

# market<sup>to</sup>market<sup>®</sup> relay





# SPONSORS

Market to Market Relay Nebraska would like to recognize and thank all our sponsors and charity partners who helped make this event possible.

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## OFFICIAL LEVEL



## SUPPORTING SPONSORS



## PARTNER SPONSORS



## CHARITY PARTNER



Great Plains  
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# WELCOME RUNNERS

The saying is correct “time flies when you’re having fun”. We can’t believe that it is the 16th Annual Market to Market Relay presented by OrthoNebraska. What started as an idea, now is an annual tradition for all of us. Since it is the 16th Year we figured that a team bus was appropriate for finally being old enough to drive.



You all can celebrate the 16th year by wearing your old race shirts on race day. Our goal is capture all 16 years of shirts on race day Social Media channels, so tag yourself.

This event continues to be a bucket list run for runners across the nation. The race recently added another award to its trophy case from BibRave naming it a “Best Relay Over the Past Decade”. We are glad you are part of the experience and continue to make it a special day for everyone involved.

Since 2008, Market to Market Relay Nebraska has fund-raised and donated over \$240,000 to local charities and community groups. To date, Pink Gorilla Events has fund-raised and donated over \$820,000. This year, at the Market to Market Relay, we are proud to support over 20 Nebraska groups in the communities throughout the course which are listed on page 3. These organizations work year round to make Nebraska a better place to live and we thank you for supporting these groups by running in the race.

We are proud of the positive impacts that our events are having locally.

But what inspires us most is everyone continuing to be active and having fun at Market to Market Relay, hanging out with friends and doing an activity that we love.

Have a great day!

## ***The Pink Gorilla Events Crew***



**Ben Cohoon**



**Jason Bakewell**



**Linda Brown**



**Jared Bakewell**



## HOW TO REGISTER FOR THE 2024 M2M RELAY...

You can sign up for the 2024 Market to Market Relay Nebraska and guarantee yourself a spot before the drawing takes place! All officially registered 2023 team captains will receive an email with a special code and registration instructions on October 9th at 10 am. Team captains will have until Friday October 20th, 2023 at 11:59 pm CST to reserve a guaranteed spot for the 17th annual Market to Market Relay Nebraska. Run both M2M Relay Nebraska and M2M Relay Iowa in 2024 and earn the deuce medal! Race day for the 2024 Market to Market Relay **Nebraska** will be determined as soon as the Nebraska Football schedule is released. Race day for the 2024 Market to Market Relay **Iowa** will be May 11th, 2024. Learn more at [m2mrelay.com](https://m2mrelay.com). **Registration Guarantee.** Registration is Flexible. Your team can defer at any time prior to race day. Your team can register now with no worries.





# WHAT'S GOING ON

## ■ **START LINE & STAGING AREA |** **NEW FOR 2023: SEYMOUR SMITH PARK** **6802 Harrison St, Omaha, NE 68127**

- » Stick around and cheer on your first runner as they pass under the start line arch
- » Last minute race day packet pickup
- » Music, fun, and of course, restrooms
- » Team race day check-in
- » **NEW FOR 2023:** FREE COFFEE and for purchase specialty coffee and drinks from Limestone Coffee
- » Pinnacle Bank Costume Contest - get your team photo taken to enter

## ■ **FINISH LINE | HAYMARKET** **605 N. 8th St, Lincoln, NE 68508**

- » Team Finish - pint glass finisher awards
- » Recovery finisher food
- » Free Gatorade, Pepsi products and Klarbrunn
- » Free finisher beer plus Michelob Ultra and other beers for sale
- » Free photo booth
- » Race results
- » Food vendors
- » DJ music
- » M2M Relay merch available
- » Exhibitors
- » FREE massages

## **HELPFUL MOBILE AND WEB RESOURCES**

- Download our recommended FREE Apps that will help your team at [www.markettomarketrelay.com/apps](http://www.markettomarketrelay.com/apps)
- Live halfway and finish results at [m2mrelay.com](http://m2mrelay.com)
- Detailed interactive stage maps at [m2mrelay.com](http://m2mrelay.com)





# THANKS VOLUNTEERS

## YOU ARE THE BEST!

Over 300 volunteers pull together to make the Market to Market Relay Nebraska possible. Please join us in thanking these individuals throughout the day and know that you are supporting these local organizations through your participation in the race. The Market to Market Relay Nebraska is a great community fundraiser. Since 2008, Market to Market Relay Nebraska has fundraised and donated over \$240,000 to local community groups and non-profit organizations that supported the race. In 2023 the race will raise over \$15,000 for community and non-profit groups.

Omaha Running Club  
Bellevue Offutt Kiwanis Club  
New Baptist Life | Youth Group  
JDRF  
Lydia House  
Trinity Church  
Bike Safe IM  
Elmwood Murdock Spirit Squad  
Nebraska Contemporary Dance Theater

Great Plains Trails Network  
Weeping Water HS FFA  
Mt. Crescent Ski Patrol  
Golden Sun Lodge 492  
Lincoln Northeast Star Strutters  
Universal Dance Academy  
MS Run the US  
Seward HS Girls Soccer  
Lincoln High Track

**Bike Support** | BicycLincoln

**HAM Radio Communications** | Lincoln and Aksarben Amateur Radio



Proud partner of  
Pink Gorilla Events



# RACE COURSE SAFETY

Safety is the first and foremost priority of the Market to Market Relay. It is important that all runners and drivers realize that there are many potential hazards and risks associated with participating in a relay race on open roads and trails. These include, but are not limited to, vehicle traffic, other trail user traffic, road and trail conditions, and weather. Please help us have a safe relay by being safe runners and drivers and providing safe support.

## RUNNER SAFETY

Please read and understand all race rules and seek clarification as needed. Beware of vehicles, THE COURSE IS OPEN TO VEHICLE TRAFFIC. A significant portion of the race course crosses “live” roads. Obey all traffic and pedestrian laws, unless instructed differently by a police officer.

**COURSE SIGNAGE:** Follow all M2M Relay signs and read the stage directions in this guide carefully. It is your job to know the running route — the signs are only there to assist you. Runners who take a wrong turn must return to the course where they left it and continue on the correct route. Runners may use the team vehicle or other transportation to return to the correct route, provided they complete the entire correct route unaided.

We recommend carrying water and a cell phone while running. See Wrong Turn rules on page 7 if your team makes a wrong turn while running.

**RUN AGAINST TRAFFIC:** Runners must run against traffic if running on city or county roads unless instructed otherwise.

**VISIBILITY GEAR:** All teams are REQUIRED to have at least 2 reflective safety vests, 2 head lamps or flashlights and 2 blinking LED taillights. One of each MUST be worn by all runners beginning a new stage during Official Nighttime Hours, before 7:00 am and after 6:30 pm.

**HEADPHONES:** The use of personal music devices with headphones/earbuds while running is **strongly discouraged**. The event takes place on roads and trails that are open to vehicles and other trail users and the route often crosses open roads. Runners must be alert and aware of their surroundings at all times.

**WATER & RESTROOMS:** As a general rule, runners are in charge of their own water on the course and there will not be water stations between most Exchange Points. Teams should stock their vehicle with enough water to last the duration of the race. Portable toilets are located at the start line, finish line, and every Exchange Point unless otherwise noted.

## RUNNER VISUAL CUES



DIRECTIONAL  
ARROWS



EXCHANGE  
POINT  
MARKERS



VEHICLE  
PARKING  
SIGNS



## VEHICLE AND DRIVER SAFETY

Beware of runners on the driving course. A significant portion of the race course crosses roads. Please refer to the Rules Concerning Vehicles section on page 8.

### TIPS FOR SUCCESSFUL AND SAFE DRIVING:


- » Focus on driving!
- » Have your co-pilot read driving directions and give you instructions.
- » Know where you are going and look at the map before you start driving.
- » Do not arrive at Exchange Points significantly early. The driving directions are not always the most direct route. They were created to avoid crossing the runner path and to lower congestion at Exchange Points. Please follow the driving directions printed in this booklet.

## TEAM SUPPORT: WATER, FOOD, AND GEAR

It is your team's responsibility to carry adequate team water, food, blankets, first aid supplies, cell phones, clothing layers and rain gear in your vehicle.

## EMERGENCY INFORMATION

### IN CASE OF EMERGENCY, DIAL 911.

**ON-COURSE MEDICAL:** Basic first aid kits are available at all Exchange Points. On-Course Medical support with advanced first aid and response skills will be stationed at Exchange Points. Look for this red marker  on the stage maps. In addition to medical teams stationed at Exchange Points, there will be rolling medical coverage from 9 Lines Med.

Notify the nearest volunteer and the Race Emergency Director with any concerns or emergencies.

**HAM RADIO VOLUNTEERS** will be located at most Exchange Points. These special volunteers can help connect you with medical volunteers, other Exchange Points or help answer general questions you may have.

**RACE EMERGENCY DIRECTOR:** (402) 890-2891

**RACE HEADQUARTERS:** (402) 890-0423





# RACE COURSE SAFETY

## POLICE ASSISTANCE AND TRAFFIC LAWS

Runners will be provided with police assistance at several stages along the way. Runners MUST obey all traffic laws unless instructed otherwise by a police officer.

NOTE: If for some reason during the day your team is delayed either because of heavy traffic when crossing a street or because of a train — these situations are considered part of the course.

## LIGHTNING RULE | AT START LINE

If there is lightning at the Start Line, the course official may delay your starting wave until the lightning clears. The location that your team will start from may also change. Keeping track on your Team Time Card is extremely important. Follow the procedures and “Late Start Schedule” available via the QR code to the right or at <https://www.markettomarketrelay.com/locations/nebraska/get-prepared/#teamdocuments>.



## LIGHTNING RULE | ON COURSE

If you see lightning on the course after the race has started, get your runner off the running route and into your team vehicle. Follow these procedures:

- » Make a note of the time (on your team time card) and the location where you exited the course.
- » If lightning clears within 30 minutes put your runner back onto the running route where they left and make a note of the time.
- » If lightning persists longer than 30 minutes, move ahead one Exchange Point. For every 30 minutes of lightning delay, please move ahead one Exchange Point.
- » Keep accurate track of where and when you left the course and where and when you returned to the course.
- » Resume running at own risk 30 minutes after last strike.
- » Turn your completed Team Time Card with this information into the Pink Gorilla Events Tent at the Finish Line. We will then calculate your average pace and apply this pace to the segment of the course that you missed and will provide you with an official adjusted race time. This may take a few days, so be patient with awards and official results.

**VIEW THE COMPLETE  
LIGHTNING RULES:**





# IMPORTANT CONTACTS

## NON-EMERGENCY URGENT CARE CLINICS

ORTHONEBRASKA AKSARBEN - URGENT CARE 7100 West Center Road, #200 Omaha, NE 68106 Saturday 10am to 2pm	LINC CARE 4210 Pioneer Woods Drive Lincoln, NE 68506 P: 402-488-4321 Saturday 9am to 10pm
MIDWEST MINOR MEDICAL 5310 S 84th Street Omaha, NE 68127 P: 402-827-6510 Saturday 8am to 6pm	

## HOSPITALS

BERGAN MERCY MEDICAL CENTER 7500 Mercy Road Omaha, NE 68124 P: 402-398-6060	CHI HEALTH ST. ELIZABETH 555 S 70th Street Lincoln, NE 68510 P: 402-219-8777
ALEGENT HEALTH MIDLANDS HOSPITAL 1111 S 84th Street Omaha, NE 68046 P: 402-593-3000	BRYAN HEALTH MEDICAL CENTER 1600 S 48th Street Lincoln, NE 68502 P: 402-489-0200

## NON-EMERGENCY COUNTY SHERIFF & POLICE

Douglas County Sheriff	Omaha	402-444-6627
Omaha Police Department	Omaha	402-444-5600
Sarpy Police Department	Papillion	402-593-2288
Cass County Sheriff	Plattsmouth	402-296-9370
Lancaster County Sheriff	Lincoln	402-441-6500
Lincoln Police Department	Lincoln	402-441-6000

## EMERGENCY - 911

RACE EMERGENCY DIRECTOR: (402) 890-2891  
RACE HEADQUARTERS: (402) 890-0423

If your team decides to drop from the race for any reason including a medical concern, incident or emergency, please notify Race Headquarters.



# RACE RULES

## GENERAL RULES

**1. TEAM MATRIX:** Teams shall consist of six, seven or eight runners. Teams must run in a fixed order and each runner shall complete multiple legs of the Relay, called Stages. Each Stage will be approximately 3 to 5 miles. Teams must carry a “baton,” passing it from runner to runner at each Exchange Point. There will be 20 Stages and, therefore, 20 Exchange Points and a Team Finish (the starting line is Exchange Point 1).

**2. TEAM PACE:** Teams that find themselves getting ahead or behind the volunteer, medical and course coverage window could be held or asked to skip ahead 1 or more stages. Refer to the Rule Book and rules *11.11 Getting Ahead - Holding Zones* and *11.12 Getting Behind - Cutoff Zones* for more details and procedures for being off pace.

## RULES CONCERNING VEHICLES

Please use your best judgment when driving, and please watch for runners and other pedestrians.

**1. VEHICLES AND RUNNERS:** Vehicles may not stop to interact or support runners on the course unless an injury has occurred or a runner has taken a wrong turn. Vehicles must always take the Driver's Path. Please remember, runners are in charge of their own water and nutrition while running between Exchange Points and may not be supported.

**2. NUMBER OF VEHICLES AND TYPES ALLOWED:** 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.

**3. LOCATION OF ID TAG:** Registered team vehicles must display an official identification tag in the front and rear window. The tag must be visible to race officials at the Exchange Points. Only team vehicles displaying the official tag will be allowed to park at the Exchange Points.

**4. DRIVING DIRECTIONS:** Team vehicles MUST follow the driving directions provided in the Race Day Guide. Directions have been designed to eliminate vehicle contact with runners and lowering congestion at Exchange Points. If a vehicle gets lost or takes a wrong turn and does not reach the next Exchange Point in time, the time is lost and will not be awarded back.

**5. TRAFFIC LAWS:** Team vehicles MUST obey all speed limits, traffic signs, other traffic laws and instructions from race officials.

**6. RUNNER SAFETY:** Team vehicles must drive at a normal rate of speed. Vehicles may not block or interfere with other vehicles, and must yield the right of way to runners at all times.

**7. PARKING:** At the Exchange Points, team vehicles must park in designated areas only. Vehicles may not stop within the Exchange Point area, even to discharge runners, until parked in the designated area.



THIS SECTION IS A SUMMARY OF IMPORTANT RACE RULES. All teams ARE TO download a copy of the “RACE RULES” for their team vehicle from [m2mrelay.com](http://m2mrelay.com).



## RULES CONCERNING RUNNERS

- 1. RUNNING ORDER:** Team members will run in 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. On a six-person team, Runner 1 will complete Stages 1, 7, 13, and 19. Runner 2 will complete Stages 2, 8, 14, and so on. See the complete runner matrices on page 12.
- 2. OFFICIAL BIBS:** Runners must wear their official race bib numbers corresponding to their position on the team. The first runner must wear a number ending in “1”, the second runner must wear a number ending in “2” and so on. Race numbers must be visible from the front.
- 3. BATON EXCHANGE:** The “baton” must be passed from one runner to the next within the defined Exchange Zone at each Exchange Point. Runners must carry the “baton” so that it is visible to race officials while approaching and leaving the Exchange Zone. Batons are slap bracelets and one is provided for each team at the start line on race day.
- 4. WRONG TURN:** Runners who take a wrong turn must return to the course where they left it and continue on the correct route. Runners may use the team vehicle or other transportation to return to the correct route, provided they complete the entire correct route unaided. Wrong turns are part of the race and time will not be given back.
- 5. TRAFFIC LAWS:** Unless a police officer instructs you differently, you need to obey all pedestrian traffic laws.

## RULES CONCERNING ALL PARTICIPANTS

- 1. NO LITTERING:** Participants must leave the course litter-free. Teams are encouraged to use the trash bags given in the race packets to leave the course better than we found it. Team Trash dumpsters will be located at Exchange Points Springfield, Murdock and Boy Scouts. Please plan ahead and thank you for keeping team trash contained to your vehicle until these locations.
- 2. NO PUBLIC URINATION:** Participants should only use the bathroom facilities provided at each Exchange Point. No public urination or other public relief is allowed. Please respect private property.
- 3. NO CONSUMPTION OF ALCOHOL:** 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.



**There is zero tolerance on any of these rules. Violation of any of these rules will result in an automatic team disqualification and you will be asked to leave the course.**

TO REPORT A SAFETY CONCERN OR RULE VIOLATION, PLEASE SEND A TEXT MESSAGE TO 402-890-0423. INCLUDE VIOLATING TEAM NUMBER, LOCATION & RULE VIOLATION OR SAFETY CONCERN.



# AWARDS & CONTESTS

## DIVISIONS & AWARDS

Awards will be mailed to the team captain 2 weeks after the event. We will announce winning teams via social media and the wrap up email after the race.

- » **OPEN** (Awards to top 7): All teams may compete, generally all male.
  - » **MIXED** (Awards to top 7): At least three female members must be on the team.
  - » **WOMEN** (Awards to Top 7): All team members must be women.
  - » **MASTERS** (Awards to Top 3): All team members must be at least 40 years old.
  - » **MIXED MASTERS** (Awards to Top 3): At least three female members must be on the team and all team members must be at least 40 years old.
  - » **WOMEN MASTERS** (Award 1st Place): All team members must be female and at least 40 years old.
  - » **CORPORATE** (Awards to Top 3): All team members must be employed by the same employer or immediate family members.
  - » **ARMED FORCES** (Award to 1st Place): All team members must be active or past members of organizations instrumental to the nation's defense and/or community safety such as Army, Navy, Air Force, Coast Guard, FBI, Police, and Firefighters.
  - » **ACADEMIC** (Award to 1st Place): All team members affiliated with one school, college, university, or other center of learning. This can be students, faculty, or both.
  - » **RELIGIOUS** (Award to 1st Place): All team members from the same religious organization.
- All award winners will receive an automatic invitation (AKA bypass registration and lottery) into next year's race. Champions in women, open and mixed divisions plus top 3 overall fastest teams receive a free entry into next years race.

## TEAM CONTESTS

Voting for the Best Team Name and Best Decorated Vehicle will be done via the Team Time Card on the inside back cover of the Race Day Guide and must be turned in one-per-team only at Pink Gorilla Events Headquarters at the Finish Line. Voting for the Best Team Costume will take place on Pinnacle Bank's Facebook page. Teams with the most votes win. All team contest winners will be announced via email and facebook.com/m2mrelay following the race. Winners get an award and a reserved spot into next year's race.

### BEST TEAM COSTUME - PRESENTED BY Pinnacle Bank

- » Teams must get their photo taken at the Starting Line arch.
- » The top 20 team costume photos will be uploaded to facebook.com/pinnbank on the afternoon of race day.
- » Voting will take place on Facebook and the Team Time Card. 25% of the voting will be on Facebook. 75% in Team Time Card.
- » Facebook Vote | Vote for your favorites on facebook.com/pinnbank. Voting will end race day at 7:59 pm CST. 1 like = 1 vote. Anyone can vote!
- » Team Time Card Vote | Enter the team number of your favorite costume and turn into the Pink Gorilla Events tent at the Finish Area. One card per team.
- » Winners will be announced via facebook.com/m2mrelay
- » Please be respectful and appropriate with your costumes. Market to Market Relay organizers reserve the right to choose costume contest winners in the event that costume contest point leader's costumes are deemed disrespectful or inappropriate.

### BEST DECORATED VEHICLE

- » To win the Best Decorated Vehicle Contest, your team vehicle must not only be awesome, but also be considered a legal Market to Market Relay vehicle.
- » All teams are entered. Teams are encouraged to take a picture of their own van and upload it to Instagram using the #m2mrelay hashtag.
- » Our volunteers at exchange points do an awesome job and have the most interactions with vans. We are leaving the voting up to a surprise volunteer group. So maybe give some extra attention and love to those volunteers!
- » Winners will be announced digitally 5 days after the race.

### BEST TEAM NAME

- » It's up to your peers. The wackier and more creative, the better. Just keep it awesome and appropriate.



# SCORING & MISC.

## BATON/CHIP TIMING

**PICK UP AT START LINE:** Check your team in at the start line on race day to receive your slap bracelet baton. Each runner's race bib will have a timing chip attached to it and will keep track of your team's time.

## TEAM TIME CARD & CONTEST VOTING BALLOT

On the inside back cover of this Race Day Guide is the Team Time Card & Contest Voting Ballot. Record your runner times throughout the day and submit **ONLY ONE** complete card to the Pink Gorilla Events Headquarters tent located at the Finish Line.

## GET SOCIAL #M2MRELAY



/M2MRELAY



@M2MRELAY



@M2MRELAY



PINKGORILLAEVENTS



PINKGORILLAEVENTS

### STRAVA™

Join the **Market to Market Relay Strava Club**. Meet other running road trip participants, compete in challenges & of course see how you stack up to runners on race day segments. <https://www.strava.com/clubs/m2mrelay>





# RUNNING MATRIX

## 8 PERSON TEAM MATRIX

Runner	1st Leg	Miles/ Rating	2nd Leg	Miles/ Rating	3rd Leg	Miles/ Rating	Total Miles
1	Stage 1	5.6/E	Stage 9	3.0/H	Stage 17	3.4/E	12.0
2	Stage 2	3.4/EM	Stage 10	3.6/H	Stage 18	3.0/E	10.0
3	Stage 3	5.9/H	Stage 11	3.9/EM	Stage 19	4.4/E	14.2
4	Stage 4	4.2/H	Stage 12	2.7/E			6.9
5	Stage 5	5.6/H	Stage 13	4.2/M			9.8
6	Stage 6	2.7/E	Stage 14	4.1/E			6.8
7	Stage 7	2.5/E	Stage 15	3.3/E			5.8
8	Stage 8	5.5/EM	Stage 16	4.0/EM			9.5
Grand total							75

## 7 PERSON TEAM MATRIX

Runner	1st Leg	Miles/ Rating	2nd Leg	Miles/ Rating	3rd Leg	Miles/ Rating	Total Miles
1	Stage 1	5.6/E	Stage 8	5.5/EM	Stage 15	3.3/E	14.4
2	Stage 2	3.4/EM	Stage 9	3.0/H	Stage 16	4.0/EM	10.4
3	Stage 3	5.9/H	Stage 10	3.6/H	Stage 17	3.4/E	12.9
4	Stage 4	4.2/H	Stage 11	3.9/EM	Stage 18	3.0/E	11.1
5	Stage 5	5.6/H	Stage 12	2.7/E	Stage 19	4.4/E	12.7
6	Stage 6	2.7/E	Stage 13	4.2/M			6.9
7	Stage 7	2.5/E	Stage 14	4.1/E			6.6
Grand total							75

## 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	5.6/E	Stage 7	2.5/E	Stage 13	4.2/M	Stage 19	4.4/E	16.7
2	Stage 2	3.4/EM	Stage 8	5.5/EM	Stage 14	4.1/E			13.0
3	Stage 3	5.9/H	Stage 9	3.0/H	Stage 15	3.3/E			12.2
4	Stage 4	4.2/H	Stage 10	3.6/H	Stage 16	4.0/EM			11.8
5	Stage 5	5.6/H	Stage 11	3.9/EM	Stage 17	3.4/E			12.9
6	Stage 6	2.7/E	Stage 12	2.7/E	Stage 18	3.0/E			8.4
Grand total									75

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



# THE COURSE



**Exchange Point**



**Rolling Medical from 9 Line**  
Med throughout entire course



**Pinnacle Bank**

**Costume Contest**

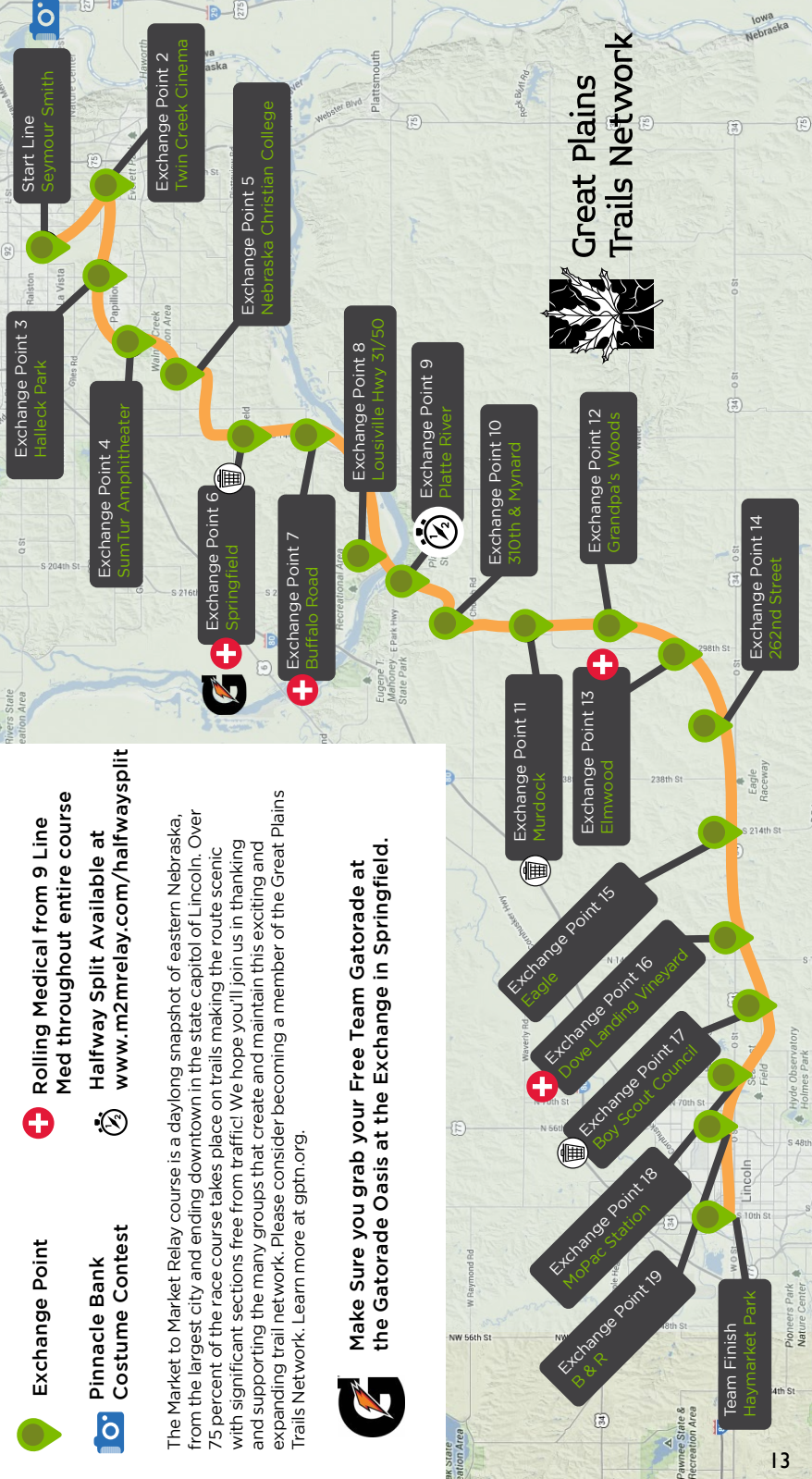


**Halfway Split Available at**  
[www.m2mrelay.com/halfwaysplit](http://www.m2mrelay.com/halfwaysplit)

The Market to Market Relay course is a daylong snapshot of eastern Nebraska, from the largest city and ending downtown in the state capital of Lincoln. Over 75 percent of the race course takes place on trails making the route scenic with significant sections free from traffic! We hope you'll join us in thanking and supporting the many groups that create and maintain this exciting and expanding trail network. Please consider becoming a member of the Great Plains Trails Network. Learn more at [gptn.org](http://gptn.org).



**Make Sure you grab your Free Team Gatorade at the Gatorade Oasis at the Exchange in Springfield.**



**Great Plains  
Trails Network**



# START LINE

# WELCOME TO SEYMOUR SMITH PARK

Your running road trip starts at Seymour Smith Park. Teams should plan to remain at the start line for their wave's start to cheer on their first runner. You will have plenty of time to hop in your van & drive to Exchange Point 2.

Don't forget to grab a team photo and tag it #m2mrelay

■ Runners' Path ■ Driving Path ■ Parking

## START SCHEDULE

Wave 1: 5:00 AM	Wave 9: 7:40 AM
Wave 2: 5:20 AM	Wave 10: 8:00 AM
Wave 3: 5:40 AM	Wave 11: 8:20 AM
Wave 4: 6:00 AM	Wave 12: 8:40 AM
Wave 5: 6:20 AM	Wave 13: 9:00 AM
Wave 6: 6:40 AM	Wave 14: 9:20 AM
Wave 7: 7:00 AM	
Wave 8: 7:20 AM	



BE SURE TO GET YOUR TEAM PHOTO TAKEN AT THE  
START LINE TO ENTER THE BEST TEAM COSTUME  
CONTEST PRESENTED BY



# Pinnacle Bank

MEMBER FDIC

14

SEE CONTEST RULES ON PAGE 10





# STAGE 1

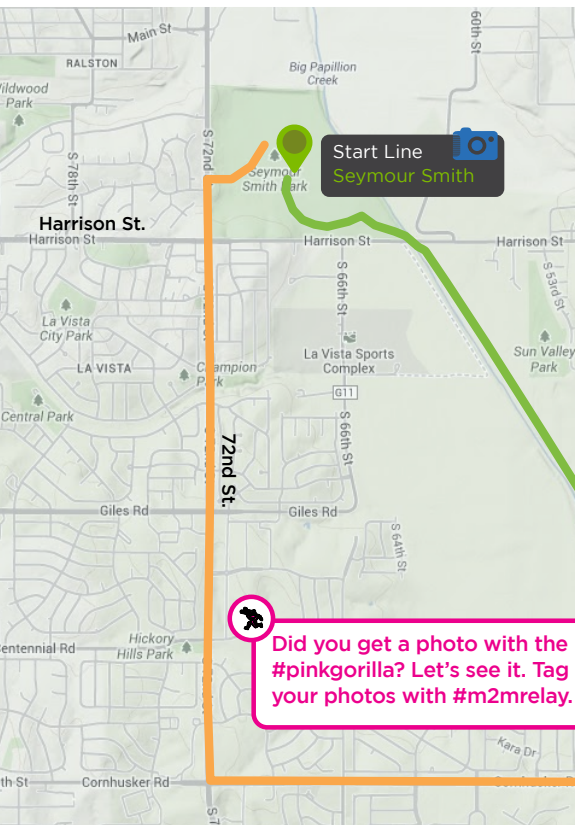
## Seymour Smith to Twin Creek Cinema



5.6 miles • Easy  
Paved Trail & Paved Road  
5.6 total team miles



**Runners' Path** **Drivers' Path**

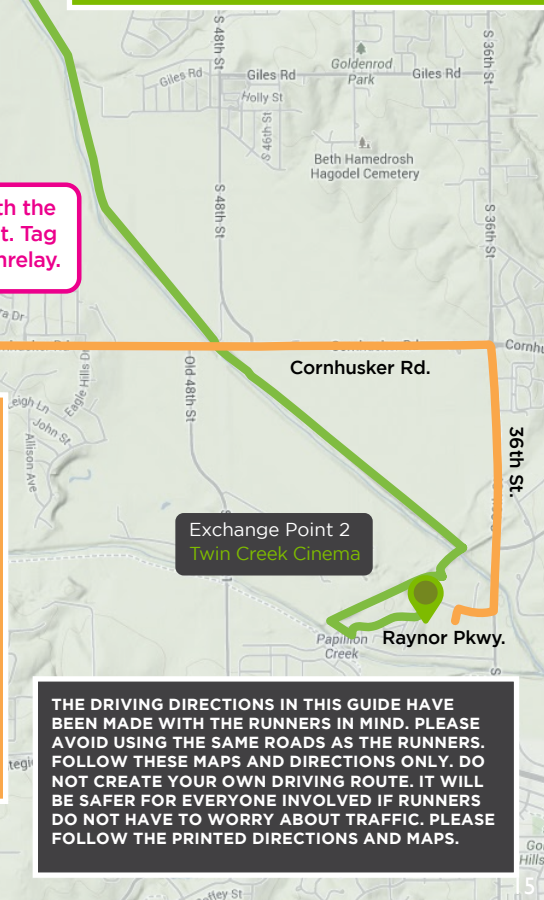


### STARTING LINE / STAGING AREA

- » Timing Baton Pick-Up (First Runner)
- » Last Minute Packet Pick-Up
- » Long-Term Parking at Aksarben Village
- » Pinnacle Bank Costume Contest
- » Restrooms

### RUNNER NOTES

- » Trail underpasses all major roads.
- » Visibility Gear is REQUIRED if beginning this Stage before 7:00am.
- » At approximately 4.2 miles runners will deviate from main trail and make a sharp right over the creek onto the Papio Trail.
- » Continue heading west on Papio trail and cross under Raynor Pkwy before heading back east towards the Exchange Point.



### DRIVING DIRECTIONS

Leaving Seymour Smith head west toward 72nd St.

0.2 mi

Turn left (south) onto 72nd St.

2.2 mi

Use the left 2 lanes to turn left (east) onto Cornhusker Rd.

3.0 mi

Turn right (south) onto 36th St.

1.0 mi

Turn right (west) onto Raynor Pkwy.

0.1 mi

Turn left into Exchange Point 2 at Twin Creek Cinema, following parking volunteers.

THE DRIVING DIRECTIONS IN THIS GUIDE HAVE BEEN MADE WITH THE RUNNERS IN MIND. PLEASE AVOID USING THE SAME ROADS AS THE RUNNERS. FOLLOW THESE MAPS AND DIRECTIONS ONLY. DO NOT CREATE YOUR OWN DRIVING ROUTE. IT WILL BE SAFER FOR EVERYONE INVOLVED IF RUNNERS DO NOT HAVE TO WORRY ABOUT TRAFFIC. PLEASE FOLLOW THE PRINTED DIRECTIONS AND MAPS.



# STAGE 2

## Twin Creek Cinema to Halleck Park



3.4 miles • Easy/Moderate  
Paved Road & Paved Trail  
9.0 total team miles



### DRIVING DIRECTIONS

NOTE: Leaving Exchange Point 2, Twin Creek Cinema, DO NOT EXIT via Raynor Pkwy. Exit on the far south end of the parking lot onto Brook Dr. (unsigned).

Turn left (east) onto Brook Dr towards 36th St.

0.2 mi

Turn right (south) onto 36th St.

0.4 mi

Turn right (west) onto Hwy 370

4.0 mi

Turn right (north) onto 84th St./ S. Washington St.

0.7 mi

Turn right (east) onto E. Halleck St.

0.7 mi

Turn right into Exchange Point 4 at Halleck Park/  
Papio Bay, following parking volunteers.



### RUNNER NOTES

- » This Stage begins on paved roads before joining the Papio Trail.
- » Trail underpasses all major roads.
- » Visibility Gear is REQUIRED if beginning this Stage before 7:00am.

RELAY TIP: It could be possible for fast Stage 2 runners to beat their vehicle to Exchange Point 3. Consider sending your Stage 3 runner ahead early to Exchange Point 3 in another team's vehicle.

Runners' Path Drivers' Path





# GOOD LUCK TEAMS

## -- OPEN DIVISION

- 100 - Turbo turtles
- 110 - Sloth Running
- 111 - 27th Street Connection
- 116 - Miles Make Champions
- 119 - We Get To Do This!
- 120 - Catch the Moose
- 123 - Yay Team
- 134 - The Little Lebowsky Urban Achievers
- 136 - Running up legal fees
- 139 - Run, You Fools!
- 140 - Royal
- 143 - Four Sores and Seven Blisters Ago
- 148 - The Foot Clan
- 149 - TNRC
- 155 - Scrambled Legs
- 161 - Iron Pirates
- 162 - I've made a huge mistake
- 166 - uvgotobekidnme
- 169 - Lactic Acid Trip
- 170 - Old Friends
- 171 - DTR (Down To Run)
- 172 - CCU Runs
- 175 - Busch Leaguers
- 181 - 3rd Annual Mark Rogers Memorial Foundation Fun Run Race Team
- 185 - Sole Crushers
- 187 - Pupperz Please
- 189 - 80 Miles to Margaritas
- 191 - RunMojis
- 195 - The cool kids
- 202 - Well Read Runners
- 203 - The Creepers
- 205 - That's What She Said
- 206 - Spartan Rejects
- 210 - Pass the Koolaid
- 218 - I thought this was a 5k?
- 220 - Out Chasing Booty
- 221 - Burning Asphalt and Country Roads
- 226 - Buzzed and Blistered
- 234 - Flapping in the Wind
- 236 - Intergalactic Running Federation
- 237 - Are You Cereal?
- 242 - #placeholder name
- 253 - Road Runners
- 255 - It's A Family Thing
- 264 - Run402
- 270 - Top Run
- 272 - Galloping Armadillos
- 273 - Naked Runners With Clothes On
- 275 - 0 Fast 8 Furious
- 281 - Don't be a Richard
- 290 - This Sucks Sign Me Up Again
- 295 - Breathing Out Loud
- 312 - Half Fast
- 314 - Bob Ross Run Club
- 323 - Runners High
- 324 - Valiant Fitness
- 325 - F3 - Fartsackers
- 329 - Where's My Team????
- 333 - Jogging Johnnies
- 334 - Cork Dorks
- 337 - The Walking Tacos
- 340 - Chafing the Dream
- 349 - DesiBIG10
- 363 - We-B-Pro-Fun
- 365 - Meat Tornado
- 367 - The Worn Screws
- 370 - eagle energy
- 372 - Lucky Few Running Crew
- 375 - BBA ALL-STARs
- 376 - Mr. Wilson and the Menaces
- 378 - KCCO
- 381 - Zipline
- 382 - Where's My Team?
- 389 - Floyd's Army
- 392 - The Chafeful Eight
- 393 - RUNder the Sea
- 395 - Naked Chandeliers and the Drywall Hangers
- 400 - Think Fast Run Fast
- 401 - Koalafiers
- 402 - Someone Took My Team Name...
- 414 - Crop Dusters
- 419 - Van Diesel
- 433 - FIA/F3
- 436 - Bohemian Alps Crew
- 439 - 7 Guys and a Cooler
- 449 - Nebraska Nice
- 452 - Brown Immigration Law
- 455 - Meets Standards Runners
- 457 - Team Inclusion
- 461 - Runners Against Humanity
- 464 - Perfectly Tapered
- 468 - Run 4 Fun
- 470 - Kristi & Company
- 471 - For His Glory
- 473 - Holy Fit! Not Again!
- 478 - No Training Needed
- 479 - Still Thinking
- 480 - Pretty"N"Sweaty
- 485 - Team rails on trails
- 486 - Team Aksarben



## -- OPEN DIVISION | CONTINUED

- 489 - Costume Runner Up
- 495 - Sweaty Humid Acrid Road Trip
- 497 - Team Awesomer
- 501 - Liquid Chaos
- 504 - Running From The Law
- 510 - Zion 2
- 514 - Buns On The Run
- 519 - Only Murders In the Van
- 523 - Git 'R Run
- 525 - PTAG
- 528 - C U @ My Pace
- 530 - What's With the Tuba?
- 535 - We Signed Up For What?!!
- 546 - Team R.I.O.T.
- 548 - Always a Bridesmaid
- 556 - We've got the Runz
- 561 - No Pressure
- 563 - Market Warriors
- 564 - Skunk River Bandits
- 565 - Ridin' Dirty
- 569 - Brian's Dream
- 570 - Caramel Cartel
- 574 - Husker Tailgate
- 577 - Not fast just furious
- 578 - The Turtle Herd
- 583 - Runner's Guide to Witchcraft and Wizardry
- 584 - Naked and afraid
- 592 - True's Clues
- 598 - Corn Stars
- 605 - Let's do this and be elite!
- 606 - Press on
- 608 - Fun Rucker
- 611 - Smokin Laces
- 612 - The 2022 Champions
- 615 - Team Kam
- 619 - The Sting-ers
- 625 - Union Terrific
- 626 - In It for the Swag
- 633 - Team Free Burritos: Sponsored by D'Leon's
- 636 - Happy Feet
- 637 - Get Er' Run
- 639 - Emotional damage
- 647 - Lincoln Logs
- 649 - Glam slam
- 651 - Not Fast or Furious
- 652 - Are We Really Doing This Again???
- 663 - Undertrained and Overconfident
- 664 - The Crusty Crew
- 665 - Alan's BIG 60
- 666 - Sydney's Squad
- 667 - CrossFit Ground Up
- 677 - Moffit to Moffit
- 678 - Girls Just Wanna Go Run
- 679 - Nature Nerds
- 681 - Business Casual
- 683 - We Run For Fun
- 684 - Between Walk and a Hard Pace
- 686 - Slow n' Steady
- 688 - Running united
- 692 - Nebeerska
- 697 - Breakfast Club
- 702 - Blazing Glory
- 705 - North Forkers
- 711 - Beer for Beer
- 712 - The tortoise and the hares
- 715 - There Will Be Beer
- 717 - Left without being seen
- 721 - Van Of Whoopass
- 724 - Know the Rhules
- 725 - Misogi 23
- 726 - I Thought This Was A 5k
- 728 - Within Reach Racers
- 732 - BD and Friends
- 734 - Daddy Long Legs
- 735 - Cheaper Than Therapy
- 742 - Get Ready Set Rise
- 748 - Holy Fit
- 751 - RunNerds
- 752 - M2Meathead
- 755 - Gold Star
- 756 - GoodLife Racing
- 764 - PoorBoy Running
- 765 - Ultra!
- 766 - Sprinting Turtles

CURIOUS WHAT WAVE AND DIVISION YOUR ARCH RIVAL TEAM IS IN? LOOK UP TEAM BIB NUMBERS, DIVISIONS AND STARTING WAVES AT [WWW.M2MRELAY.COM](http://WWW.M2MRELAY.COM)



# STAGE 3

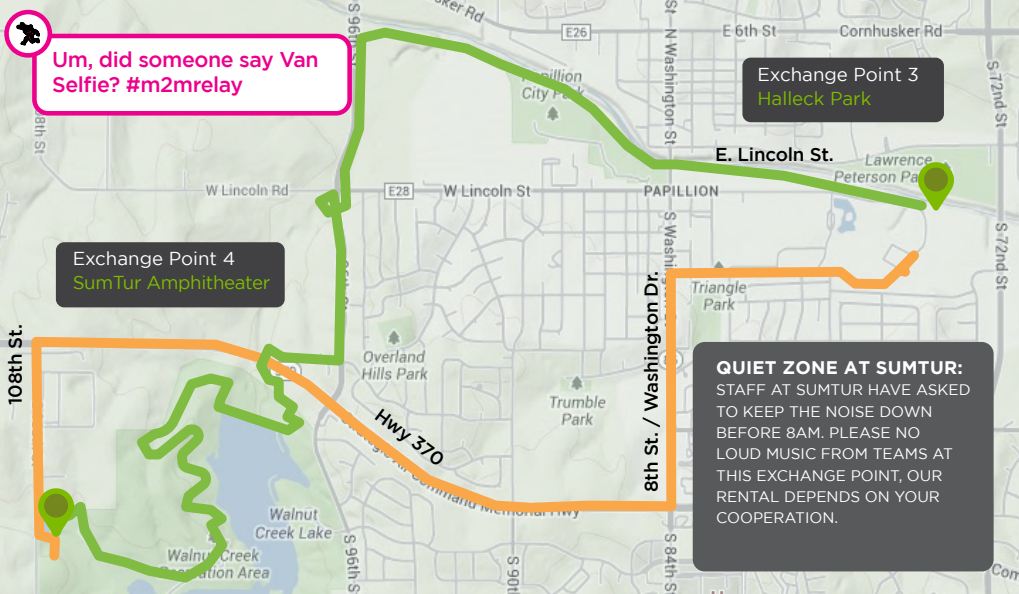
## Halleck Park to SumTur Amphitheater



5.9 miles • Hard  
Paved Trail & Paved Road  
14.9 total team miles



Runners' Path Drivers' Path



### DRIVING DIRECTIONS

Leaving Halleck Park, turn south onto Halleck Park Rd. At stop sign continue straight (west).

0.8 mi

Turn left (south) onto Washington St/84th St.

1.0 mi

Turn right (west) onto Hwy 370.

2.1 mi

Turn left (south) onto 108th St.

0.1 mi

Drive past Papio South. Take the second left into SumTur Amphitheater (South Entrance).

### RUNNER NOTES

- » Trail underpasses all major roads.
- » IMPORTANT TURN: Heading south on the trail along 96th Street, do not miss the right hand turn into the residential neighborhood on Sante Fe Circle. It connects to the Hwy 370 underpass into Walnut Creek Lake.

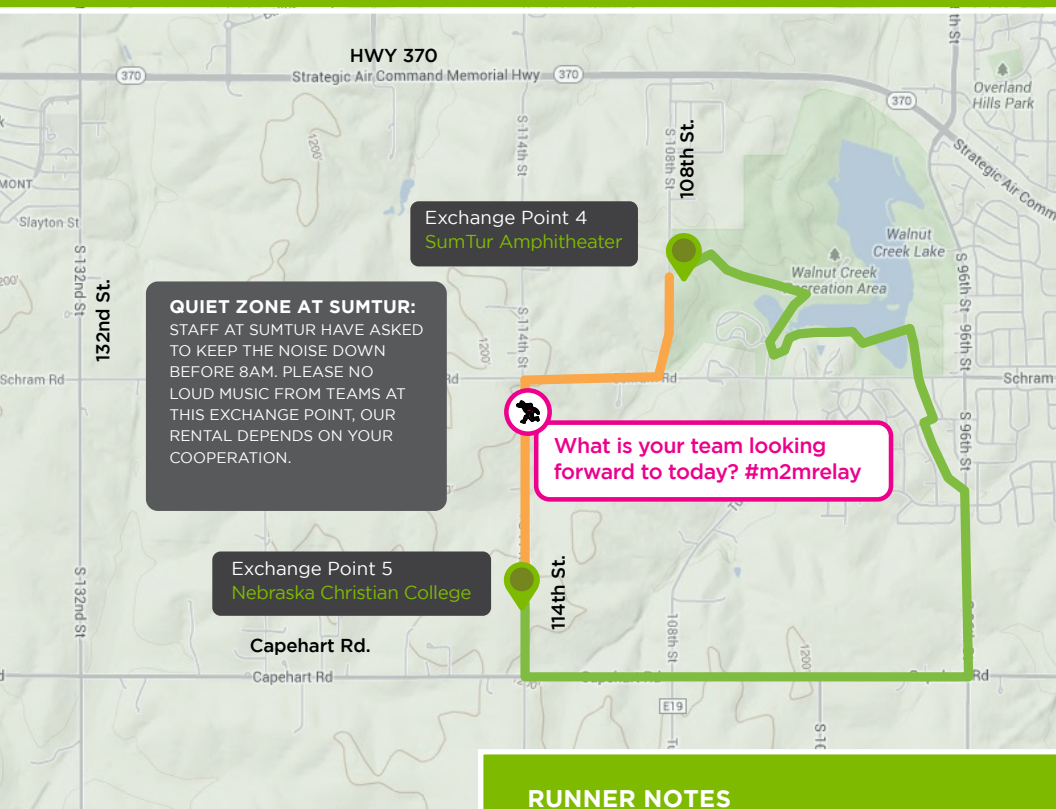




# STAGE 4

## SumTur Amphitheater to Nebraska Christian College

4.2 miles • Hard  
Paved Trail & Gravel Road  
19.1 total team miles



**Runners' Path** **Drivers' Path**

### DRIVING DIRECTIONS

Leaving the Exchange Point, exit out of the north gates and turn left (south) onto 108th St.

0.4 mi

Turn right onto Schram Rd

0.5 mi

Turn left (south) onto S. 114th St.

0.7 mi

Turn right (west) into Nebraska Christian College exchange. Follow parking volunteers.

### RUNNER NOTES

- » Leaving the Exchange Point, runners will exit north on the same path as the approaching runners. Then runners will continue east on a gravel road before connecting with the Walnut Creek paved bike path.
- » Shortly after mile 1, runners will head south on a bike path that goes under Schram Road through a neighborhood before being kicked out at 96th & Hardwood Dr (near mile 2).
- » Runners will continue heading south on 96th St. until reaching Capehart road. Here runners will enter rural Nebraska and its famous gravel roads. Turn right Capeheart road and follow this hilly gravel road to 114th Street.
- » At about mile 4.0, runners will turn right onto 114th St towards Nebraska Christian College and share road with team vehicle traffic (stay in the cone lane).



# Explorercise!



Find your fit at  
[visitcasscounty.com/trails](http://visitcasscounty.com/trails)

## SUPERIOR LIGHT BEER

2.6 CARBS | 95 CALS

Michelob  
**ULTRA**

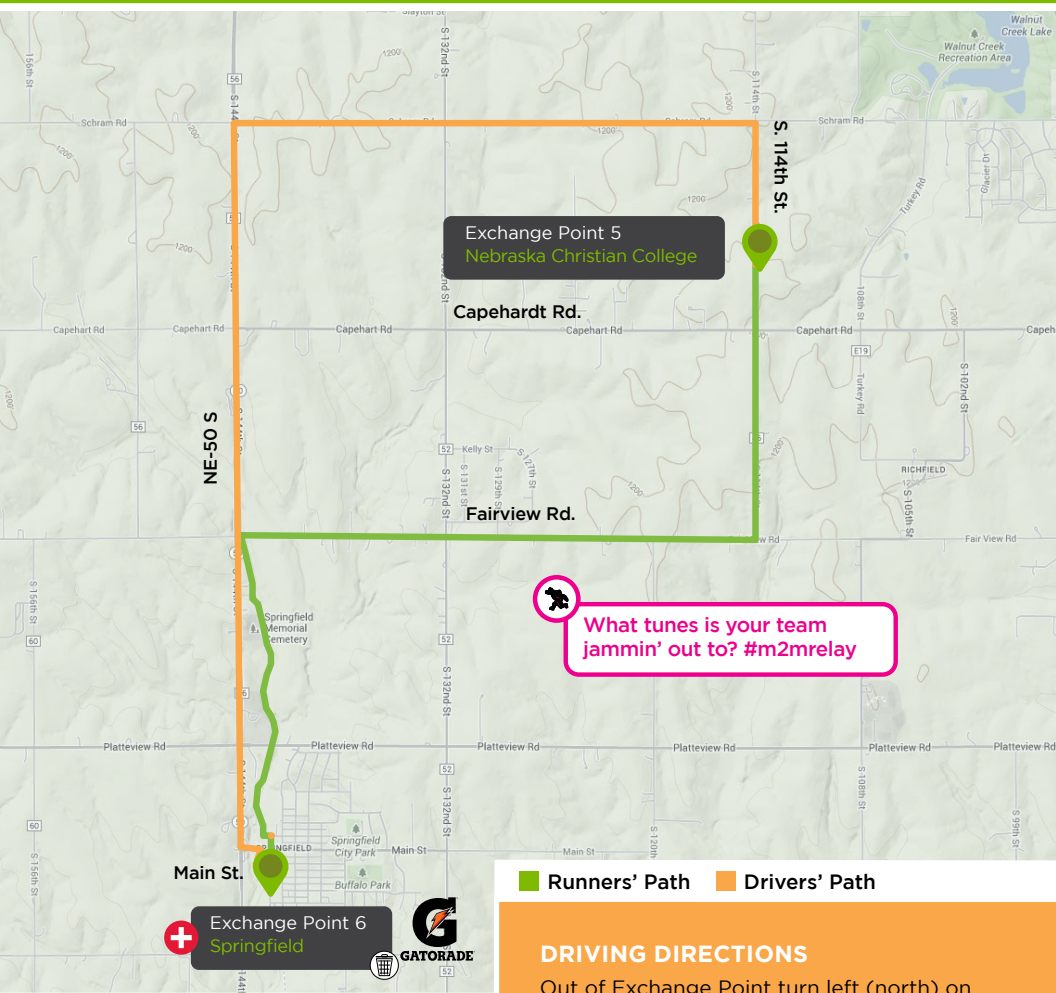


# STAGE 5

## Nebraska Christian College to Springfield



5.6 miles • Hard  
Gravel, Crushed Limestone and Pavement  
24.7 total team miles



### RUNNER NOTES

- » Runners will run and cross several live traffic roads.
- » At about mile 1.2, runners will turn right onto Fairview Rd.
- » At about mile 3.7, runners will turn left onto Mopac Trail.
- » At about mile 4.7 runners will run on a newly built trail to the exchange point.

**Runners' Path** **Drivers' Path**

### DRIVING DIRECTIONS

Out of Exchange Point turn left (north) on S. 114th St toward Schram Rd.

0.7 mi

Turn left (west) onto Schram Rd.

2.5 mi

Turn left onto NE-50 S.

3.5 mi

Turn left onto Main St.

2 blocks

Turn right (south) on 1st St.

2 blocks

Following signs and volunteers to parking at 1st and Vine St.



# STAGE 6

## Springfield to Buffalo Road



2.7 miles • Easy  
Paved Trail & Crushed Limestone Trail  
27.4 total team miles

Please be patient and drive carefully.  
You have plenty of time to arrive to the  
Exchange Point on time.

### DRIVING DIRECTIONS

Turn immediate right (south) onto  
1st St.

0.5 mi

CAUTION! SLOW DOWN: You will  
cross the runner path at Vine St.  
Turn left (east) onto Pflug Rd.

0.8 mi

Turn right onto 132nd St.

1.7 mi

Bear right on 132nd St. now turning  
into Buffalo Rd. Pavement ends.

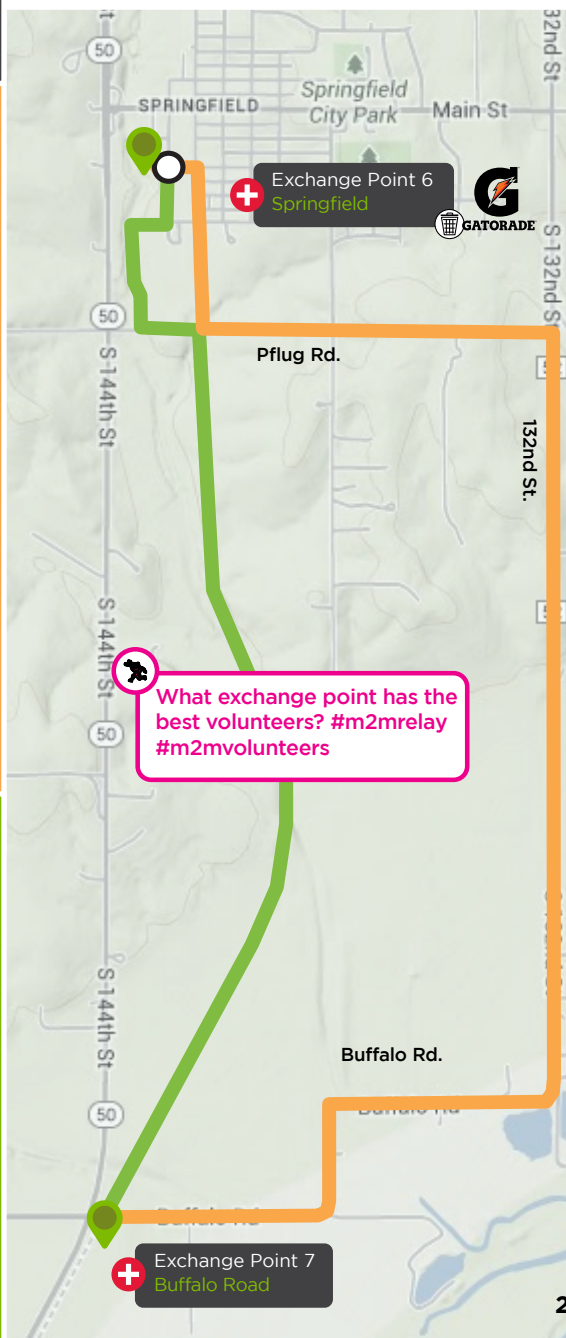
1.1 mi

You will arrive at the Exchange Point  
located on the shoulder of Buffalo  
Rd. Follow parking volunteers and  
park as far off the side of the road as  
possible. Only park on the right hand  
side of Buffalo Rd.

### RUNNER NOTES

- Make sure you and your team grab your Free Team Gatorade at the Gatorade Oasis at the Springfield Exchange.
- Runners will cross over several roads where traffic does not stop.
- Use caution when approaching intersections and yield to vehicles at all times.
- Minor detours may be on running route in the town of Springfield but will be well marked.

■ Runners' Path ■ Drivers' Path







Sharing your community,  
your values, and your dreams.



**Pinnacle  
Bank**

MEMBER FDIC  EQUAL  
HOUSING  
LENDER





# STAGE 7

## Buffalo Road to Louisville Hwy 31/50



2.5 miles • Easy  
Crushed Limestone  
29.9 total team miles

Exit the Parking area by heading  
west on Buffalo Rd toward NE-50 S  
0.2 mi

Turn left at the 1st cross street onto  
NE-50 S

1.8 mi

SLOW DOWN: This turn is VERY  
easy to miss. Turn right (west) onto  
Riha Rd.

0.8 mi

Turn left onto HWY 31.

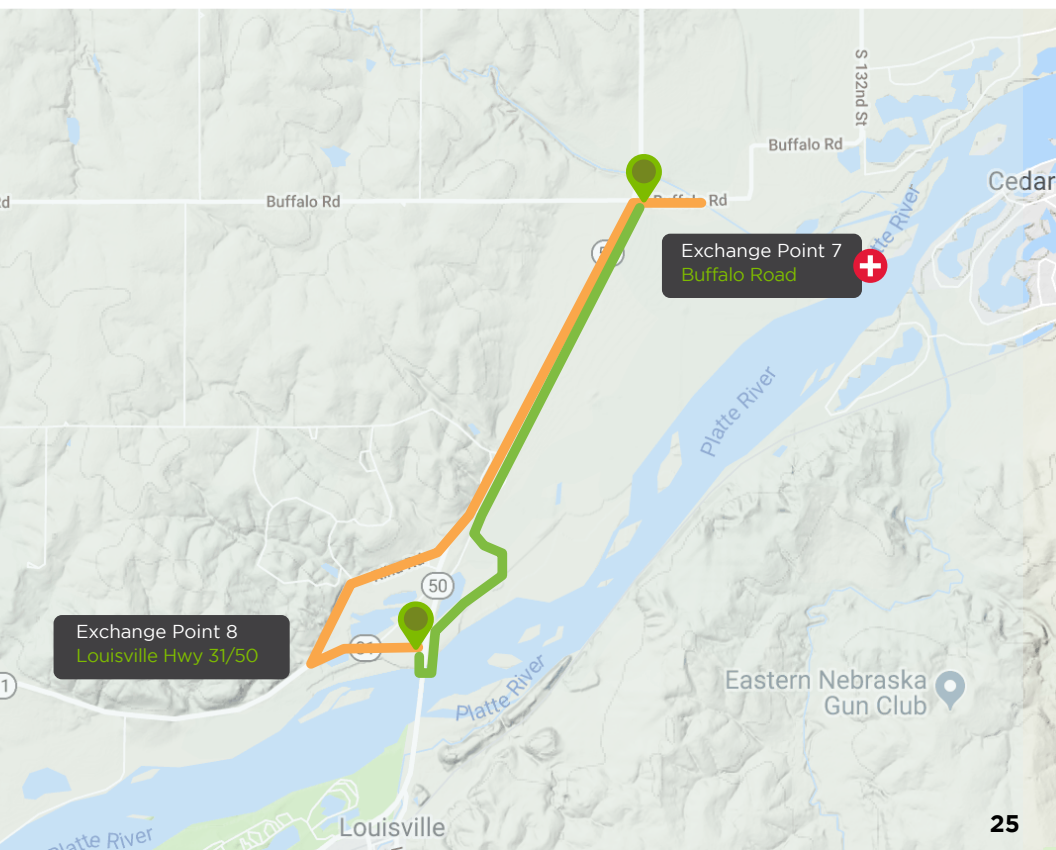
0.4 mi

Follow parking volunteers. See  
parking detail map on page 28.

### RUNNER NOTES

- Follow the crushed limestone trail the entire way.
- Runners go under Hwy 50

Runners' Path Drivers' Path







STOP BY OUR BOOTH AT THE POST RACE SHINDIG AND

**ENTER TO WIN A  
FREE TEAM  
FOR THE 2024 M2M!**



Bringing Every  
Innovator's  
Vision to Life





# PARKING DETAILS

EXCHANGE: LOUISVILLE HWY 31/50

Runners' Path Drivers' Arrival Path Drivers' Exit Path Parking



## PARKING DIRECTIONS

Vans will exit off of Highway 50 at Riha Rd. before you reach Highway 31. This will create one way traffic flow and eliminate a backup onto Highway 50, which creates a dangerous situation. Runners: be careful as you exit, as you will have to cross traffic twice. Vans are instructed that you have the right of way but they may not be looking out for you.

Please be respectful of private property to the south and west of this Exchange Point. No trespassing please.





# GOOD LUCK TEAMS

## -- MIXED DIVISION

- 101 - Who Fartlek'd???
- 102 - Run Swiftly (Taylor's Version)
- 103 - BB & B
- 104 - Bravo11
- 105 - KSB Runners
- 107 - Get-Er-Run
- 112 - Winners Walk
- 113 - Team Loris
- 114 - dirty red runners
- 118 - RIOT- Running Is Our Therapy
- 121 - Mazzulla
- 124 - Money Bags
- 127 - Running Nuts
- 128 - No Ragrets
- 129 - Better at Running up a Tab!
- 130 - Sprinter Cell
- 131 - Huffin Puffins
- 132 - The Swift Eras Running Tour
- 133 - The Bearded and the Beautiful
- 135 - Gourd Vibes Only
- 137 - Vaccinators
- 141 - Candy Cigs
- 142 - Deadly 7's
- 144 - ~\*-LiVe LaUGH LoVe RuN~\*-
- 146 - Dead on Arrival
- 150 - gRUNd Island
- 154 - Hype Train
- 159 - A Few Good Runners
- 165 - Sisterhood of the Running Pants
- 177 - The Running Dead
- 178 - Tarzan's Team
- 180 - Just One More
- 182 - The Yincredibles
- 183 - Run Will Keep Us Together
- 184 - Springboks
- 186 - Wining
- 188 - Beauties and the Beasts
- 193 - Hostetler Seeds
- 197 - Mitchy-Mitchy-Run-Run
- 198 - We Run Free Because Of The Brave
- 199 - Reluctantly Crouched at the Starting Line
- 200 - Pachunka Pack
- 211 - The Running Team
- 212 - Running for Rum
- 216 - Garbage Daddy
- 217 - I'm a Barbie Girl, In a Running World
- 219 - In a big hurry to get from something stupid, to nothing at all.
- 222 - More Fun-yun With Bunions!
- 223 - Karen and the Eye Rollers
- 224 - Blue Footed Boobies
- 225 - Road-heading to Lincoln ;-)
- 230 - Cool Runners
- 231 - Running Consecutive Sentences
- 232 - Team Thighmasters
- 233 - Busch Batons
- 240 - Beef Up America
- 241 - Lame Sauce
- 244 - Wait for It
- 245 - Chasing the Jamison
- 246 - Old Knee's and Saggy B's
- 249 - The Masters
- 251 - Quang
- 252 - Not Getting Any Younger
- 254 - Sweedfest
- 258 - Grandma And The Lemon Drop Shots
- 259 - This is a terrible idea....what time?
- 263 - No train, no gain
- 265 - Not Sorry
- 266 - UP and Friends
- 271 - Type 2 Fun
- 274 - Omaha World Hurdlers 2023
- 276 - RMFAO
- 277 - 281 Runners
- 278 - Malort
- 279 - Core Bank
- 282 - Worst Pace Scenario
- 284 - Cornstars
- 286 - Schamp's Champs
- 287 - Running Back to the 90's
- 288 - Pursuit of Hoppiness
- 289 - Bad Axes
- 291 - Running Winos
- 292 - Catalina Run Mixer
- 293 - Not Fast Just Furious
- 294 - One More
- 296 - Quitting is not an option
- 297 - GI Runs
- 298 - Run Like The Winded
- 299 - Chafing Chalupas
- 300 - International Justice League of Super Acquaintances
- 303 - The Good Time Gang
- 305 - 30 Something Awesome
- 308 - Foxtrotters
- 309 - BLOOD SWEAT AND BEER
- 311 - Rutt's Heating & Air, Lincoln
- 313 - Legs Miserables
- 315 - Farrell's - LaVista
- 316 - Regan's Runners
- 318 - Jimmy Joggers
- 319 - Running Wild
- 320 - Ready Jett Go
- 321 - Team Wooco
- 322 - White Van Band!
- 326 - Better At Running Up The Tab
- 327 - RUN CYT
- 335 - It squeaks when you bang it
- 339 - It's like fun, but not!
- 341 - Alice in Runnerland
- 342 - Electrical Unlimited
- 343 - The Schitt List
- 346 - Junk Miles
- 347 - Bad Teachers
- 351 - Team Team
- 352 - Mind over miles
- 355 - GSH Hawks
- 357 - Midwest Chafers
- 359 - Heart & Sole
- 362 - Insert witty name here
- 364 - Sister Jack
- 366 - #Aardvark
- 380 - Crack Me Like a Glowstick
- 383 - Running Mates
- 385 - Running for Beer



# GOOD LUCK TEAMS

## MIXED DIVISION | CONTINUED

- 386 - UnderCover
- 388 - Friends Against Running This Summer
- 390 - Smoke On Approach
- 391 - Pink Warriors
- 394 - MUTT CUTTS
- 396 - Chariots on Fire
- 397 - 17 County
- 398 - Runs & Roses
- 399 - Team Tang
- 403 - Cheaper Than Therapy
- 404 - DNR (Drinkers Not Runners)
- 407 - Have You Seen Randy?
- 409 - #Zcrew
- 413 - We've Got the Runz
- 415 - S'more Miles to Run
- 416 - Dodge, Duck, Dip, Dive & Dodge
- 418 - Essential Motion Spine & Sport
- 420 - Running Through The Ages
- 421 - I was running
- 422 - Los Luchadores
- 423 - Wham Bam Thank You Van
- 425 - The Pack
- 426 - The Beast
- 427 - Runnin' On Empty
- 428 - Quit YourB\*tch\*n Karen
- 430 - Push It Real Good
- 431 - Neature Run
- 432 - FIA
- 435 - Over the Hills
- 437 - Redo
- 438 - Team COMPETE
- 440 - Pharaohs From Cairo
- 441 - Here for the Beer!
- 444 - Team Run So Slow
- 446 - We Love Memaw
- 448 - Don't Pee Into the Febreze
- 451 - 2 Slow 2 Win - 2 Legit 2 Quit
- 453 - Too racy for you
- 456 - Team Flanagan
- 458 - Overtake
- 459 - Weiland Doors
- 460 - Royal Rumble
- 462 - Roc Hopper Brewing Company
- 463 - Smokin' Toes
- 465 - Orange Theory Lincoln
- 466 - SprintingToPutYonder
- 467 - BEASTMode
- 469 - Band on the Run
- 472 - WaHOO got us into this?!
- 476 - Pass the Kool-Aid
- 477 - 4Ever Fit
- 482 - The Hot Tamales
- 488 - Cancer Partners
- 491 - Runegades
- 492 - Tony Linder Memorial Herniated Disc Awareness Race for a Cure
- 493 - Moderately Paced Nebraskans
- 494 - Mixin it Up
- 496 - Eat my dust 6
- 500 - Aggressively Fraudulent Scuba Divers
- 506 - Wahoo Wieners
- 508 - Running Fools
- 509 - Farfromthevanagain
- 512 - Throckmortons
- 514 - Buns on the Run
- 515 - wearblue run to remember
- 521 - All Ass No Gas
- 522 - Don's Driving
- 524 - Nick's Saucy Nugs
- 526 - Pediatrics PC
- 527 - The running cheetahs
- 531 - Blackfish Running Club
- 534 - Let Us Win
- 536 - Scrubs
- 537 - CrossFit Khrusos Chafing
- 538 - Running Out of Steam
- 539 - These Little Piggies
- 542 - Whoo Yay Run!
- 543 - It's Stiegl not stiegl
- 549 - The Extra Mile
- 551 - All Gass, No Brakes
- 552 - Great Bowels of Fire
- 553 - Better Late Than Never
- 554 - Weekend Runaways
- 555 - SimpliCity Runners
- 557 - The Worst Pace Scenario
- 559 - All Dry Services
- 567 - Turtle Pace
- 568 - Well Trained Tortoises!
- 572 - Where's My Uber?
- 573 - Lasso's Greyhound Runners
- 576 - Lactic Acid Flashback
- 580 - CrossFit Khrusos AMRAP PARADISE
- 581 - Road Warriors
- 588 - Here4Cheers
- 594 - Hot Walkens
- 596 - Hops Infused Runners
- 597 - Nebrunners
- 600 - We Comin For Ya
- 601 - Quads of Fury
- 603 - O Van, Where Art Thou?
- 604 - Boats and Joes
- 607 - Hellfire Club
- 609 - Seven Deadly Shins
- 610 - Knights Who Say Knee
- 613 - Dutcher
- 616 - Team Tortoise
- 618 - Four by four
- 620 - Back in the Good Life
- 621 - Desk Jockeys
- 622 - Reigle Cattle
- 623 - Are we there yet?
- 630 - At a Medium Pace
- 634 - Carter Lake Crew
- 638 - Just Keep Running
- 640 - For the Cure
- 641 - We've got Crabs
- 644 - The Bugaboos
- 645 - WC Runners
- 646 - Randolyn is Raining Rowdy Runners (#ForRandy)
- 650 - FarewellTour
- 653 - Flyers
- 654 - We Run For Breakfast



## MIXED DIVISION | CONTINUED

- 655 - Easier said than run
- 656 - Hot Sauce Experience
- 657 - Frank's Mostaccioli
- 659 - We Showed Up
- 660 - Livin on a Prayer
- 661 - Elite Eight
- 662 - Scott's Tots
- 668 - 5th Floor Running Club
- 670 - Bird Watchin Buddies
- 672 - Island of Misfit Toys
- 674 - Lou Crew
- 675 - Parent-normal Encounter
- 676 - Dude, where's the van?
- 680 - FAC Running Club
- 685 - Still (somewhat) Too Legit 2 Quit
- 689 - Witter Warriors
- 690 - PICU Nurses
- 693 - We'll Be Home for Christmas
- 696 - Ambrose Running Club
- 701 - Super Average Runners
- 703 - Fleet (of) Feet
- 704 - Not Fast or Furious
- 707 - Waddle On!
- 708 - Running With Friends
- 709 - Will Run For Food
- 718 - Southridge Slowpokes
- 719 - Goat herders
- 720 - Cirque Du Sore Legs
- 722 - Natural Runners
- 723 - Run4the1
- 727 - Not Fast, Just Furious
- 736 - Just Run With It
- 738 - Brick x Brick
- 739 - NB TREAT
- 740 - We've Got The Runs
- 746 - Can't estop, won't estop
- 750 - Journey On
- 753 - Yo Mama So Slow
- 757 - Live Long and Perspire
- 760 - Only here to establish an alibi
- 762 - you play stupid games, you win stupid prizes
- 763 - Dragons

## CORPORATE DIVISION

- 145 - OneWorld
- 147 - Fat Brain Toys
- 158 - Original PenLink Team
- 163 - PenLink B Team
- 167 - TELCOR
- 168 - Drug Runners
- 194 - Exertional Compartment Syndrome
- 209 - Kearney FPA
- 213 - Team LI-COR (Andrew's Back!)
- 215 - Lincoln Industries
- 243 - The Eighth Element
- 247 - Kelley Engineered Equipment
- 269 - Launch Leadership
- 307 - Team Triage
- 331 - Tabitha
- 336 - KPMG
- 354 - Commonwealth Electric Employee-owned
- 356 - The Stick Shakers
- 358 - Schemmer
- 360 - Christina's Pink Heroes
- 374 - CFO Systems Spreadsheet Ninjas
- 387 - Team UNICO
- 408 - McGrath North - Record Makers
- 443 - Davis Design
- 450 - UBT
- 484 - Holland Basham Architects
- 487 - Nanonation
- 517 - Found Down - Trauma ICU Bryan West
- 533 - Duncan Sky Slicers
- 579 - Rembolt Runners
- 587 - LPTSR
- 591 - #teamQLI
- 624 - DLR Group
- 627 - Charon Shared Services
- 628 - Allo Fiber
- 643 - Kidwell
- 658 - Nebraska Orthopaedic Center
- 671 - WorkSpace Flooring
- 691 - Agony of Defeat
- 694 - Hitchhikers Welcome
- 695 - Ervin & Smith
- 710 - First State Bank Nebraska
- 713 - Team Buckle
- 714 - Douglas County Health Department
- 743 - Pinnacle1
- 744 - Pinnacle2
- 745 - Test Tube Reboot
- 747 - RLC You at the Finish!
- 758 - Hudl
- 759 - Leadership Resources
- 761 - Whats a NICO



# GOOD LUCK TEAMS

## ACADEMIC DIVISION

108 - The Eagles Nest  
156 - Try to Ketchup  
361 - BreatheRites  
429 - Head n'Neckers  
566 - Banditos de Anesthesia

571 - Mean Teachers  
593 - Centennial  
669 - Waverly Middle School

## ARMED FORCES DIVISION

122 - Team Patriot  
160 - Fried or Fertilized  
179 - SWASS  
283 - NEANG Bums  
301 - Fightin'43rd  
338 - Stay Frosty  
373 - The Replacements

516 - Crispy Bacon  
562 - Run Like Hail  
614 - Aggregate Throughput  
635 - Legion of Doom  
737 - We're Too Old For This  
471 - For His Glory  
742 - Get Set Rise

## RELIGIOUS DIVISION

109 - PIONEER CHILDREN  
192 - Flyin' Zion  
250 - First Street Fury  
353 - Running on Faith  
511 - Energy Rings  
513 - Citylight Omaha  
550 - Roamin' Catholics  
582 - CCCu@thefinishline

599 - Buen Camino  
682 - Cavalry  
687 - Pastafarian Pirates  
699 - Yellowstoned Goggins  
729 - City Light North  
731 - First City Church

**M2M runners**

**happy trails  
to the finish.**

**become a member today.**

[gptn.org/membership](http://gptn.org/membership)



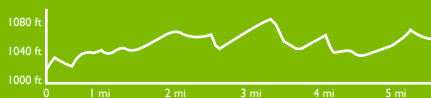
**Great Plains  
Trails Network**



# STAGE 8

## Louisville Hwy 31/50 to Platte River/South Bend

5.5 Miles • Easy/Moderate  
36.7 total team miles



### DRIVING DIRECTIONS

See parking detail map on page 28.

Exit the parking area by heading west on Hwy 31.

\_\_\_\_\_ 0.4 mi \_\_\_\_\_

Turn right (north) on Riha Rd

\_\_\_\_\_ 0.8 mi \_\_\_\_\_

Turn right (south) on Hwy 50

\_\_\_\_\_ 3.4 mi \_\_\_\_\_

Turn right onto Hwy 66/State Spur 13E (towards Platte River State Park & South Bend)

\_\_\_\_\_ 4.8 mi \_\_\_\_\_

Turn left (south) at 328th St.

\_\_\_\_\_ 0.8 mi \_\_\_\_\_

Following parking volunteers to Platte River Exchange Point field parking area.

### RUNNER NOTES

- » Follow the Mopac Trail adjacent to Hwy 31
- » After about 4.0 miles, the trail stops at a parking lot. Follow the signs through the parking lot to a trail that will connect with the Lied Bridge.
- » Connect with Lied Bridge over the Platte River and follow crushed limestone trail under Hwy 66 and arrive at Exchange Point.

#### HOLDING ZONE AT EXCHANGE POINT 9

TEAMS ARRIVING PRIOR TO 9:15 AM WILL BE HELD FOR 1 HOUR

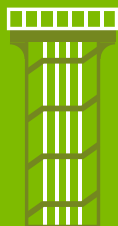
TEAMS ARRIVING AFTER 2:30 PM WILL BE REQUIRED TO SKIP 3 STAGES

Runners' Path

Drivers' Path





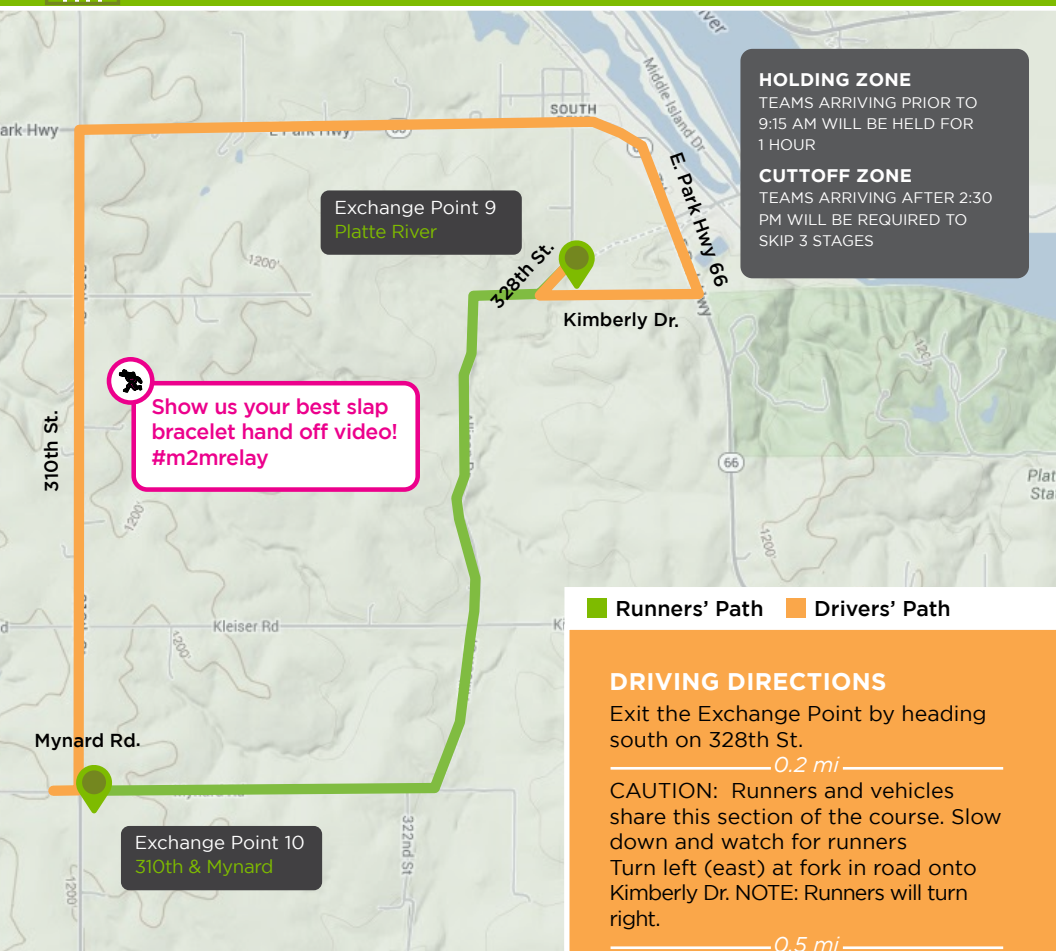


# STAGE 9



Platte River/South Bend  
to 310th & Mynard

3 miles • Hard  
Gravel Road  
38.4 total team miles



## HOLDING ZONE

TEAMS ARRIVING PRIOR TO  
9:15 AM WILL BE HELD FOR  
1 HOUR

## CUTOFF ZONE

TEAMS ARRIVING AFTER 2:30  
PM WILL BE REQUIRED TO  
SKIP 3 STAGES

Runners' Path Drivers' Path

## DRIVING DIRECTIONS

Exit the Exchange Point by heading south on 328th St.

—0.2 mi—

CAUTION: Runners and vehicles share this section of the course. Slow down and watch for runners. Turn left (east) at fork in road onto Kimberly Dr. NOTE: Runners will turn right.

—0.5 mi—

Turn left (north) onto E. Park Highway 66.

—2.0 mi—

Take a left (south) onto 310th St.

—2.0 mi—

Turn right (west) onto Mynard Rd and follow parking volunteers. DO NOT PARK on 310th St. Park on the shoulder of Mynard Rd facing west. You will continue west on Mynard Rd toward the next Exchange Point. See parking detail map on next page.

## RUNNER NOTES

- » Leaving the Exchange Point, use caution as the vehicle route shares the running route for a short section. Runners will turn right at the T intersection. Vehicles will turn left onto Kimberly Dr.
- » Keep left on roads and run against traffic.
- » Runners will cross over several roads where traffic does not stop. Use caution and yield to vehicles at all times.
- » Check your half-way split time at [m2mrelay.com/halfwaysplit](http://m2mrelay.com/halfwaysplit)



# PARKING DETAILS

EXCHANGE POINT 11: 310TH & MYNARD

■ Runners' Path ■ Drivers' Path ■ Parking ■ No Parking ■ Spectator Zone ■ Walking Path



Parking should not be a problem, but you may have to park up to .5 miles from the Exchange Point. The big thing here is DO NOT park on 310th St. We want Cass County to invite us back next year. Once you exit and head towards the next Exchange, continue heading west on Mynard Rd.

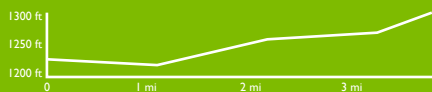
The Exchange is located at corner of 310th St. and Mynard Rd., be careful of traffic as you make that turn. Do NOT drop your runner off at the intersection. Please wait until you have parked to drop off your runner.





# STAGE 10

310th & Mynard  
to Murdock



3.6 miles • Moderate  
Paved Road  
42.0 total team miles



## DRIVING DIRECTIONS

See parking detail map on previous page. Leave the Exchange Point by continuing to head west on Mynard Rd.

1.9 mi

At the T intersection, turn left (south) onto 286th St.

3.0 mi

Turn left (east) onto Waverly Rd.

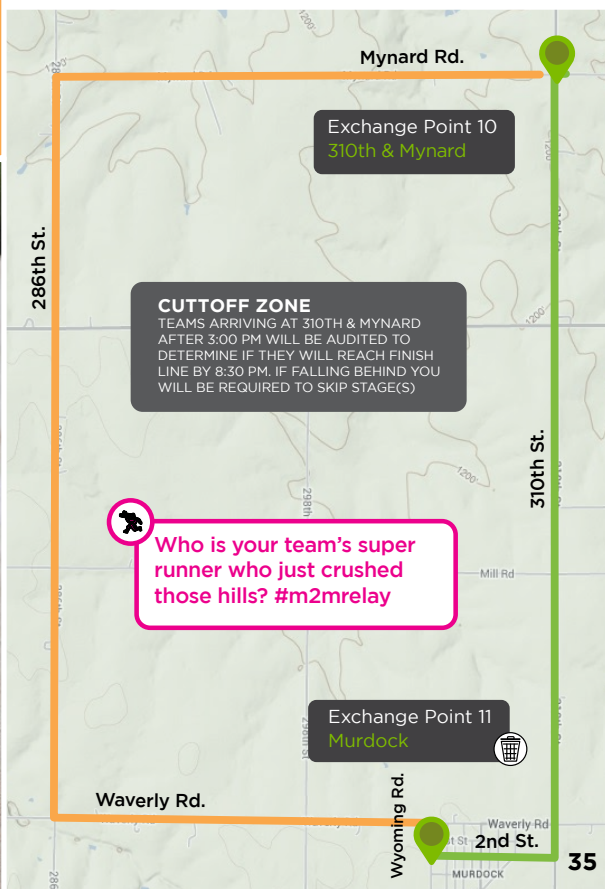
1.5 mi

Turn right (south) at Wyoming Rd and then take an immediate right turn into the Exchange Point parking lot at Murdock High School.

## RUNNER NOTES

- » 310th St can have heavy fast moving traffic. Shoulders are small. **Keep far left on roads and run against traffic.**
- » Runners will cross over several roads where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles at all times
- » IMPORTANT TURN: Arriving at the town of Murdock along 310th St, turn right onto 2nd St towards the Exchange Point at Elmwood-Murdock High School.
- » **Earbuds and personal music devices are extremely discouraged on this stage.**

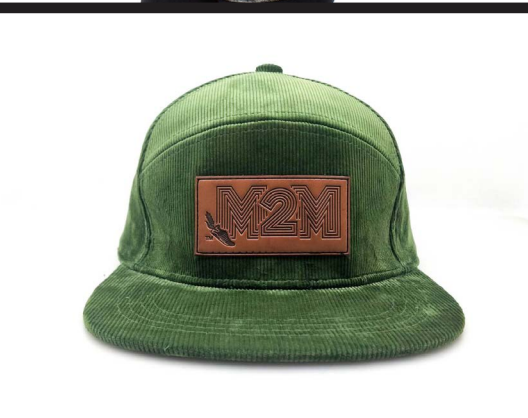
Runners' Path Drivers' Path







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Also available at



**M2MRELAY.COM**





# STAGE 11

## Murdock to Grandpa's Woods

3.9 miles • Easy/Moderate  
Paved Road & Gravel Road  
45.9 total team miles



### DRIVING DIRECTIONS

Leaving Exchange Point, turn right (south) onto Wyoming Rd.

0.4 mi

Arriving at a stop sign, turn right (south) onto Railroad St/304th St/13A

0.5 mi

Turn right (west) onto Hwy 1

2.2 mi

Turn left (east) onto Alvo Rd.

SLOW DOWN: This turn is very easy to miss. Look for large green Wabash sign.

0.9 mi

Turn right onto 310th St.

**CAUTION:** Runners and vehicles share this section of the course. Follow 310th St. until you reach the Exchange Point at Grandpa's Woods Golf Course.

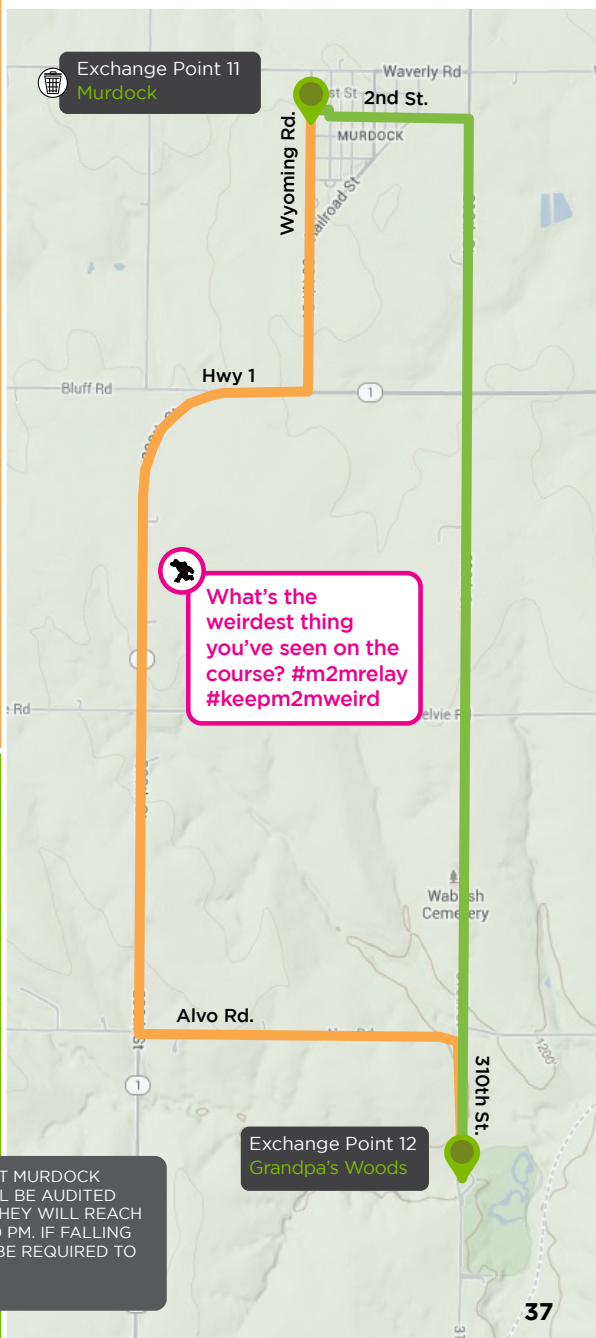
DO NOT stop until you reach the parking area. Follow parking volunteers and watch out for runners.

### RUNNER NOTES

- » Runners will depart the Exchange Point along Murdock's 2nd St and turn right onto 310th St.
- » **Keep left on roads and run against traffic.**
- » Runners will cross over several roads where traffic does not stop.
- » Use extra caution when crossing over Hwy 1.
- » **Earbuds and personal music devices are strongly discouraged on this stage.**

TEAMS ARRIVING AT MURDOCK AFTER 3:30 PM WILL BE AUDITED TO DETERMINE IF THEY WILL REACH FINISH LINE BY 8:30 PM. IF FALLING BEHIND YOU WILL BE REQUIRED TO SKIP STAGE(S)

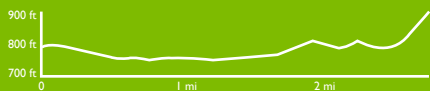
Runners' Path Drivers' Path





# STAGE 12

## Grandpa's Woods to Elmwood



2.7 miles • Easy  
Gravel Roads & Crushed Limestone Trail  
48.6 total team miles

### DRIVING DIRECTIONS

Leaving Grandpa's Woods  
continue heading south on 310th St.

0.5 mi

Take the first right (west) onto  
Fletcher Ave.

1.0 mi

Turn left (south) onto Hwy 1/298th  
St.

1.8 mi

Turn left (east) onto H St. and  
follow parking volunteers to  
Exchange Point 13.

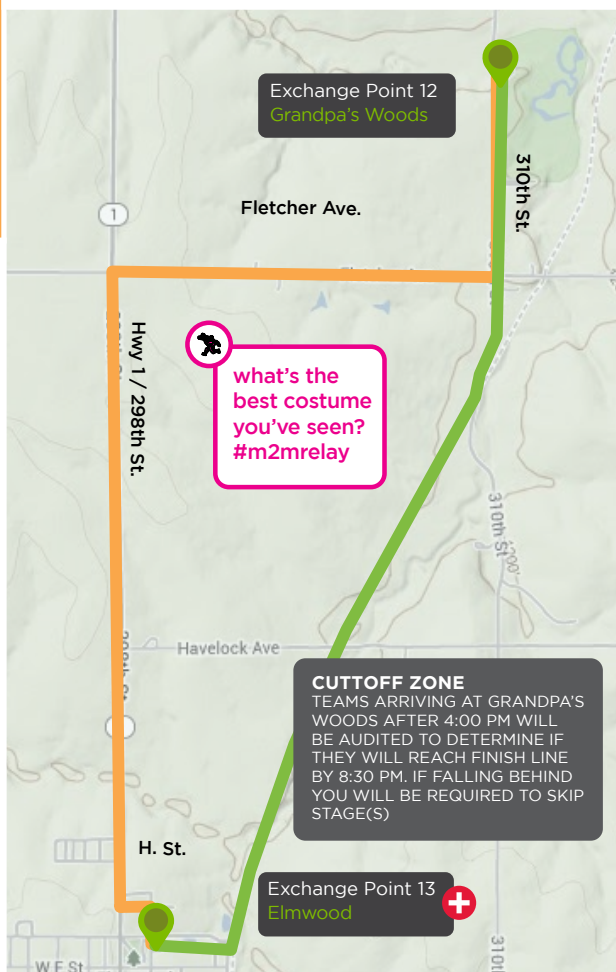
NOTE: Be patient, you will be  
parking in a large field with  
100's of parking spots, but the  
residential road is narrow to the  
field.

### RUNNER NOTES

- » Leaving the Exchange Point, use caution as the vehicle route shares the running route for a short section. Runners will continue straight on 310th St and will turn right shortly onto the gravel MoPac Trail. Vehicles will turn right onto Fletcher Rd.
- » Runners will cross over roads where traffic does not stop.

RELAY TIP: It could be possible for fast runners to beat their vehicle to the next Exchange Point. Consider sending another runner ahead early to the next Exchange Point in another team's vehicle.

### Runners' Path Drivers' Path



### Dino's Storage



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# STAGE 13

## Elmwood to 262nd Street



4.2 miles • Moderate  
Crushed Limestone Trail  
52.8 total team miles



Note: Your runner has over 4+ miles of running ahead of them. The next Exchange Point is VERY CROWDED. Relax. Your team could have plenty of time to stop at the gas station at 4th and C St to stock up on supplies.

Leaving Exchange Point 13, follow volunteers instructions to return to Hwy 1/N.4th St.

*1 block*

Turn left (south) onto Hwy 1/N. 4th St.

*a few blocks*

Turn right (west) on D St /Adams St. by "library" sign.

*3.0 mi*

**CAUTION:** Slow down! D St. / Adams Street is a gravel road.

Turn left (south) onto 2602nd St.

*1.5 mi*

**CAUTION:** This Exchange Point will be congested. Please be patient and follow the parking volunteers. Follow volunteer directions and be careful crossing the trail as you park or when you exit. Watch for pedestrians and runners.

### RUNNER NOTES

- » Runners will depart the Exchange Point along the spur trail and will turn right onto the main MoPac Trail.
- » Runners will cross over several roads where traffic does not stop.
- » Use extra caution when crossing over Hwy 1.

 Runners' Path  Drivers' Path

#### CUTOFF ZONE

TEAMS ARRIVING AT ELMWOOD AFTER 4:30 PM WILL BE AUDITED TO DETERMINE IF THEY WILL REACH FINISH LINE BY 8:30 PM. IF FALLING BEHIND YOU WILL BE REQUIRED TO SKIP STAGE(S)

Exchange Point 13  
Elmwood



D St. / Adams St.

262nd St.

Exchange Point 14  
262nd Street



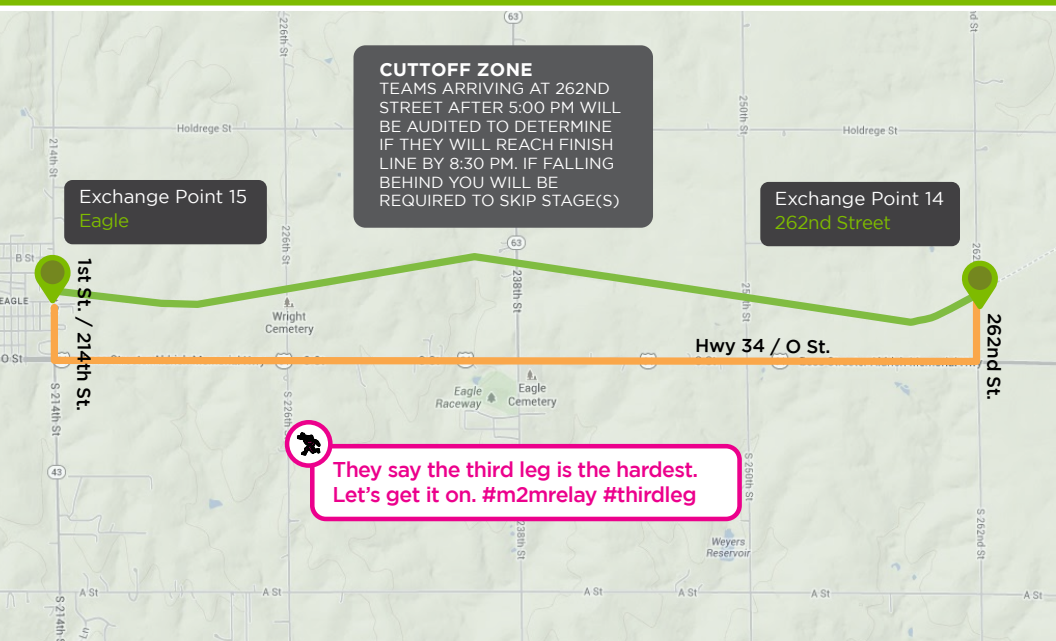
Is your van getting tagged with magnets and erasable markers? Show us, so we can long distance high five the bandits #m2mrelay



# STAGE 14

262nd Street  
to Eagle

4.1 miles • Easy  
Crushed Limestone Trail  
56.9 total team miles



## CUTOFF ZONE

TEAMS ARRIVING AT 262ND STREET AFTER 5:00 PM WILL BE AUDITED TO DETERMINE IF THEY WILL REACH FINISH LINE BY 8:30 PM. IF FALLING BEHIND YOU WILL BE REQUIRED TO SKIP STAGE(S)

Exchange Point 15

Eagle

Exchange Point 14

262nd Street

Hwy 34 / O St.

They say the third leg is the hardest.  
Let's get it on. #m2mrelay #thirdleg

Runners' Path Drivers' Path

## DRIVING DIRECTIONS

Continue traveling south on 262nd as you exit.

0.5 mi

Turn right (west) onto Hwy 34/O St.

4.0 mi

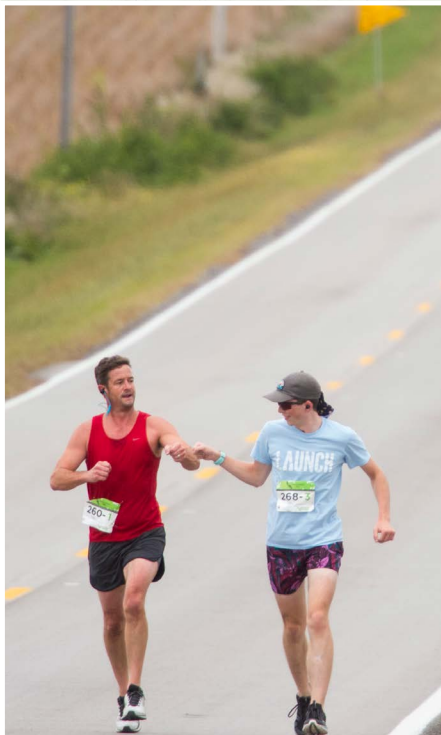
Turn right (north) at the Gas Station onto 1st St/214th St

0.2 mi

Turn right into the Exchange Point parking lot on the north side of Eagle Elementary School. The Exchange Point is located just to the north of the parking area.

## RUNNER NOTES

- » Runners will cross over several roads where traffic does not stop.
- » Use extra caution when crossing over Hwy 63/238th St.





# STAGE 15

## Eagle to Dove Landing Vineyard



3.3 miles • Easy  
Crushed Limestone Trail  
60.2 total team miles

### DRIVING DIRECTIONS

Return to HWY 34/O St via 1 St/214th St.

0.2 mi

Turn right onto Hwy 34/O St

1.0 mi

Turn left onto S 202nd St (at Lake Eagle Sign)

1.0 mi

Turn right onto A St

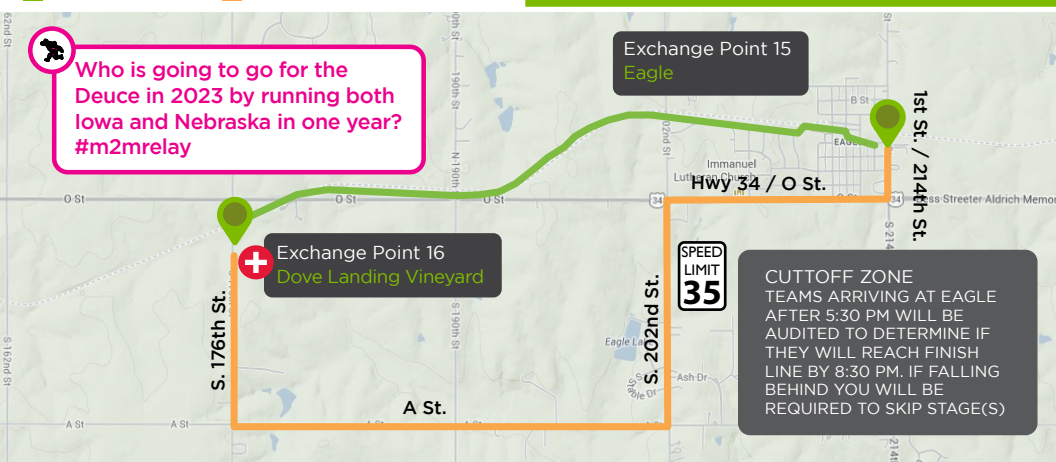
2.0 mi

Turn right onto S 176th St. Dove Landing Vineyard will be on your right prior to the trail. Follow parking volunteer instructions for one-way traffic in and out of farm.

### RUNNER NOTES

- » Please be respectful of private property and do not cut across the home owner's lawn when walking from the Eagle Elementary parking area to the Exchange Point. Please stay on the sidewalk.
- » Leaving the Exchange Point, runners will make a few small turns through the town of Eagle to rejoin the gravel MoPac Trail. Watch carefully for race course signage arrows.
- » Runners will cross over several roads where traffic does not stop.
- » Use extra caution when crossing over Hwy 34/O St.

Runners' Path Drivers' Path





# GOOD LUCK TEAMS

## - WOMENS DIVISION

- 106 - Country Grammar
- 115 - The OG'ers
- 117 - Running For Booze
- 125 - All This For a Free Beer
- 126 - Beresford Road Warriors
- 138 - Win the Day
- 151 - Superwomen
- 152 - Runnin' Like a Mother
- 153 - Slow Motion Beach Running
- 157 - Better at running up a tab
- 164 - Sister Sister
- 174 - #2Fast4Pants
- 190 - Beresford Road Warriors 2.0
- 196 - Happy Crampers
- 201 - Like Fun, Only Different
- 214 - Random people running
- 228 - Rase Strong
- 229 - Cirque du Sore Legs
- 238 - Run. Eat. Poop. Repeat.
- 239 - Cheaper Than Therapy
- 248 - This Ain't Our First Rodeo
- 256 - Washed up Yotes
- 260 - Sole Sisters
- 261 - Is it my turn again?!?
- 262 - Incredibles Strike Back
- 267 - Crazy Runaway Moms
- 268 - \$hit \$how
- 280 - Fast Women
- 285 - Runners Roulette
- 306 - Sexy Mother Runners
- 310 - Chicks, Hens and Cock-tails
- 317 - Team Swussy
- 328 - Safety First! Run with a Nurse!
- 330 - One.More.Mile
- 332 - Taste the Rainbow
- 344 - W to the 6th Power
- 345 - Who Runs The World?
- 350 - Blister Sisters
- 371 - The Pink Gorillas Girls
- 377 - Hot Mess Express
- 384 - Perfect Strangers
- 405 - Team Transplant
- 410 - Shut Up Leg's You're Fine
- 411 - Woggers
- 417 - Moms on the Run
- 424 - Legwarmers and Laces
- 442 - Schitty Runners
- 454 - Running Mamas
- 474 - Just Here for the Snacks
- 475 - Live2Run
- 481 - Let's Roll Butthole
- 483 - The Cussing Crew
- 490 - FiA Omaha
- 498 - If We Do It Again
- 499 - Miles for Many
- 505 - You Can't Run With Us
- 507 - Thirsty Moms
- 520 - Against Medical Advice
- 529 - Chafing the dream
- 532 - Gym class heroes
- 541 - Running Up A Tab
- 544 - Why Do We Keep Doing This
- 545 - We Run This Town in the '605' |
- 547 - Girls Just Want to Run
- 558 - crazy crete ladies
- 575 - Outdoor Divas
- 586 - Baby Got Track
- 589 - Super8
- 595 - Because Coach Fowler Said
- 602 - Citylight Ladies
- 629 - Team Animal House
- 631 - Girls Who Hate Running Besides Lindsey & Maybe Katy
- 632 - Chick Norris
- 642 - Not Fast Just Furious
- 673 - FIGJAM
- 698 - Too Stupid to stop
- 700 - Laborhood
- 706 - The Salty Heifers
- 716 - Chasing Mimosas
- 730 - #TeamTwoPack
- 733 - Dakota Darlings
- 741 - Running Against Medical Advice
- 749 - Toxic Positivity
- 754 - Team NuTRL



# GOOD LUCK TEAMS

## -- MASTERS DIVISION

1176 - F3Omaha  
235 - Good Times  
368 - RUNBORN  
369 - Twitching Roadkill

503 - LRC Masters  
560 - Winged Ears  
648 - LRC- The Old Guy Grind

## -- MIXED MASTERS DIVISION

173 - Masters of the Universe  
208 - Where is My Mind #haulinoats  
304 - Awesomesauce!  
348 - Legs of Lead  
379 - shots of malarkey  
406 - Let the Wookiee Win  
412 - Here Goes Nothing

434 - Dirty Half Dozen + 1  
447 - Easier Said Than Ran  
518 - Team NRCSA  
540 - Undertrained and Overconfident - #1  
585 - The Loose Screws  
617 - Death Taxes Running 1040+ Edition

## -- WOMENS MASTERS DIVISION

204 - She's Coming in Hot  
227 - AWOL  
257 - Old Soles  
302 - Pumped Up Kicks

445 - Ladies of the Evening  
502 - Motley Brew Crew

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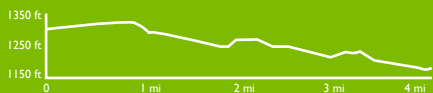
ervin&smith<sup>TM</sup>40  
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[ervinandsmith.com](http://ervinandsmith.com)



# STAGE 16

Dove Landing Vineyard  
to Boy Scout Council



4.0 miles • Easy  
Crushed Limestone Trail & Dirt Trail  
64.2 total team miles

## DRIVING DIRECTIONS

Head south on S 176th St toward A St.

0.6 mi

Turn right onto A St

4.0 mi

CAUTION: Runners cross over the 120th & A St intersection here at a strange angle. Slow down and look 3x for runners. Turn right onto 120th St.

0.3 mi

Turn right into the Exchange Point and follow parking volunteers. Please be patient as there is only one way in or out of this parking area.

## RUNNER NOTES

- » Runners will cross over several roads where traffic does not stop.
- » Use extra caution when crossing over 148th St.
- » IMPORTANT TURN: Towards the end of this Stage, shortly after crossing over one of the wooden bridges, runners will turn right off the gravel trail onto a dirt "horse trail" which will lead runners to an open gate into the Boy Scout Cornhusker Council's property. Watch carefully for race signage arrows and volunteers. Your team will be waiting for you on the west side of an open field.



## PACE YOURSELF

PROUD SUPPORTER OF  
MARKET TO MARKET



Runners' Path Drivers' Path



If you don't post a team photo did it really happen? Prove it. #m2mrelay

### CUTOFF ZONE

TEAMS ARRIVING AT DOVE LANDING VINEYARD AFTER 6:00 PM WILL BE AUDITED TO DETERMINE IF THEY WILL REACH FINISH LINE BY 8:30 PM. IF FALLING BEHIND YOU WILL BE REQUIRED TO SKIP STAGE(S)

Exchange Point 17  
Boy Scout Cornhusker Council

Exchange Point 16  
Dove Landing Vineyard

120th St.

A St.

S. 176th St.

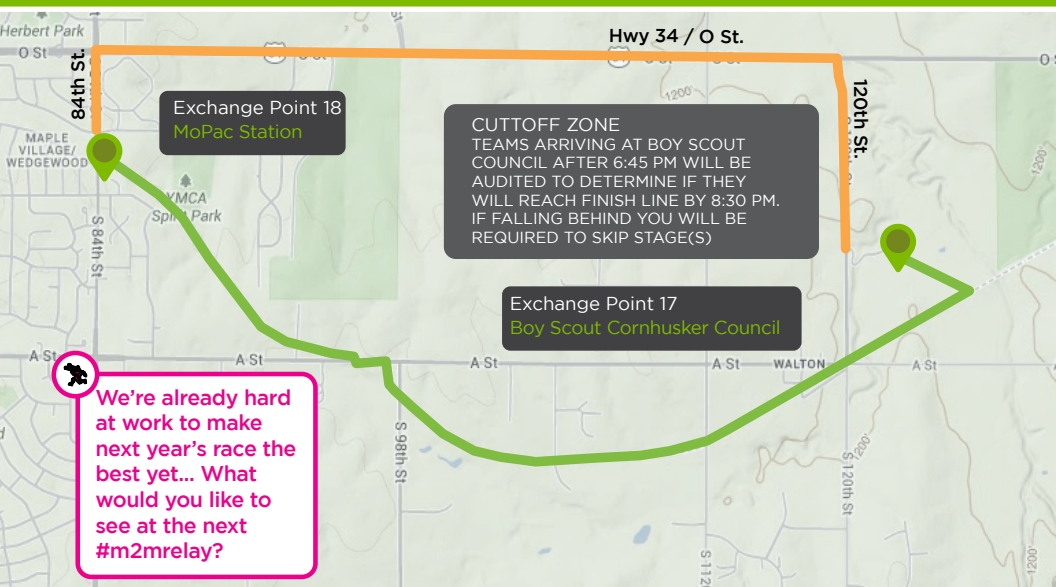


# STAGE 17

## Boy Scout Council to MoPac Station



3.4 miles • Easy/Moderate  
Dirt Trail & Crushed Limestone Trail  
67.6 total team miles



■ Runners' Path ■ Drivers' Path

### DRIVING DIRECTIONS

Leaving the Exchange Point turn right (north) onto 120th St.

0.6 mi

Take a left (west) onto Hwy 34/ O St.

2.4 mi

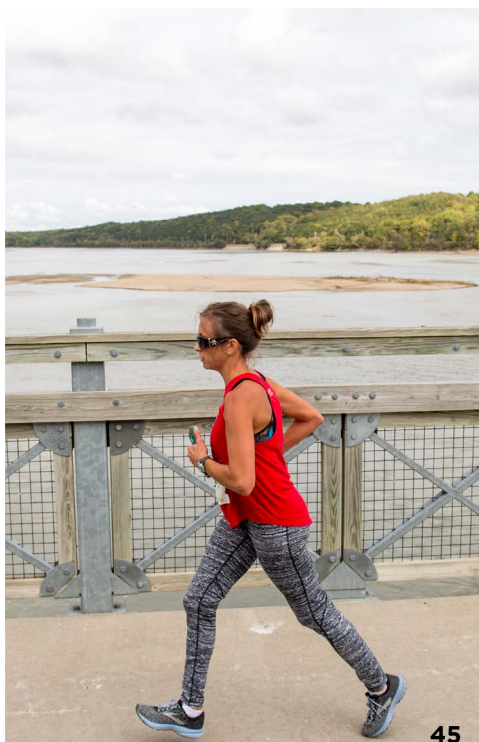
Turn left (south) onto 84th St. (stop lights)

0.25 mi

Turn left at Cherywood Dr. (first traffic light) into Exchange Point 18 at State Farm Insurance parking lot. Take the first right once in parking lot. The Exchange Point is located just to the south of the parking area.

### RUNNER NOTES

- » Runners will rejoin the main MoPac gravel trail after a short dirt horse trail spur. Watch carefully for race signage arrows.
- » Runners will cross over several roads where traffic does not stop.
- » Use extra caution when crossing over the odd intersection at 120th & A St and again when crossing A St after 96th St.
- » Visibility Gear is REQUIRED if beginning this Stage after 6:30pm.





# STAGE 18

MoPac Station  
to B & R



3.0 miles • Easy  
Paved Trail  
70.6 total team miles

## DRIVING DIRECTIONS

Leaving the Exchange Point, take a right (north) onto 84th St.

0.2 mi

Turn left (west) on O St.

2.3 mi

Turn right (north) onto 48th St.

0.5 mi

Turn left (west) at light onto Vine St

0.2 mi

Turn right (north) onto 45th St.

0.1 mi

Turn right (east) onto W St.

50 ft

Take 2nd left turn into the Exchange Point at the B&R Stores lot. Overflow parking is located across W St.

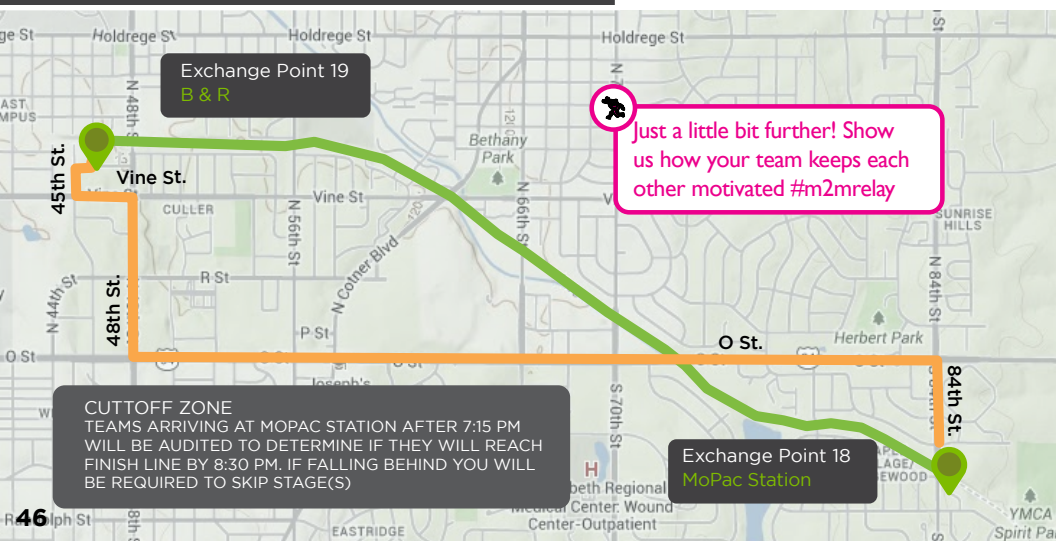
## RUNNER NOTES

- » Follow police and volunteer instructions at major intersections. Runners must obey all traffic laws.
- » Use caution at intersections and yield to vehicles.
- » Visibility Gear is **REQUIRED** if beginning this Stage after 6:30pm.

**RELAY TIP:** It could be possible for fast runners to beat their vehicle to the next Exchange Point. Consider sending another runner ahead early to the next Exchange Point in another team's vehicle.



Runners' Path Drivers' Path







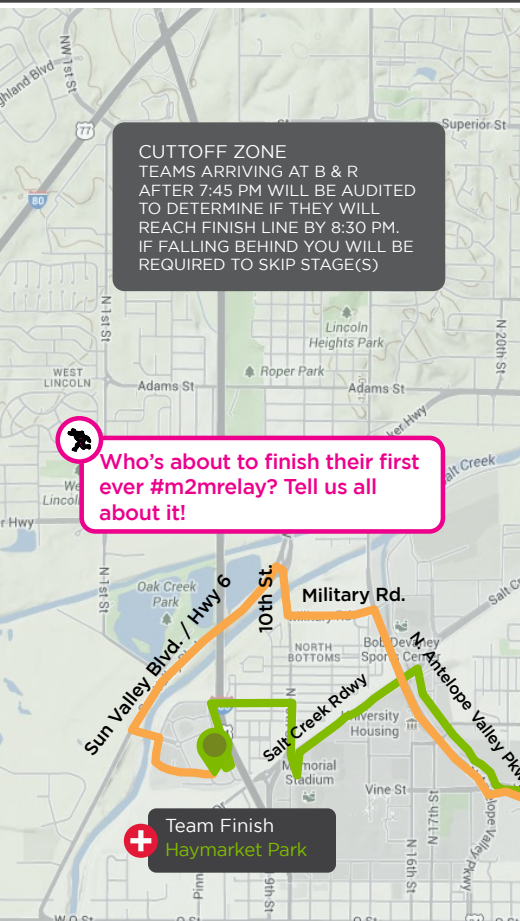
# STAGE 19

B & R  
to Haymarket Park



4.1 miles • Easy  
Paved Trail & Paved Road  
74.7 total team miles

ALL teams are required to park at Haymarket Park. In order for your team vehicle to beat your runner follow the driving instructions. After you park, see Team Finish instructions on the page 50. YOU'RE ALMOST DONE!



## DRIVING DIRECTIONS

Leaving the Exchange Point, turn right (west) onto W St.

\_\_\_\_\_ 50 ft \_\_\_\_\_

Turn left (south) onto 45th St.

\_\_\_\_\_ 0.1 mi \_\_\_\_\_

Turn right (west) onto Vine St.

\_\_\_\_\_ 2.0 mi \_\_\_\_\_

Turn right onto N Antelope Valley Pkwy

\_\_\_\_\_ 0.8 mi \_\_\_\_\_

Turn left onto Military Rd.

\_\_\_\_\_ 0.3 mi \_\_\_\_\_

Turn right onto N 10th St.

\_\_\_\_\_ 0.1 mi \_\_\_\_\_

Turn left toward Sun Valley Blvd.

\_\_\_\_\_ 240 ft. \_\_\_\_\_

Turn left onto Sun Valley Blvd.

\_\_\_\_\_ 0.8 mi \_\_\_\_\_

Turn left (east) onto Line Dr toward Haymarket Park Stadium. Take your first right on N. 4th St. Continue on 4th Street until you reach the furthest east parking areas (Lots 19 and 20) near the green Haymarket Park Pedestrian Bridge. These are the Finish/Shindig parking lots.

Runners' Path Drivers' Path

## RUNNER NOTES

- » Follow police and volunteer instructions at major intersections. Runners must obey all traffic laws.
- » Use caution when approaching intersections and yield to vehicles at all times
- » Visibility Gear is REQUIRED if beginning this Stage after 6:30pm.
- » The Team Finish is located on the north side of the Haymarket Pedestrian Bridge. You will meet your team here. The Team Finish is not an Exchange Point. The Stage 19 runner should keep the baton until crossing the finish line. Stage 19 runner is required to cross the finish line first.



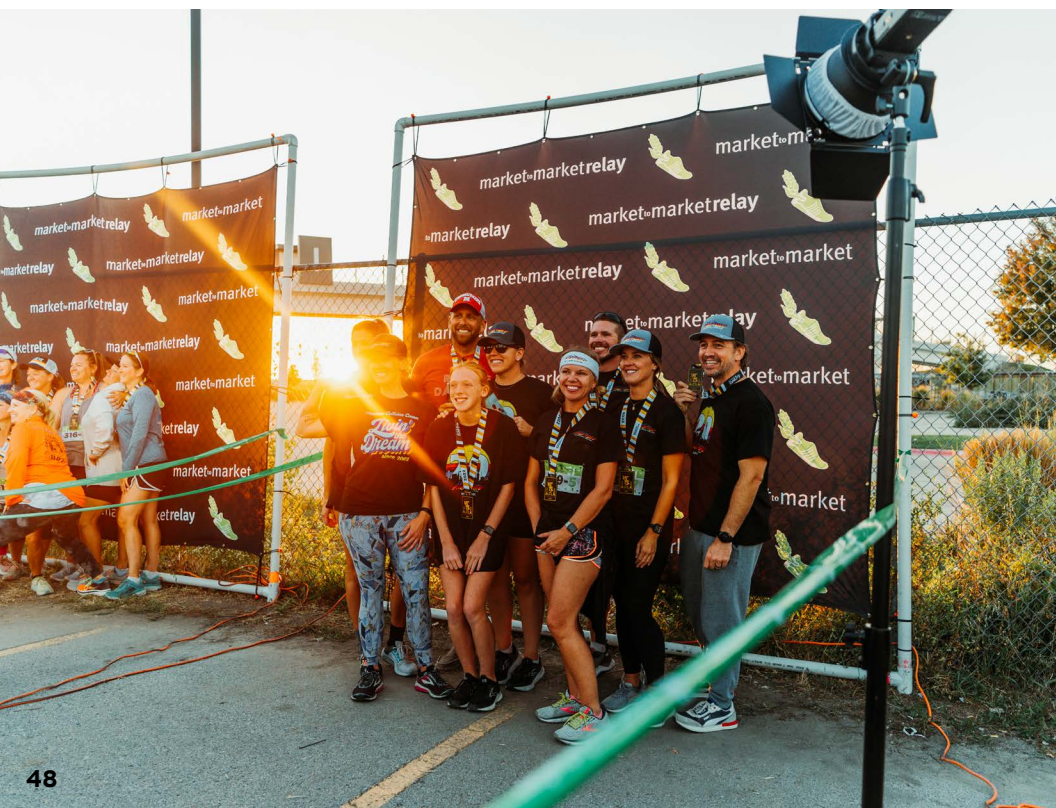


market-marketrelay

# RUN 'EM BOTH



Run both the M2M Relay Iowa and M2M Relay Nebraska in 2024 and earn the coveted Deuce Medal. Registration is open now for the 2024 M2M Relay Iowa. See page 1 for details about registering for the 2023 M2M Relay Nebraska.





# TEAM FINISH

B & R

to Haymarket Park | Finish

0.3 miles • Easy  
Paved Trail  
75.0 total team miles

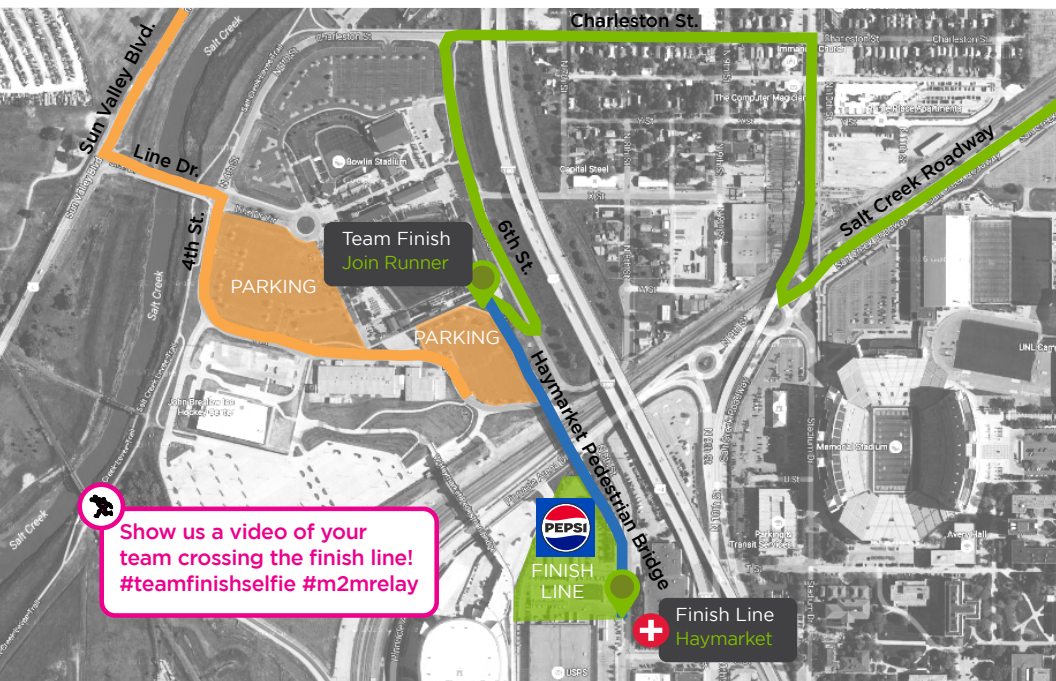
## DRIVING & PARKING DIRECTIONS

The Team Finish is located on the trail on the north side of the Haymarket Park Pedestrian Bridge. Park your vehicle and join your last runner to cross the finish line as a team.

## TEAM FINISH INSTRUCTIONS

Teams will need to walk from their parking area to Team Finish located on the north side of the Haymarket Pedestrian Bridge. Rejoin your last runner and finish the race as a team! Remember, the Stage 19 runner is required to cross the finish line first. Remember that you are required to wear your mask when you are not running.

■ Runners' Path ■ Driving Path ■ Team Path ■ Parking



## CONGRATULATIONS!

You've completed the 16th Annual Market to Market Relay Nebraska! The good times continue beyond the finish line. Join us for a block party atmosphere at the Pepsi-Cola of Lincoln Post-Race Shindig & Expo. Food, drinks, music, and story swapping are just beyond the finish line.

See page 51 for more details.



# Pepsi-Cola of Lincoln SHINDIG & EXPO

Just beyond the finish line is the Pepsi-Cola of Lincoln Post-Race Shindig & Expo where everyone can celebrate their accomplishment of completing the course. The Pepsi-Cola of Lincoln Post-Race Shindig & Expo will feature several local food trucks with a variety of options. FREE Klarbrunn, Pepsi products and Gatorade will be on hand. Michelob Ultra and other beers will be available for purchase.

The entire area will be a large festival featuring music, sponsor freebies, team photos and much more. Plan on enjoying the excitement in the Haymarket once you finish the race, and have your family and friends join in the fun! Show your race bib at the ID Station and receive a FREE beer for your efforts if you are of age. Remember to bring your ID and cash for additional food, drinks and Market to Market Relay gear!



**You've made it to the finish line. Show us how you celebrate with the pint glass you've earned #m2mrelay #cheers**

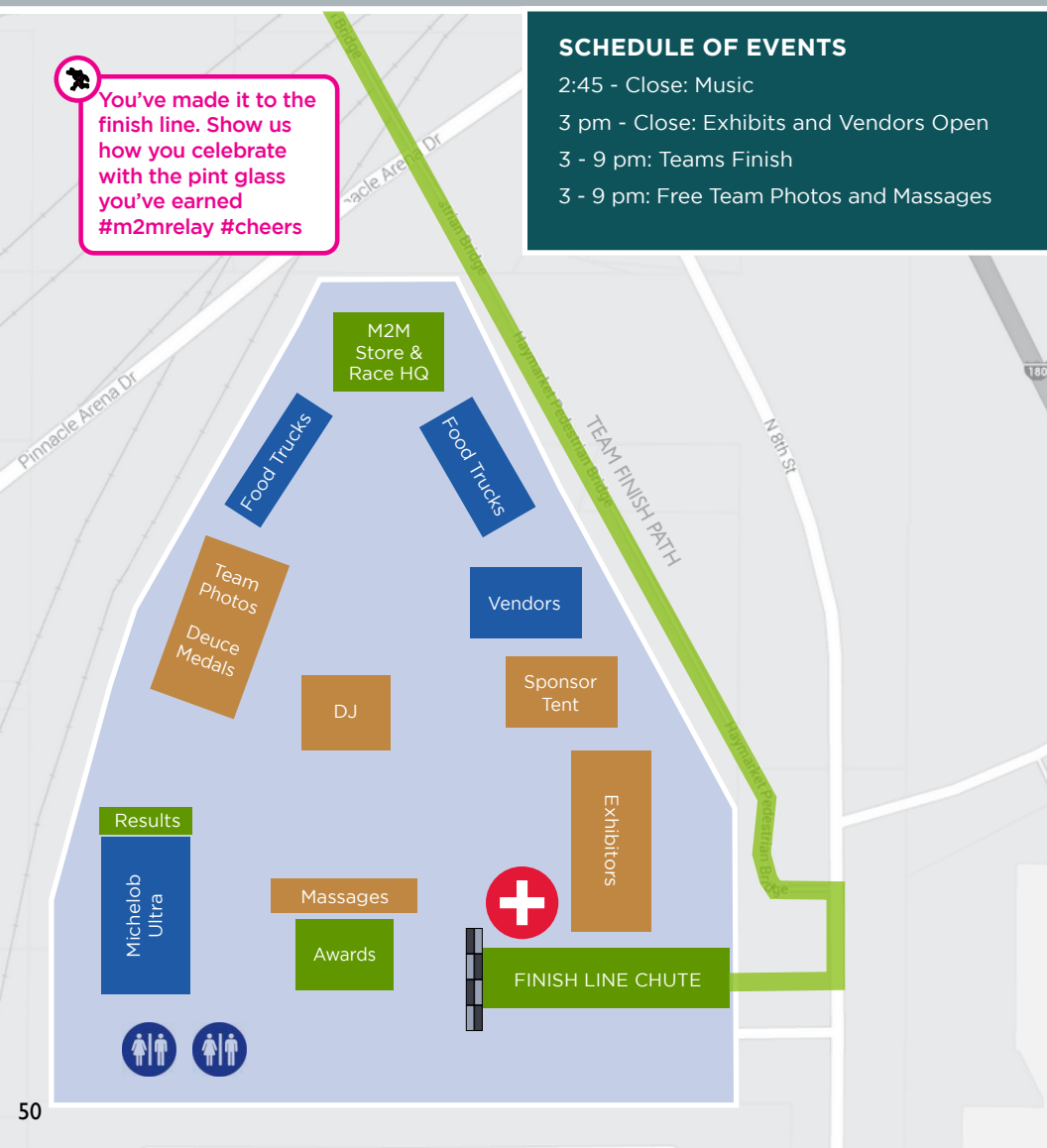
## SCHEDULE OF EVENTS

2:45 - Close: Music

3 pm - Close: Exhibits and Vendors Open

3 - 9 pm: Teams Finish

3 - 9 pm: Free Team Photos and Massages





# 2023 DEUCE MEDAL WINNERS

Aaron Korsching	Becky Sorenson	Danette Stritt	James Miller
Aaron Leupold	Ben Cohoon	Dani Vlcek	Jared Holland
Abbie Kretz	Ben McGill	Daniel Christudoss	Jason Gehrken
Abby Beane	Ben Tworek	Daniel Weyer	Jay Grandprey
Abby Blasnitz	Bethany Schlegel	Danielle Keck	Jen Mathews
Abby Maresch	Betsy Baumhover	Danielle Wells	Jen Sullivan
Adam Laug	Bhaskaran Gootam	Danny Donnelly	Jenice Bergstrom
Adam Sellhorn	Bianca de la Pe'a	Darla Davis	Jenni Conkel
Adam Zeiszler	Bill Schlote	David Vifquain	Jennifer Lange
Adrian Brandt	Brandon Olson	Debra Jauken	Jenny Weber
Alan Simpson	Brandon Skocz	Diane Katzdorn	Jered Hofker
Alex Cohoon	Brent Burch	Donna Saffran	Jeremiah Carlson
Alexis Crozier	Brian Claassen	Doug Barlow	Jeremy Cowell
Ali Romans	Brian Guillaume	Drew Schultz	Jeremy Sevick
Alicia Masters	Brian York	Dylan Warford	Jesse Hays
Alisha Fangmeyer	Brian Zimmer	Elizabeth Kavan	Jessica Bauer
Alyssa Biskup	Brie Roth	Elizabeth Sevcik	Jessica Kraus
Amanda Broberg	Brock Hansen	Emilee Batey	Jessica Mather
Amanda McHendry	Brooke Brown	Emilie Merz	Jessica Wehner
Amanda Stamp	Bruce Juber	Emily Steenson	Jim Dwyer
Amanda Stevenson	Bruce Paitz	Emma Larson	Jim Hudson
Amelia Cooney	Bryan Fairfield	Eric Rausch	Job Kappala
Amelia K Baker	Bryan Michael	Eric Schmeling	Jodi Bahr
Amy Leopold	Brynn Mahnke	Eric Springer	John Doherty
Amy Ruisinger	Caitlin Brehm	Erica Pribil	Jordan Coolidge
Amy Sabatka	Caitlin Wilsey	Erin Fray	Jordan Siegel
Amy Slykhuis	Carlee Hoss	Erin Grabowski	Joshua Baker
Amy Stritt	Carol Hohenthauer	Erin Heeren	Joshua Dillon
Amy Wagner	Carrie Newcomer	Erin Russell	Joshua Schlote
Andrew Bayerl	Carrie Schwake	Eryn Lemcke	Josselyn Webster
Andrew Potter	Cassandra Athans	Ethan Pitt	Julie Krotzinger
Andy Fish	Chad Lunders	Eve Gilbert	Justine Smidt
Andy Himes	Chad Wisham	Evie Frisch	Justine Trucken- brod
Andy Tibbs	Charles Stevens	Frank Levy	Kaci Lickteig
Angie Kubicek	Chelsea Mollak	Gina Olson	Kane Ramsey
Angie Mosher	Chris Erpelding	Glen White	Kara Burken
Anna Milos	Chris Richardson	Gretchen Ritterling	Karen Davison
Anthony Buxter	Christina Grosshans	Heather Wagner	Karla Sanchez
April Eyberg	Chuck Keibler	Hope Kieler	Katie Seifert
April Fleischman	Codi Sailors	Isabel Camacho	Kaydee Bednarz
April Williams	Cody Sabey	izzac suarez	Kayla Lenz
Ashley Bovee	Cole Tibke	Jade Hughes	Keith Knoop
Ashley Torske	Connor Larson	Jaime Olson	Kelia Dubas
Audrey Brydl-An- drews	Craig Brophy	Jake Hohenthauer	Kelsey Hinrichsen
Audrey McGrath	Craig Halverson	Jake Neeman	Kendra Morris
Austin McDonald	Crystal Tipton	Jake Rich	Kenneth Knoop
Barbie Steele	Curtis Mulcahy	Jake Toyne	Kent Kavan
Bea Sides	Damon Onnen	James Cole	Kia Feia
	Dan Keck	James Jolly	



# 2023 DEUCE MEDAL WINNERS

Kim Vachal	Mark Wisham	Penny Befort	Sheila Weaver
Kimberly Dow	Mary Wood	Phil Krois	Shelly Derner
Kimberly Winslow	Matt Kasik	Phoebe Wilson	Shelly Haiar
Kirsten Hendrixson	Matt Millard	Priscilla Rebollozo	Stacey Centarri
Kris Ostdiek	Matt Olberding	Rachel Smetana	Stacie Merta
Kristen Porath	Matt Will	Randi Grevengoed	Stacy Lawson
Kristen Triplett	Megan Berry Barlow	Rebecca Kaup	Steffi Lee
Kristi Thunker	Megan McMorran	Rebecca Rager	Steph Jackson
Kristin Anfinson	Melinda Slings	Rick Wagaman	Stephanie Ayars
Kristy Preuss	Melissa Aksamit	Rob Ostdiek	Stephanie Palser
Kurt Kesteloot	Melissa Bockman	Robin Plathe	Susan Smisek
Kyle Quandt	Melissa Drain	Robyn Clevenger	Susan Steider
Kyle Versaw	Melissa Lee	Ryan Carswell	Tamara Schmeling
Lana Clapper	Melita Reineke	Ryan Clement	Tanner Oleson
Laura Hausman	Meredith Clark	Ryan Groves	Teresa Rathjen
Laura McFadden	Meredith Jolly	Ryan Holycross	Terrence Dow
Laura Sheppard	Michael Tracey	Ryan Regnier	Terry Powers
Laura Tworek	Michelle Glow	Ryan Sevcik	Tessa Rutledge
Laurel Johnson	Michelle Schulte	Ryan Thompson	Theresa Bender
Leah Rudolphi	Miguel Ordorica	Rylan Vos	Theresa Luensmann
Lee Dwyer	Mike Schaeffer	Sadie Dooley	Tiffany Parsons
Lincoln Arneal	Missey Sonnenfelt	Sam George	Tiffany Vogler
Lindsay Seidel	Molly Gegzna	Sandy Leiferman	Tim Bucktoo
Lindsey Funk	Molly Manning	Sarah Harbert	Timothy Darla
Lindsey Tonniges	Morgan Miller	Sarah Kaczmarek	Tom Roddel
Lisa Kasik	Naomi Wilson	Sarah Laferla	Tommy Jelinek
Lisa Pekny	Nathan Sorben	Sarah Neubert	Torey Stallsmith
Liz Davie	Nathan Stahl	Sarah Richardson	Travis Hillman
Lora Sypal	Nathaniel Whisen-	Sarah Stahl	Trevor Holland
Lucy Tworek	hunt	Scott Brown	Trudy Degenhardt
Lydia Ballard	Natsumi Ogura	Scott Haug	Tucker Creger
Lydia Lang	Nick Blasnitz	Scott Heldt	Tyler Weig
Malinda Bruns	Nick Tarpey	Scott Weber	Tyson Poskochil
Malinda Lamb	Nicole Behm	Seth Kilborn	Valerie Pietrolu-
Marc Johnson	Noelle Burns	Shannon McCoy	ongo
Marcia Dority Baker	Patrick Lill	Shannon Vaccaro	William Stott
Marissa Dorr	Patty Mundorf	Shawn Allen	Zachary Rustad
Mark Elyea	Paul Vachal	Sheila Johnson	

These amazing runners ran BOTH Market to Market Iowa and Market to Market Nebraska this year! Amazing! Deuce Medal Winners can pick up their medals at the Deuce Photobooth at the finish line!

Congrats again!



# TEAM TIME CARD

One printed Team Time Card per team MUST be turned in to Pink Gorilla Events HQ at Finish Area.

TEAM NAME: \_\_\_\_\_ TEAM #: \_\_\_\_\_

STARTING TIME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

TEAM CAPTAIN: \_\_\_\_\_ NUMBER OF RUNNERS ON TEAM: \_\_\_\_\_

RUNNER FOR EACH STAGE	STAGE #	STAGE TIME / MILES = PACE			ACCUMULATED TIME
	1		5.6/E		
	2		3.4/EM		
	3		5.9/H		
	4		4.0/H		
	5		5.6/E		
	6		2.7/E		
	7		2.5/E		
	8		5.5/EM		
	9		3.0/H		
	10		3.6/H		
	11		3.9/EM		
	12		2.7/E		
	13		4.2/M		
	14		4.1/E		
	15		3.3/E		
	16		4.0/EM		
	17		3.4/E		
	18		3.0/E		
	19 + TF		4.4/E		
			TOTAL TIME		

**DELAY TIME CHANGE** SEE PAGE 6 FOR MORE INFORMATION.

TYPE (PICK ONE):

- ☐ NO DELAY  
☐ DELAYED & STARTED IN SAME LOCATION  
☐ DELAYED & SKIPPED STAGE(S)

REASON (PICK ONE):

- ☐ WEATHER DELAY  
☐ GETTING AHEAD  
☐ GETTING BEHIND

TOTAL TIME DELAYED:      STAGE(S) SKIPPED: \_\_\_\_\_

**CONTEST VOTING BALLOT** SEE ENTRY AND VOTING RULES ON PAGE 10.

BEST TEAM COSTUME: \_\_\_\_\_ TEAM #: \_\_\_\_\_

BEST DECORATED VAN: \_\_\_\_\_ TEAM #: \_\_\_\_\_

BEST TEAM NAME: \_\_\_\_\_ TEAM #: \_\_\_\_\_

**ONLY ONE TEAM TIME CARD & CONTEST VOTING BALLOT PER TEAM. MUST BE TURNED IN AT PINK GORILLA EVENTS TENT AT FINISH LINE.**

Award winners and contest winners will be mailed their awards after the race.



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