



September 24, 2023 is almost here! Your training is behind you and you're getting excited to be participating in the 9th 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 23 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. Please watch for signs. Parking is at 151 Freedom Park Road. The start address is Start Address is: Miller's Landing, 1155 Gallup Drive on the Omaha Riverfront.

RUNNERS RACE DAY (SUNDAY):

- **NO RACE DAY PACKET PICKUP!**

- **NO GEAR CHECK!**

Gear check is not provided, but Parking is 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 and water on the course will be supplied in 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 pizza, hot dogs, fruit, snacks, and cookies.

- **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 – 3:30; 3:45; 4:00; 4:15; 4:30; 4:45; 5:00; 5:15; 5:30

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

- **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 Miller's Landing, 151 Freedom Park Road on the Omaha Riverfront.

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. Relay bibs are XXX-A thru XXX-E. The team member wearing bib XXX-E 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):

Bring signs, noisemakers, and positive energy to cheer on the runners. Follow all traffic laws. Do NOT stop in the middle of the road and impede traffic.

The Finish Area is located in a park setting near Miller's Landing at 1155 Gallup Drive, next to the Missouri River. Spectators are welcome to bring lawn chairs and enjoy the park while they support the runners.

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, 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.

• **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.