

WELCOME!

The 12th Annual Market to Market Relay Nebraska presented by OrthoNebraska is right around the corner. Use this Race Brief for an at-a-glance overview of the most important information in preparing for race day. Of course, the Race Day Guide and Official Race Rules reign supreme, but this is a pretty good primer worth printing off and keeping as a reference.

ADVANCED PACKET PICKUP

Only Captains Need to Attend

Friday, October 4th

Lincoln | 4 PM - 8 PM
Jane Synder Trail Center
228 N 21st Street, Lincoln, NE 68508

Omaha | 10 AM - 6 PM
OrthoNebraska Hospital
2808 S 143rd Plaza, Omaha, NE 68144

RACE DAY

START LINE / STAGING AREA

Saturday, May 11th | 5 am to 9:30 am

Aksarben Village
6750 Mercy Rd, Omaha, NE 68106

Race Day packet pickup is located at the Start Line. Arrive 60 minutes prior to your start time if you have not picked up your Team Packet.

RACE GUIDE

You will receive printed Race Guides in your Team Packet at Packet Pickup. This booklet contains race rules, driving directions, full color maps, contest information, safety information, Post-Race Shindig details, relay tips and more. All runners and drivers should read the Race Guide before race day. [View the Race Guide here.](#)

TIME CARD & VOTING BALLOT

All teams must keep track of runner times on a Team Time Card. The Team Time Card must be turned into Pink Gorilla Events Headquarters at the Post-Race Shindig along with the Contest Voting Ballot. One per team only. Located on last page of Race Guide.

OFFICIAL RACE RULES

A complete copy of Rules & Safety Handbook is located at m2mrelay.com. All teams are to download and print at least one copy of the Rules & Safety Handbook for their team vehicle. [Download Race Rules here.](#)



TEAM VEHICLES

Team vehicles must be large enough to provide all passengers with access to a safety belt. Large vans, minivans, and SUVs are allowed. Buses of any kind (mini, shuttle, or any other type of bus), RVs, trailers, or limos are NOT allowed. Teams violating this rule will be immediately disqualified.

APPROVED



ILLEGAL



VEHICLE TAGS

Tape the two vehicle tags to your front and rear windows the night before the race if possible.



RUNNER ORDER & CHANGES

Team members will run in a fixed order. See the Running Matrix on the right for runner order.

What is a Fixed Order? For example, On a seven-person team, Runner 1 will complete Stages 1, 8 and 15; Runner 2 will complete stages 2, 9 and 16; and so on.

How do we turn in our Running Order? You don't. We allow for flexibility of your team's runner order. As long as you choose your running order and run in the fixed order, you are good to go. Your race bib last number is the runner number.

Can we add a runner or sub a runner? You bet! Just make a change on our official change form ([view here](#)). If you are downsizing your team, you do not have to complete the change form.

RUNNER BIBS

In your Team Packet you will find 8 race bibs. Give one to each runner. Your team number is the black number and the runner number is green. Your first runner wears the bib with the green 1, second runner the bib with the green 2, and so on. Wear bibs on the front of your shirt (or costume). If your team has a member who completed the Market to Market Relay Deuce (running both M2M Relay Iowa and M2M Nebraska in 2019), they will get a special sticker to add to their bib. Deuce runners should make sure this sticker is on their bib to ensure they get their Deuce medal upon finishing at the designated pickup area inside the Shindig. Want a Deuce medal for next year? Run the Market to Market Relay Iowa on May 9th, 2020! Registration opens October 14h, 2019.

RUNNING MATRIX

8 PERSON TEAM MATRIX

Runner	1st Leg	Miles/ Rating	2nd Leg	Miles/ Rating	3rd Leg	Miles/ Rating	Total Miles
1	Stage 1	3.5/E	Stage 9	3.6/M	Stage 17	3.0/E	10.1
2	Stage 2	5.1/E	Stage 10	3.8/M	Stage 18	4.1/E	13.3
3	Stage 3	3.4/EM	Stage 11	2.8/E	Team	0.3/E	6.2
4	Stage 4	4.8/H	Stage 12	4.2/M			9
5	Stage 5	3.5/H	Stage 13	4.1/M			7.6
6	Stage 6	5.6/H	Stage 14	3.3/E			8.9
7	Stage 7	2.7/E	Stage 15	4.0/E			6.7
8	Stage 8	3.0/H	Stage 16	3.4/EM			6.4
Grand total							68.2

7 PERSON TEAM MATRIX

Runner	1st Leg	Miles/ Rating	2nd Leg	Miles/ Rating	3rd Leg	Miles/ Rating	Total Miles
1	Stage 1	3.5/E	Stage 8	3.0/H	Stage 15	4.0/E	10.5
2	Stage 2	5.1/E	Stage 9	3.6/M	Stage 16	3.4/EM	12.1
3	Stage 3	3.4/EM	Stage 10	3.8/EM	Stage 17	3.0/E	10.2
4	Stage 4	4.8/H	Stage 11	2.8/E	Stage 18	4.1/E	12
5	Stage 5	3.5/H	Stage 12	4.2/M	Team	0.3	7.7
6	Stage 6	5.6/H	Stage 13	4.1/E			9.7
7	Stage 7	2.7/E	Stage 14	3.3/E			6
Grand total							68.2

6 PERSON TEAM MATRIX

Runner	1st Leg	Miles/ Rating	2nd Leg	Miles/ Rating	3rd Leg	Miles/ Rating	4th Leg	Miles/ Rating	Total Miles
1	Stage 1	3.5/E	Stage 7	2.7/E	Stage 13	4.1/E	Team	0.3/E	10.3
2	Stage 2	5.1/E	Stage 8	3.0/H	Stage 14	3.3/E			11.4
3	Stage 3	3.4/EM	Stage 9	3.6/M	Stage 15	4.0/E			11
4	Stage 4	4.8/H	Stage 10	3.8/EM	Stage 16	3.4/EM			12
5	Stage 5	3.5/H	Stage 11	2.8/E	Stage 17	3.0/E			9.3
6	Stage 6	5.6/H	Stage 12	4.2/M	Stage 18	4.1/E			14.2
Grand total									68.2

E=EASY; EM=EASY-MODERATE; M=MODERATE; MH=MODERATE-HARD; H=HARD.
STAGE RATINGS ARE BASED ON ELEVATION, SURFACE AND DISTANCE.



IMPORTANT RULES

No Alcohol on Course: Consumption of alcohol is not allowed at any time while participating in the race. Even if you have completed your last stage, you are still participating in the race until your team has crossed the finish line. Do not start the party early. Alcohol may be consumed responsibly at the finish line party when city ordinances and permits allow. No outside alcoholic beverages will be allowed at the finish line party.



Water, Nutrition & Team Trash: There are 3 team water refill stations located at exchange points 4, 11, and 18. For all other stages, runners are in charge of their own water and nutrition. Please bring your own reusable refillable water bottles and team water jugs. Trash cans are located at every exchange point next to the portable toilets. Trash and recycling is the responsibility of each team. Please only dump your team trash in the areas provided by the race, not in private property owners trash containers.



NEED A RUNNER?

- Post a request in the Facebook event ([view here](#)).
- Use the Find a Runner message board ([view here](#)).

PACKING LISTS

Personal Items

- ID (Required to claim free beer or purchase more at the Post-Race Shindig; No exceptions.)
- Sun screen
- Sunglasses
- Hat
- Any medications needed
- GPS watch to measure your miles
- Cash
- Credit card
- Extra shoes and socks
- Change of clothes for Post-Race Shindig
- Zip-lock bags
- Extra toilet paper
- Bug spray
- Tooth brush and tooth paste
- Hand sanitizer
- Baby wipes
- Deodorant
- Small towel

Stay Fueled

- Water for the whole day
- Prepare an all-day nutrition plan including:
 - Breakfast
 - Lunch
 - Dinner
 - Snacks
- Shop as a team and make it fun

Team Vehicle

- Oil change and vehicle safety inspection
- Two sets of keys
- Phone chargers
- First aid kit
- Garbage bags
- Ice chest and ice
- Baggies
- Jumper cables

Just for Fun

- Team flag
- Costumes
- Runner signs
- Van decorations
- Window paint
- Cowbells
- Boom box
- Music for the van

RACE MORNING CHECKLIST

- If arriving from out of town, allow plenty of time to arrive in Omaha's Aksarben Village
- Know your wave's start time
- Read your Race Guide
- Download and print a copy of the Race Rules [here](#).
- Wear your race bib
- Get your photo taken at Exchange Point 5 for Costume Contest
- Arrive at the Start Line 30 minutes prior to your wave. First Runner will pick up your timing chip/baton here.
- Wait to drive to Exchange Point 2 until after the start time of your wave.
- Long-Term Parking Options in Omaha or Lincoln can be found [here](#).

NIGHTTIME HOURS & VISIBILITY GEAR

Earlier starting times mean more runners in nighttime hours. Runners running before 7:30 am and after 6:30 pm are required to wear a reflective safety vest, head lamp and blinking rear light.

RACE BATON

Teams are required to pickup their baton at the Pink Gorilla Events trailer race morning. Teams will only be allowed to pickup their baton once it is their starting waves turn.



GOOD LUCK!

