



September 26, 2021 is almost here! Your training is behind you and you're getting excited to be participating in the 7th annual Heartland Marathon, Marathon Relay, Half Marathon or 10K. In an effort to relieve some of the anxiety about the logistics of all that *stuff* that happens before, during and after the event, we've put together this *I'm-glad-they-sent-me-this* Newsletter. Please give it a read or two, and you'll be ready to rock and roll when you get here.

Let's start with the schedule of events. This is an overview of everything going on for the entire weekend. Visit the Google Play or Apple store and search for the official [Precision Race Results app](#). Once downloaded, search for the Heartland Marathon event to access event logistics, relay information, live tracking and more. We also have a very informative FAQ page on our website <http://www.heartlandmarathon.org>

PACKET PICKUP (SATURDAY):

- **Location:**

Courtyard Omaha Downtown/Old Market
101 South 10th Street
Omaha, NE 68102

41.259268,-95.928431

- **Hours:**

Saturday, September 25 from **10 AM – 6 PM**. You may have someone else pick up your packet for you. Individuals picking up will be asked to sign a form.

- **Procedures to pick up your packet:**

1. Your bib number along with instructions of how to wear your bib will come in an email from our timing company. The email address is alanhigley@hotmail.com. Please watch for it as it will contain further race information. If you don't have your bib number at packet pickup, we will have a place for you to look it up. You do not need to know it beforehand.
2. Proceed to the pickup line for your event.
3. Tell our volunteer your bib number and he/she will give you your bib and shirt. You will be given the size that you put on your registration form. **NO EXCHANGES...sorry.**
4. Changes or corrections in your registration may be made at packet pickup.

PARKING INSTRUCTIONS (SUNDAY):

Please allow yourself enough time race morning to park. Access to parking and the race course is from Abbott Drive, as Riverfront Drive is closed from the south. Please watch for signs.

- **You can park in designated lots at:**

1. Dam Grill & Bar (River City Star), 151 Freedom Park Road, Omaha, NE (Host of the After Party)
2. Gallup Riverfront Campus, 1001 Gallup Drive, Omaha, NE

RUNNERS RACE DAY (SUNDAY):

- **NO RACE DAY PACKET PICKUP!**

- **NO GEAR CHECK!**

Gear check is not being provided this year in an effort to minimize physical contact between individuals.
(Parking is very close to the start line)

- **Aid stations:**

Aid stations will be located on all courses approximately every 2.0-3.0 miles. All aid stations will have both GATORADE AND WATER.

Gatorade will be supplied in 12 oz. bottles or 6 oz. cups and water on the course will be supplied in 8 oz. bottles or 6 oz. cups. GU will be available for the Marathoners at Aid Station C-2 at approximately Mile 18.5.

12 oz. bottles of Gatorade and 16 oz. bottles of water will be available at the Finish, along with hot dogs, fruit and snacks.

- **Pacers:**

Pacers for both half and full marathons.

Half – 1:30; 1:45; 2:00; 2:15; 2:30; 2:45; 3:00; 3:15

Full – 3:45; 3:30; 3:45; 4:00; 4:15; 4:30; 4:45; 5:00; 5:15

Please note that the above pacers have presently volunteered to participate in the indicated events, but due to circumstances beyond our control, one or more pacers may not be present, and we may not be aware of that situation as late as race day.

- **Race start:**

- 7:00 am – Marathon & Marathon Relay
- 7:15 am – Half-Marathon
- 7:30 am – 10k
- 1:00 pm – Course Closes
- 9:00 am to 2:00 pm – After Party at Dam Grill & Bar

- **COVID-19 Precautions**

We are implementing the following precautions against the spread of COVID-19:

1. Hand sanitizer stations will be available through the Start and Finish area and aid stations.
2. We are using electronic timing, which allows runners to space themselves at the start of the races.
3. Face masks are recommended for participants as they form up in the Start area. Trash receptacles will be provided adjacent to the chutes near the Start Line to allow for disposal of masks.
4. We are staggering race start times to allow time for runners of each race to start.
5. Participants, family, guests, and volunteers who have a current positive COVID-19 diagnosis, or are experiencing COVID-19 symptoms, or who have had a known exposure to someone with COVID-19 shall not attend the event.

- **Relay Team Instructions and Driving Directions:**

The Relay Exchange stations may become congested with team vehicles and spectator vehicles both converging on these locations.

Start (Distance of 1st leg – runner 1 will run approximately 5.5 miles):

Located at Miller's Landing on the south/east side of Gallup Drive. Cheer your first teammate off and head to the first exchange point! Parking is available in designated relay spots at the Gallup Riverfront campus at 1001 Gallup Drive, Omaha, NE.

Exchange #1 (Distance of 2nd leg – runner 2 will run approximately 5.9 miles)

Exchange is located approximately at Mile 5.5, just south of Richard Downing Ave at 24th Street in Council Bluffs, IA. Exchange Point 1 parking is available at 3271 Marketplace Dr, Council Bluffs, IA (west of JCPenney). Park and take the trail on 34th Ave to 24th Street. Runner 2 will run south on the 24th Street Trail on the east side of 24th Street towards Veterans Memorial Highway.

Exchange #2 (Distance of 3rd leg – runner 3 will run approximately 3.4 miles)

Exchange is located approximately at Mile 11.4, north of Harrah's Casino, and immediately north of the Dodge Riverside Golf Club in Council Bluffs, IA. Parking is available in the large parking lot north of Harrah's on the west side of the trail. Runner 3 will run north on the trail.

Exchange #3 (Distance of 4th leg – runner 4 will run approximately 5.9 miles)

Exchange is located approximately at Mile 14.8, (same location as Exchange Point 2) north of Harrah's Casino, and immediately north of the Dodge Riverside Golf Club in Council Bluffs, IA. Parking is available in the large parking lot north of Harrah's on the west side of the trail. Runner 4 will run south on the trail.

Exchange #4 (Distance of 5th leg – runner 5 will run approximately 5.5 miles)

Exchange is located approximately at Mile 20.7, (same location as Exchange Point 1) just south of Richard Downing Ave at 24th Street in Council Bluffs, IA. Exchange Point 4 parking is available at 3271 Marketplace Dr, Council Bluffs, IA (west of JCPenney). Park and take the trail on 34th Ave to 24th Street. Runner 5 will run north on the 24th Street Trail on the east side of 24th Street toward Richard Downing Ave.

Exchange #5 (OPTIONAL):

This will allow team members to finish as a team. The team member wearing bib XXX-5 MUST cross the finish line first, other runners shall remove their timing chip on their bib before crossing the finish line. Exchange point is located under the west side of the Bob Kerrey Pedestrian Bridge. Go meet your teammate by Omar the troll to finish the relay and celebrate your accomplishment!

SPECTATORS RACE DAY (SUNDAY):

All spectators should maintain social distancing and avoid physical contact with runners.

Follow all traffic laws. Do NOT stop in the middle of the road and impede traffic.

AWARDS AND RESULTS (SUNDAY):

Finisher medals will be provided in the Finish Area.

- 10K, 9:00 a.m.
- Half Marathon, 10:30 a.m.
- Marathon, Marathon Relay and U.S. Army MVP and Seven Core Values Volunteer Award, 12:00 p.m.

MEDICAL INSTRUCTIONS AND WARNINGS:

- **Runners' Responsibilities**

In registration and pre-race communications all runners are advised to prepare for the physical demands of their race with proper training.

Runners who have a current positive COVID-19 diagnosis, are experiencing COVID-19 symptoms, or who have had a known exposure to someone with COVID-19 shall not attend the Packet-pickup or Race Day events.

- **Finish Line Medical Tent**

The finish line medical tent is staffed and supplied to treat common marathon-related injuries and illnesses, and to begin stabilization procedures for severe problems. Any runner who requests assistance will be evaluated in the medical tent and treated based on our protocols for runner medical care. The medical team may authorize transportation to a nearby hospital in case of serious injury or illness.

No media, family or friends of ill or injured runners are allowed in the medical tent or area because of privacy, confidentiality, biohazard and crowding issues.

- **Impaired Runner Policy**

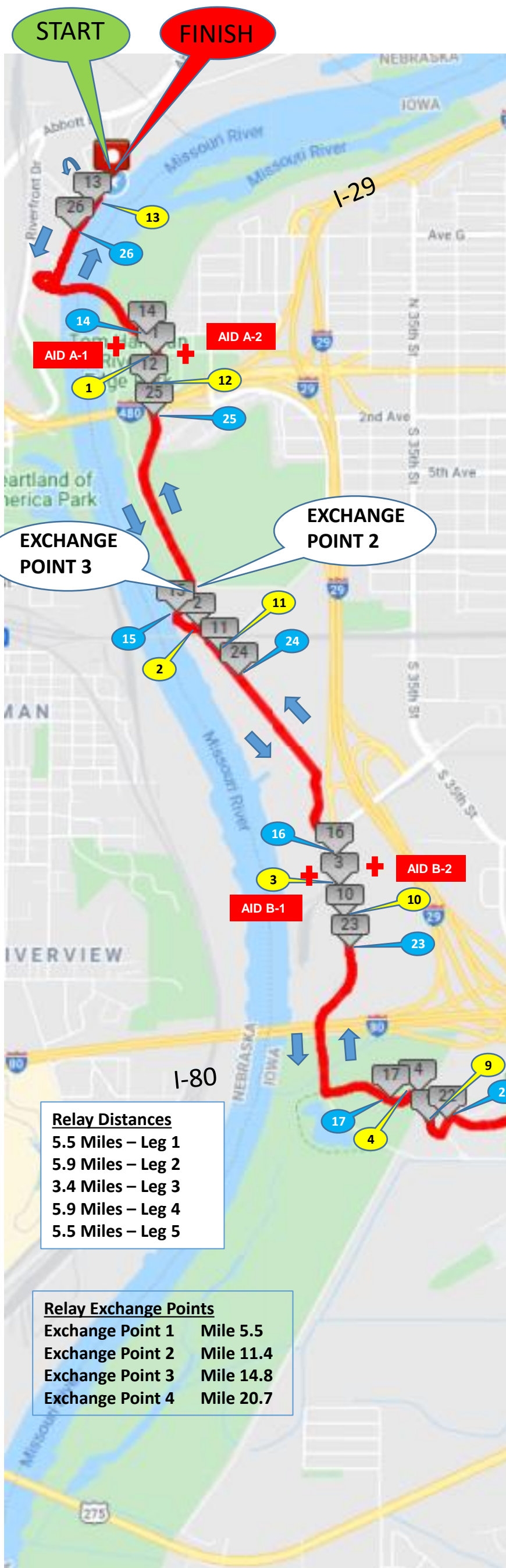
Medical personnel are authorized to remove from the race course any runner deemed medically impaired without an automatic disqualification. To be allowed to continue the race, a runner must:

1. Be able to proceed in a straight path toward the finish line.
2. Be able to explain who they are, where they are on the course, and what they are doing.
3. Look clinically fit to proceed with good skin color and body appearance.
4. Be able to maintain a reasonable running posture.



MARATHON COURSE MAP SEPTEMBER 26, 2021

The Heartland Marathon is a two-lap course that starts on the Riverfront Trail in Omaha, Nebraska at Miller's Landing and heads south. The route then crosses the Missouri River to Iowa via the Bob Kerrey Pedestrian Bridge and travels south along the Missouri River. Runners then head easterly to the Western Historic Trails Center and continue easterly past the Council Bluffs Recreation Complex. Runners then cross 24th Street at Richard Downing Ave and proceed southerly on the 24th Street trail to Veterans Memorial Highway and then continue east on the trail to Indian Creek at Indian Creek. Runners turn around and return back. Runners complete two laps for the marathon.



Relay Distances

- 5.5 Miles – Leg 1
- 5.9 Miles – Leg 2
- 3.4 Miles – Leg 3
- 5.9 Miles – Leg 4
- 5.5 Miles – Leg 5

Relay Exchange Points

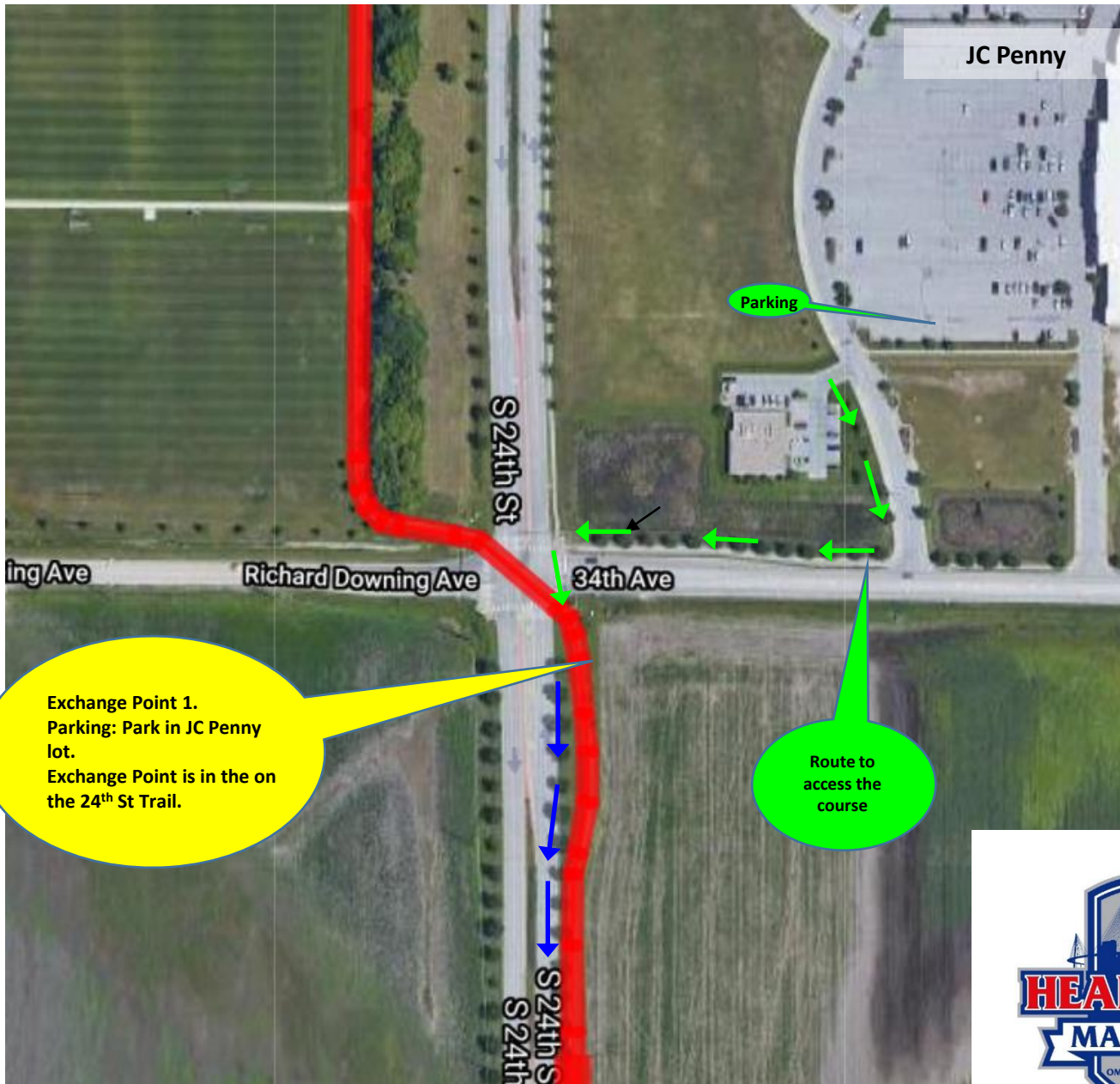
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|------------------|-----------|
| Exchange Point 1 | Mile 5.5 |
| Exchange Point 2 | Mile 11.4 |
| Exchange Point 3 | Mile 14.8 |
| Exchange Point 4 | Mile 20.7 |

- ### Legend
- LAP 1 Mile Marker
 - LAP 2 Mile Marker
 - Direction Arrow
 - Aid Station





START/ FINISH



Exchange Point 1.
Parking: Park in JC Penny lot.
Exchange Point is in the on the 24th St Trail.

Route to access the course



EXCHANGE POINT 1



EXCHANGE POINT 2

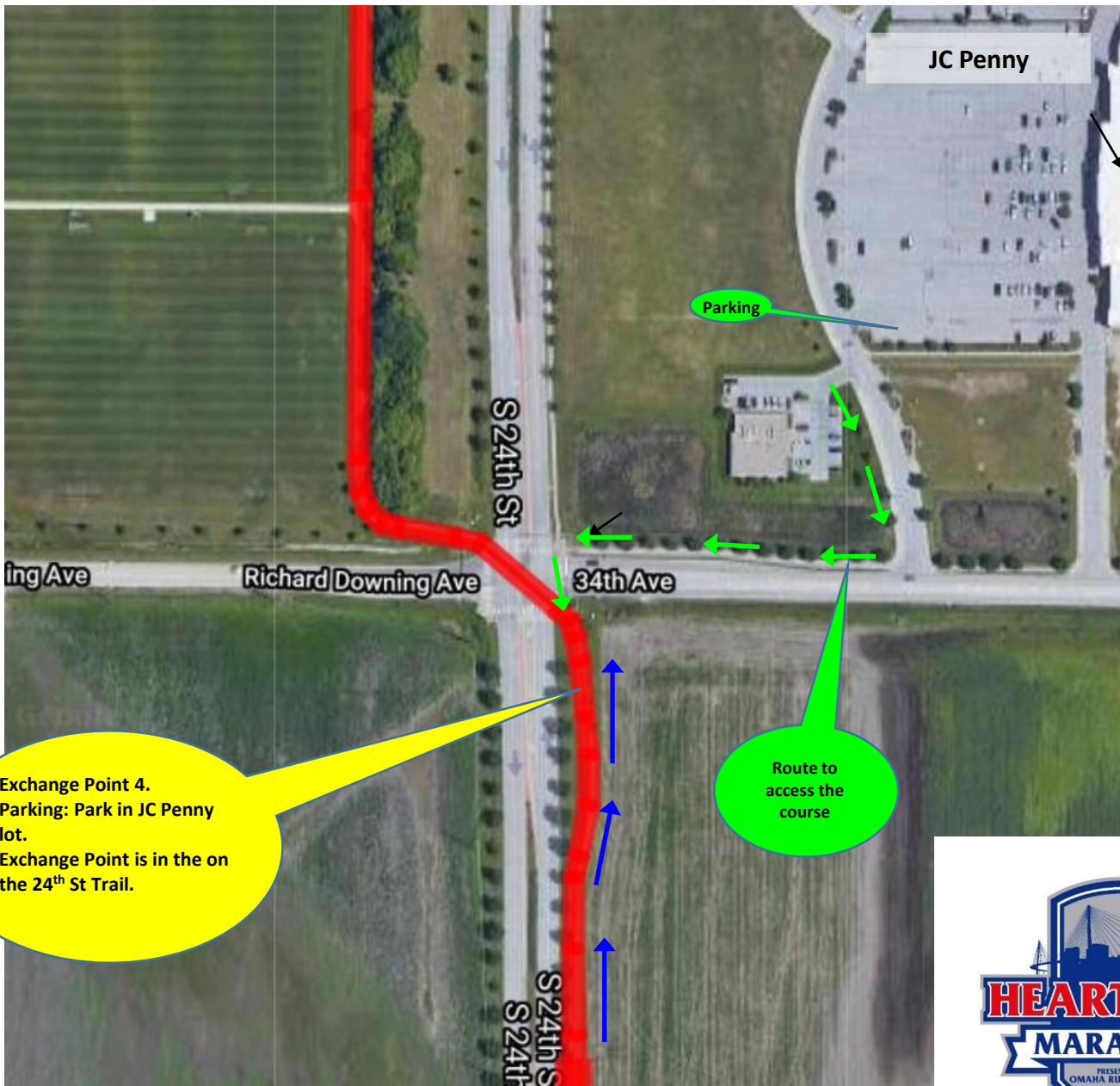


Exchange Point 3.
Parking: Park Harrah's parking lot. Walk up connector trail to race course.

Parking



EXCHANGE POINT 3



Exchange Point 4.
Parking: Park in JC Penny lot.
Exchange Point is in the on the 24th St Trail.

Route to access the course



EXCHANGE POINT 4