RACE BRIEF

WELCOME!

The 19th Annual Market to Market Relay Nebraska 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

Team bags will move from Thursday pickup in Lincoln to Friday pickup in Omaha, so pick whatever location is most convenient to you.

Thursday, October 8, 2026
Lincoln | 3 to 7 pm
Pink Gorilla Events
3121 S. 6th St, Lincoln, NE 68502

Friday, October 9, 2026
Omaha | 3 to 7 pm
OrthoNebraska Elkhorn
3415 S 205th Street, Omaha, NE 68022

RACE DAY
START LINE / STAGING AREA

Saturday, October 17, 2026 | 5am to 9:40am
Seymour Smith Park
6802 Harrison St, Omaha, NE 68127

Race Day packet pickup is located at the Start Line. Arrive 30 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

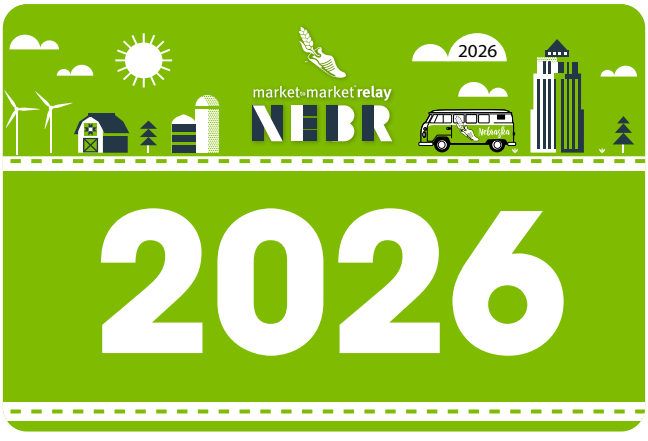
Team vehicles must be large enough to provide all passengers with access to a safety belt. Large vans, minivans, and SUVs are allowed. Buses of any kind (mini, shuttle, or any other type of bus), RVs, trailers, or limos are NOT allowed. Teams violating this rule will be immediately disqualified.

APPROVED

ILLEGAL

VEHICLE TAGS

Stick your vehicle tags on the front and back of your vehicles as outlined on the tag itself. These are low adhesive stickers that are designed to be placed on a vehicle for one day and then removed.



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. Example: If you are runner 1 for team 400, you will wear the race bib 500-A

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.

RUNNING MATRIX

8 PERSON TEAM MATRIX

Runner	1st Leg	Miles/ Rating	2nd Leg	Miles/ Rating	3rd Leg	Miles/ Rating	Total Miles
1 (A)	Stage 1	5.6/E	Stage 9	3.0/H	Stage 17	3.4/E	12.0
2 (B)	Stage 2	3.4/EM	Stage 10	3.6/H	Stage 18	3.0/E	10.0
3 (C)	Stage 3	5.9/H	Stage 11	3.9/EM	Stage 19	4.4/E	14.2
4 (D)	Stage 4	3.1/H	Stage 12	2.9/E			6.3
5 (E)	Stage 5	5.3/H	Stage 13	3.8/M			9.1
6 (F)	Stage 6	2.7/E	Stage 14	4.1/E			6.8
7 (G)	Stage 7	2.9/E	Stage 15	3.3/E			6.2
8 (H)	Stage 8	5.5/EM	Stage 16	4.0/EM			9.5
						Grand total	73.8

7 PERSON TEAM MATRIX

Runner	1st Leg	Miles/ Rating	2nd Leg	Miles/ Rating	3rd Leg	Miles/ Rating	Total Miles
1 (A)	Stage 1	5.6/E	Stage 8	5.5/EM	Stage 15	3.3/E	14.4
2 (B)	Stage 2	3.4/EM	Stage 9	3.0/H	Stage 16	4.0/EM	10.4
3 (C)	Stage 3	5.9/H	Stage 10	3.6/H	Stage 17	3.4/E	12.9
4 (D)	Stage 4	3.1/H	Stage 11	3.9/EM	Stage 18	3.0/E	10.0
5 (E)	Stage 5	5.3/H	Stage 12	2.9/E	Stage 19	4.4/E	12.6
6 (F)	Stage 6	2.7/E	Stage 13	3.8/M			6.5
7 (G)	Stage 7	2.9/E	Stage 14	4.1/E			7.0
						Grand total	73.8

6 PERSON TEAM MATRIX

Runner	1st Leg	Miles/ Rating	2nd Leg	Miles/ Rating	3rd Leg	Miles/ Rating	4th Leg	Miles/ Rating	Total Miles
1 (A)	Stage 1	5.6/E	Stage 7	2.9/E	Stage 13	3.8/M	Stage 19	4.4/E	16.7
2 (B)	Stage 2	3.4/EM	Stage 8	5.5/EM	Stage 14	4.1/E			13.0
3 (C)	Stage 3	5.9/H	Stage 9	3.0/H	Stage 15	3.3/E			12.2
4 (D)	Stage 4	3.1/H	Stage 10	3.6/H	Stage 16	4.0/EM			10.7
5 (E)	Stage 5	5.3/H	Stage 11	3.9/EM	Stage 17	3.4/E			12.6
6 (F)	Stage 6	2.7/E	Stage 12	2.9/E	Stage 18	3.0/E			8.9
								Grand total	73.8

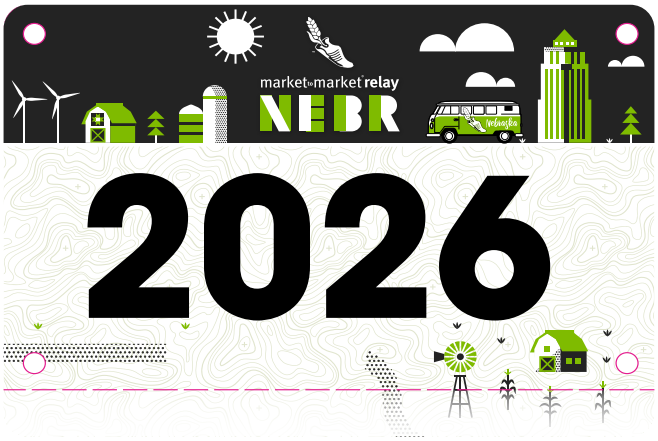
E=EASY; EM=EASY-MODERATE; M=MODERATE; MH=MODERATE-HARD; H=HARD.
STAGE RATINGS ARE BASED ON ELEVATION, SURFACE AND DISTANCE.

NEED A RUNNER?

- Use the Find a Runner message board (*view here*).

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 A, second runner the bib with the green B, and so on. Wear bibs on the front of your shirt (or costume).



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: For all stages, runners are in charge of their own water and nutrition. Please bring your own reusable refillable water bottles and team water jugs. 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.

2026 Race Day Changes: If you have run muliple years you've probably noticed that the course often changes from year to year. Sometimes these changes are minor and sometimes they are major. The reason for the changes ranges from improvements to changes due to natural elements, infrastructure, growing cities, or construction.

Click here to view 2026 Race Day Changes

RACE BRIEF

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
- ☐ Phone charger with car adapter
- ☐ An old M2M Relay shirt to show off!

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

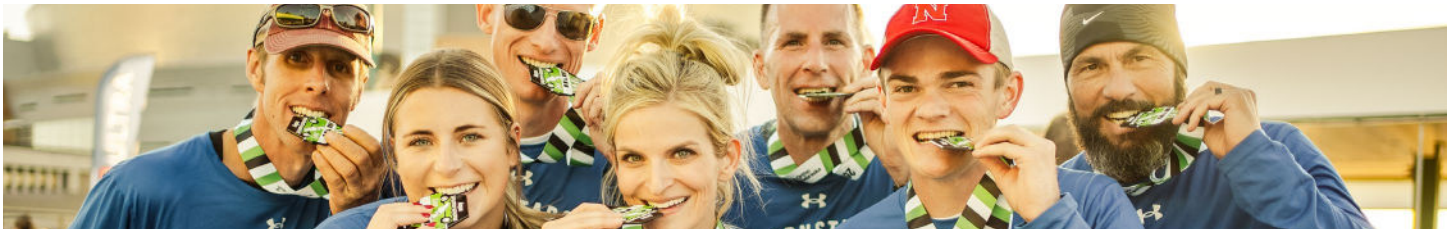
RACE MORNING CHECKLIST

- ☐ If arriving from out of town, allow plenty of time to arrive at the Start Line!
- ☐ 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 the start line for the Costume Contest
- ☐ Arrive at the Start Line 20 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. Please do not use Seymour Smith as long-term parking. Some waves are tight as is.

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!