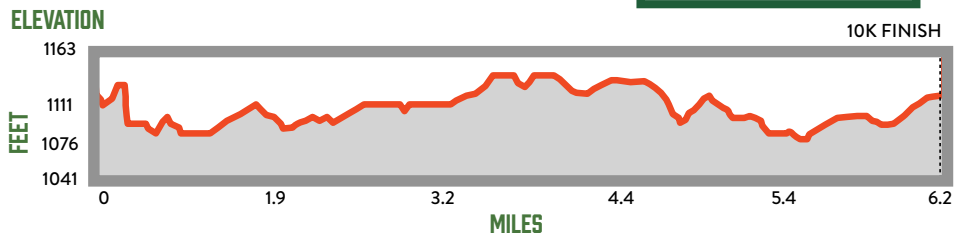
SHIRT EXCHANGE

There will be a limited number of participant shirts and SWAG items for exchange on race day only. Supply is limited and changes as runners exchange one size for another. You may only exchange like items.

After event day, participant shirts can be exchanged upon request, but participants must cover the cost of shipping.



THE COURSE



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RACE DAY SCHEDULE

RACE START - MARCH 6, 2021

SumTur Amphitheater
[11691 S. 108th St](#)
[Papillion, NE 68046](#)

7:00 AM	Parking Opens at Papillion La Vista Foundation Field at Papio South HS (Map)
7:00 AM	Race Day Packet PickUp & Bag Drop Open
8:00 AM	Wave A Start (Lads start at 8:05:30 AM)
8:10 AM	Wave B Starts
8:20 AM	Wave C Starts
8:30 AM	Wave D Starts
8:40 AM	Wave E Starts
8:50 AM	Wave F Starts
8:30-11:00 AM	Race Recovery Open

WAVE START

For 2021, we will be implementing a wave start. Each runner will be assigned a wave in their pre-race email that can also be found via bib-lookup. Runners may not move up a wave under any circumstance, however, a runner may move back a wave if they would like to run with another participant.

ARRIVAL TIME

Please arrive 30 minutes prior to the start of your wave. Add an additional 15 minutes if you still need to pickup your packet.

PARKING

Papio South High School
[10799 NE-370](#)
[Papillion, NE 68046](#)

Parking will be available at Papio South High School around the football stadium and other designated areas. Follow volunteers instructions. In the off chance that the Papio South lot fills to capacity, overflow is available in adjacent neighborhoods that allow on street parking.



MAPS



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START

LINING UP/WAVE START

For 2021, we will be implementing a socially distant and masked wave start.

1. Masks are required at all times until you cross the start arch.
2. Know your assigned start wave. It is written on your race bib.
3. Make sure you have your race bib and it is clearly visible.
4. Waves will start based upon wave schedule. Wait until your start wave sign is posted to begin lining up in the chute. If your sign is not posted please remain socially distant from other runners and avoid crowding.
5. When in the start chute you will find a individually marked spot.
6. Carry your own water bottle if possible. We will have canned water on course at two locations.
7. Consider carrying you own individual-sized hand sanitizer.
8. You may move back a wave to run with another participant if needed. You may not move up a wave under any circumstance.

THE CHASE

The tradition of chase will continue with the lasses having a 5 1/2 minute head start over the Lads in the first wave. As always the course will feature a "Chaser Lane" to reduce congestion at the beginning of the race. On a final note, when lining up there will be separate chutes with the Lads left and Lasses to the right.

GEAR CHECK

Gear check will be available in the start/finish area. See map for approximate location.

SPECTATORS

For runner safety, please no spectators this year unless the spectator is accompanying a participating minor. Friends or family may drop you off or pick you up, but spectating is not allowed.



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RUNNER SAFETY

COURSE MEDICAL RESOURCES

Medical resources are available at the start and finish line and can offer assistance as needed. If you need assistance, please notify the nearest medical personnel or event volunteer. There are water stations located on the course to keep you hydrated. However, it is best to be self-sufficient so please carry your own water bottle or hydration vest on course.

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, stay home. There's always next year and your health is more important. Please note, our race staff and volunteers are not allowed to transport runners in their personal vehicles. Unless you have a true medical emergency, you may be asked to call for a ride.

RACE DAY WEATHER CANCELLATION POLICY

We want the race 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 or other hazardous weather might cause us to modify or cancel the event. Any announcements regarding weather will be made on our Facebook page, and emailed/texted to you.

LOST & FOUND

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

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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](https://www.pinkgorillaevents.com/runclub)

FINISH AND POST RACE

RACE RECOVERY

After the chase, you will have short mask free zone into SumTur Amphitheater. During race recovery you will get your hard earned rewards and required to wear a mask.



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NEW

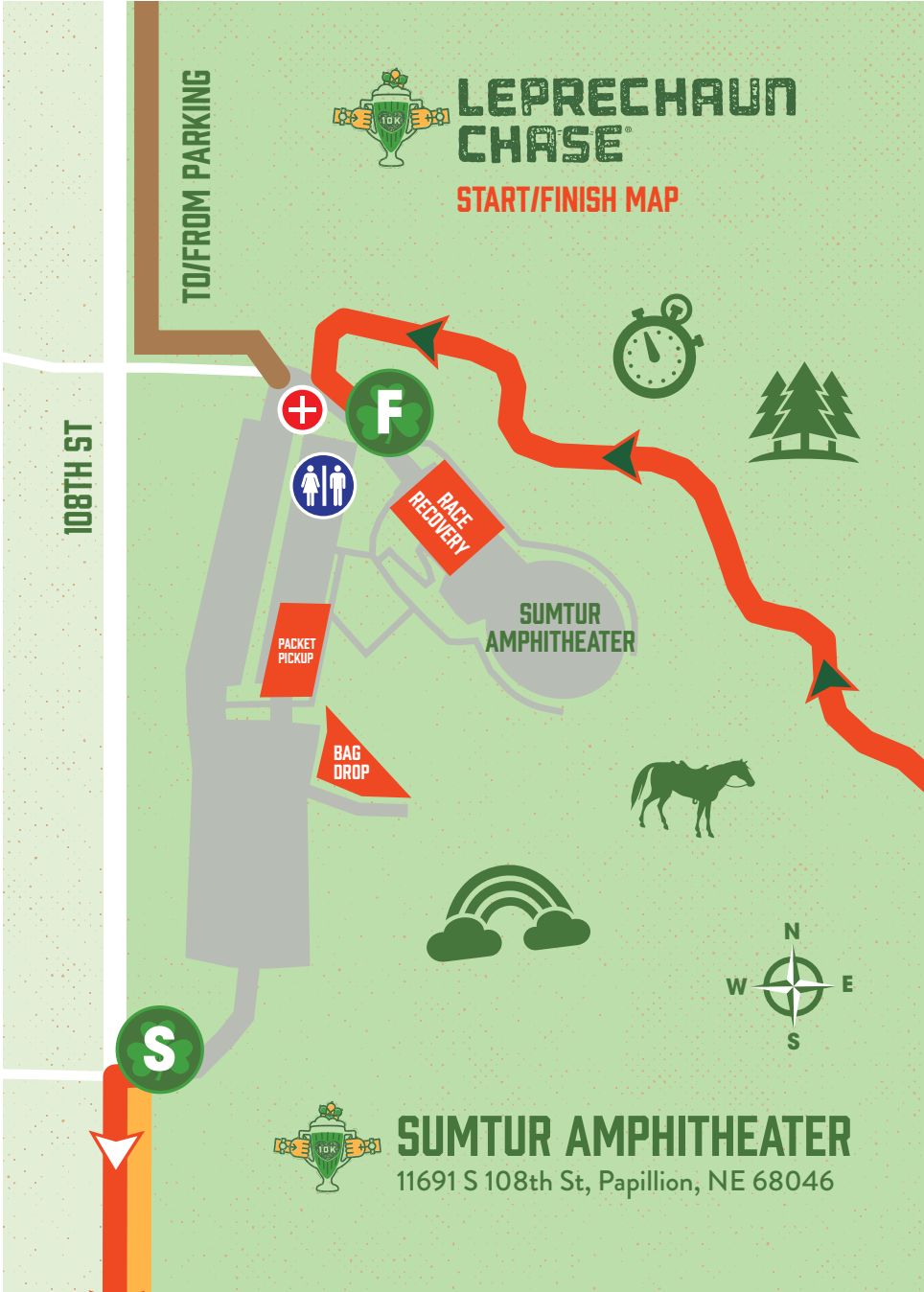


0 SUGAR | 80 CALS | 0 CARBS

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AS REAL AS IT TASTES



AWARDS & RESULTS

AWARDS

For safety, there will be no award ceremony for 2021. All award recipients will be mailed their awards. Congratulations!

- Top 3 Lads & Top 3 Lasses
- Top Masters Lad and Lass Award (40+)
- Awards to the Top 3 in each Age Group (Lads and Lasses):
19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & Up
- Best Dressed Award (Social Media Contest)

LIVE MOBILE RESULTS

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



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