

# 2016 G.O.A.T.z Trail Runs and G.O.A.T.z 50k



**Sunday, October 23, 2016**

**8:00 a.m.**

**Glenn Cunningham Lake - Omaha, NE**

Thank you for participating in the **5th Annual G.O.A.T.z Trail Runs** and Omaha's ultra-marathon, the **G.O.A.T.z 50k**. We are excited to be a part of the growth of trail running in and around Omaha.

Included in the following document is important information about packet pickup, race day, course maps and course descriptions.

Check the website at: [www.irunwithgoatz.org](http://www.irunwithgoatz.org), or the G.O.A.T.z Trail Runs Facebook [page](#) for additional information and updates as race day approaches.

## **Saturday, October 22**

### **Packet Pickup**

Noon to 6 p.m. at **Canfield's Sporting Goods** (8457 W Center Rd, Omaha, NE 68124). There will be limited race day packet pickup at Lake Cunningham on Sunday morning. Please make every attempt to pick yours up on Saturday to help lessen race day confusion for volunteers.

## **Race Day, October 23**

### **Directions to Start/Finish**

**The 2016 G.O.A.T.z Trail Runs will once again start and finish at the Cunningham Lake campground (8152 Rainwood Road).**

#### **From I-680**

Exit at 72nd Street  
Drive North on 72nd Street for .6 miles  
Turn Left (west) on Rainwood Road, drive for .8 miles.  
Campground will be on your left.

#### **From Highway 36 (Bennington Road)**

Drive South on 84th Street for 1 mile  
Turn Left (east) on Rainwood Road, drive for .2 miles  
Campground will be on your right.

**GPS**, use 8152 Rainwood Road as your address. Please do not use any other address you may find online.

**Use the address above when entering into your GPS. Please do not use any other address you may find online for the campground.**

### **Parking**

Gates to the campground open at 5 a.m.  
Parking attendants will guide you to a spot at 6:30 a.m. Parking will be in the grass at the start/finish area.

## Packet pickup

Limited race day packet pickup will be available from 6:30 a.m. – 7:30 a.m. We encourage you to pick your packet up at **Canfield's Sporting Goods** on Saturday if at all possible.

## Registration

There is **NO** race day registration.

## Race Start

As a result of feedback from last year's races and the increased number of participants in 2016, we will have two start times:

8:00 a.m. – G.O.A.T.z 50k

8:10 a.m. - 5m, 10.5m, and 21m runners

## Pre-race briefing

We will have a pre-race briefing at the starting line at 7:45 for all runners. Please be present for any last minute instructions!

## Chip Timing

Once again, **Red Dirt Running Company** for the 2016 race. The chip is attached to your bib. Bibs should be attached on your front and plainly visible to timers. Please **DO NOT** fold or crease the chip. The accuracy of your time depends on it.

## Cutoff and Drops

There is a generous 9 hour cutoff for all races. Should you need to drop, please notify the nearest aid station volunteer or timers at the start/finish.

## Weather

It's Nebraska! **The race will take place in all but life threatening weather. Be prepared for anything!** Weather in October can be unpredictable; however, temps typically vary from 40 to 57 degrees and are rarely below 29 degrees or above 72. Average chances of precipitation for October 27th are 38 percent. The sun rises at 7:50 and sets at 6:23.

## Drop bags

Drop bags are allowed at the start/finish aid station only.

## Aid Stations

There will be two fully manned aid stations, one at the start/finish and one approximately half way around the loop off of 96<sup>th</sup> Street on the west side of the lake. Unmanned water stops will be available around mile 2 and mile 8.25. Bottles are not a required item for this race, however, be aware that **unmanned water stops are cupless, so, no bottle, no water.**

Aid stations will be well stocked with the following:

**Beverages:** water, Tailwind Electrolyte Drink, Coke, Gingerale, Sprite

**Fruit:** oranges, bananas

**Salty Snacks:** potato chips, pretzels, pickle spears

**Sweet Snacks:** gummy bears, chocolate, Oreos, fig bars, candy corn

**Real Food:** sandwiches or tortilla wraps with your choice of peanut butter, jelly, turkey meat, cheese; chicken broth, Ramen noodles, potatoes with salt  
Heed, Gels, and Endurolytes

## Medical emergencies

**Medical Services** will be on site near the start/finish to take care of minor medical emergencies. They can transport to an area hospital if necessary. If you have any issues while on course, please contact the nearest volunteer or aid station to let them know. We will send someone to check on you.

## Finish Line Food

Bagels, fruit, and other breakfast foods will be provided at the finish line for 5, 10.5, and some of the quicker 21 milers will be provided. We will also have a variety of chili later in the day for our remaining 21 milers and 50k participants. We encourage those of you who finish early, to bring a chair, stick around, enjoy the day and cheer on your fellow runners.

## Post - race Massage

Brad Schmitt from **Schmitt Chiropractic and Rehab** and Debbie Palmer of **Palmer Massage Therapy** will be on hand providing pre and post-race massage.

## Awards

Awards will be given in the following categories:

### **G.O.A.T.z 50k**

Medals to all finishers

Awards to top 3 Males and Females

10 year age group awards for top male and female in each age group. (Top 3 males and females excluded.)

### **21 milers**

Medals to all finishers

Awards to top 3 Males and Females

### **5 and 10.5 milers**

Awards to top 3 Males and Females

## Drop Down Option

50k and 21 milers may opt to take advantage of the drop down option. Please notify the timers if you decide to call your race early. Your finish time will be recorded; however, you will not be eligible for post-race awards consideration in your new distance.

## Spectators

Lake Cunningham provides for a number of viewing locations. Roads leading in to the park are all labeled as "**Park Road**". Please see course map for locations.

If you prefer to hang out at the start/finish, bring a chair, get comfortable and cheer on your runner and others on Sunday.

## Horses

Lake Cunningham is a favorite for local equestrians. There is a strong possibility you may come up on a horse and rider during the day. Should this happen, give them the right of way. **DO NOT** pass a horse suddenly or unannounced. Our goal is to share these trails in harmony with everyone. Let's do our part by being considerate of the other trail users in the park.

### **Additional Race Day Notes:**

Hand held bottles are not a requirement for any race distance; however, there will be **NO** cups at the unmanned water stops, so keep in mind, **no bottle, no water.**

All runs start and finish in the same location in the campground. All runners will proceed in the clockwise direction until they diverge around mile 2.75, at which point 5 milers will return toward the finish line and 10.5, 21 milers and 50k runners will continue their trek around the lake in the clockwise direction.

The course will be marked with **bright orange** tape, directional markers (black arrows and X's on yellow background), and caution tape to keep you on the right path.

As much as we can mark the course, we cannot always prevent vandals from tampering with the markings. If you encounter anyone messing with the course markings, please notify the first volunteer you see in addition to the personnel at the nearest aid station.



# 10.5 (ish) Mile Loop



## Thank You to our Sponsors and Supporters:

This would not be possible without them. Please pay these friends of the G.O.A.T.z and Omaha area trail running a visit when you can and tell them we sent you.

### Title Sponsor

**Canfield's Sporting Goods**

### Billy GOAT Sponsors

Red Dirt Running Company

Handyman Joe's

### Nanny GOAT Sponsors

Nebraska Orthopaedic Hospital

Mama's Pizza

Intellegen Technology

Tailwind Nutrition

Rockin' Refuel

### Kid GOAT

Palmer Massage Therapy

Schmitt Chiropractic

Moore's Concrete Construction Inc.

### Other Supporters

Omaha Running Club

Capital Striders Turkeys

Runner Church

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Last but certainly not least, **Thank You to our volunteers** and those who are helping build the Greater Omaha Area Trail-runners. From those of you who've volunteered your time at Lake Cunningham, to you who have given your time and energy to THOR, we are grateful. You are helping develop and define our mission of promoting active members of the trail community in and around Omaha. **Trail running in the Omaha area continues to grow thanks to your support!**

### 2016 G.O.A.T.z Trail Runs Directors

Race Director -Scott Giddings

Volunteer Coordinator - Jody Green

Contact us at: [info@irunwithgoats.org](mailto:info@irunwithgoats.org)