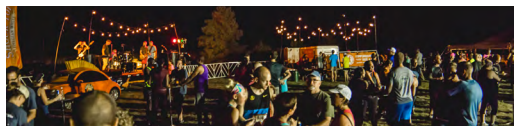




HARVEST MOON

HUSTLE

2022



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WELCOME RUNNERS

Welcome to the 11th Annual Harvest Moon Hustle 10K powered by Blue Cross and Blue Shield of Nebraska!

This 10K in Elmwood, Nebraska has a great atmosphere and is fast, flat, and in the dark.

Please read this guide as it contains all the information you'll need to be ready on race day.

Also, be sure to like our [Harvest Moon Hustle Facebook](#) event page for the latest breaking news.

Thanks for running with us!
The Pink Gorilla Events Crew



Ben Cohoon



Jason Bakewell



Linda Brown



Jared Bakewell



Born and raised in Nebraska, we've provided coverage for the care you need and access to the doctors you trust and support for over 80 years. We are proud to run beside you today and will be cheering you on through the finish line!

Thank you for letting us be part of your story,

Blue Cross and Blue Shield of Nebraska



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PACKET PICKUP

ADVANCED PACKET PICKUP

LINCOLN

- Tuesday, September 6th, 2022
 - 5:00 pm to 7:00 pm
- [Pink Gorilla Events](#)
[3121 S. 6th St, Suite C, Lincoln, NE 68502](#)

OMAHA

- Thursday, September 8th, 2022
 - 5:00 pm to 7:00 pm
- [Blue Cross Blue Shield](#)
[1919 Aksarben Village Drive, Omaha, NE 68180](#)

RACE DAY PACKET PICKUP

Packet Pick-Up will be available on race day at Elmwood City Park in Elmwood, Nebraska. We STRONGLY encourage you or a friend to pickup your packet in advance if possible.

THE PACKET: RACE ENVELOPE & PARTICIPANT SHIRT

At Packet Pickup, you will receive a race envelope packet that contains your race bib (which also doubles as your timing chip) and safety pins. The bib should be worn on the front of your chest on your outer-most layer of clothing. You will also receive your official participant shirt.

SHIRT EXCHANGE

Participant shirt exchange will be available on event day at the after party at the Firehall at the merchandise tent.

CAN A FRIEND PICK UP MY PACKET FOR ME?

Yes! We currently allow you to pick up packets for as many friends as you'd like at advanced packet pickup. Please just know their bib #. If this privilege is abused, we will be forced to ask for photo ID and proxy forms. Please don't abuse this and give a bib to someone that didn't register. These runners are considered bandits and are a major liability to us. Failure to comply will result in disqualification of all offending parties from the current race and a ban for the following year.

NO CONFIRMATION OR ID REQUIRED

We currently do not require photo ID or official confirmation to pickup your packet for this event as long as this privilege is not abused. Simply know your bib# that was sent to you in a pre-race email or you can look up your bib# when you arrive at packet pickup.

BRIN SERIES RUNNERS

Make sure to congratulate runners completing the BRIN Running Series powered by Blue Cross and Blue Shield of Nebraska! These runners have a special orange race bib to signify they ran all three BRIN Series 10K's and will earn a special completion medal once they cross the finish line.



BIB # LOOKUP

THE COURSE

HARVEST MOON HUSTLE






POWERED BY
 **BlueCross
BlueShield**
Nebraska

AFTER PARTY Firefighters Hall

For your safety, please
use 5th Street to reach
the Firefighters Hall.

ELMWOOD, NE

KEY:

-  Mile Marker
-  Start/Finish Line
-  After Party
-  Parking
-  Water Station

START/FINISH Elmwood Park



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TO SUPPORT THE
HARVEST MOON HUSTLE



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VIEW COURSE MAP

RACE DAY SCHEDULE

RACE SCHEDULE

FRIDAY, SEPTEMBER 9, 2022

[Elmwood Park](#)

[365 N. 5th St.](#)

[Elmwood, NE 68349](#)

5:30 pm to 6:45 pm	Packet Pickup (City Park, Elmwood NE)
7:00 pm	Race Starts
7:30 pm	Mango Cart After Party Begins (Elmwood Firehall)
8:15 pm	Overall & Masters Awards
8:45 pm	Age Group Awards
10:30 pm	Band plays final song

ARRIVAL TIME

Please arrive at least 45 minutes prior to the start of the race to park, stretch, and use the restroom. Add an additional 15 minutes if you still need to pickup your packet. All runners should be ready to line up for the 7:00 pm start.



PARKING: ARRIVING FROM THE NORTH (FROM OMAHA)

If you arrive from the North, you will be directed by volunteers to park in the grass lots shown on the map as "parking."

PARKING: ARRIVING FROM THE SOUTH (FROM LINCOLN)

If you arrive from the South, you will be directed by volunteers to park on side streets. Please respect private property and ALL traffic laws including no parking signs.

BAG DROP

Bag drop volunteers will be located on the basketball courts near the start line in Elmwood City Park.

SPECTATORS

Spectators are welcome and encouraged to attend. Anyone wishing to eat/drink at the Mango Cart After Party needs to purchase a \$15 ticket on race day at the after party. Must have ID to purchase.

FREE PHOTO BOOTH

Arrive early on race day and get your photo taken in our free photo booth.

Photos will be posted to the Blue Cross and Blue Shield of Nebraska Facebook page the week following event day.

LINING UP

Runners will begin lining up at 6:45 PM. As you line up, please do so by anticipated pace. We'll have pace signs to help you find the right spot. Remember, while running with your friends is fun, we ask you don't run more than two wide on the trails.



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Located in La Vista

RUNNER SAFETY

COURSE MEDICAL RESOURCES

In an emergency, call 911. Medical resources are available at the start and finish line who can offer assistance as needed. If you need assistance, please notify the nearest medical personnel or event volunteer. There are water stations located on the course to keep you hydrated.

DROPPING OUT OF THE RACE

We want all runners to have an amazing running experience, but we know that sometimes it's "just not your day." Listen to your body and do not continue running if you experience symptoms that are not familiar to you. If you are unable to continue or finish the race, ask the nearest race official for assistance. If you are feeling ill on race morning, stay home. There's always next year and your health and our community health is more important. Please note, our race staff and volunteers are not allowed to transport runners in their personal vehicles. Unless you have a true medical emergency, you may be asked to call for a ride.

DANGEROUS WEATHER ON RACE DAY

We want the race to happen just as much as you! We'll do everything in our power to have things go off as scheduled. That being said, safety is of the utmost importance. Dangerous conditions are always a possibility and may cause us to delay, modify or even cancel the event. In such cases, participants will be notified of any event updates and given instructions via text, social media, and email channels as well as in-person channels such as PA announcements, Event Alert System signage, or event staff or volunteers.

LOST & FOUND

Lost & Found on race day will be located inside the Pink Gorilla Events headquarters tent at the start line. After the race, make inquiries at ask@pinkgorillaevents.com

Why Pork?

Did you know that eating 20-30g of protein per meal may help you feel fuller and more satisfied?¹

Pork is packed with protein and the essential amino acids, vitamins and minerals you need. For example, every 3 oz. serving of pork tenderloin provides 22g of protein.²



TRAIL ETTIQUETTE

Remember to be a courteous runner on the trails:

- Run on the right side, except to pass
- Please only run two wide
- We strongly encourage a headlamp for safety



**Love,
family,
security,
running.**

Judd Knispel Ins Agcy Inc

Judd Knispel, Agent

712-325-0256

402-201-5891

judd@juddknispel.com



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have in common.**

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the things we all value.

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MANGO CART AFTER PARTY

GOLDEN ROAD
— BREWING —
**MANGO
CART**
WHEAT ALE

LET'S PARTY

The Mango Cart After Party will begin immediately following the completion of your run and is just a short walk away. With your race registration you get entry into the after party complete with a live band, a free beer or soda, Chef Au Chef pork sandwiches, chips and coleslaw.

- * Must have race bib AND photo ID
- * Non-runners – \$15 Includes beer or soda, plus a BBQ sandwich, chips, and coleslaw.
- * We strongly encourage cash on race day as there are no ATMs available.

BEVERAGES

- One free beer or soda for runners
- Additional beers \$5.00

FOOD

- BBQ Sandwich
- Chips
- Coleslaw



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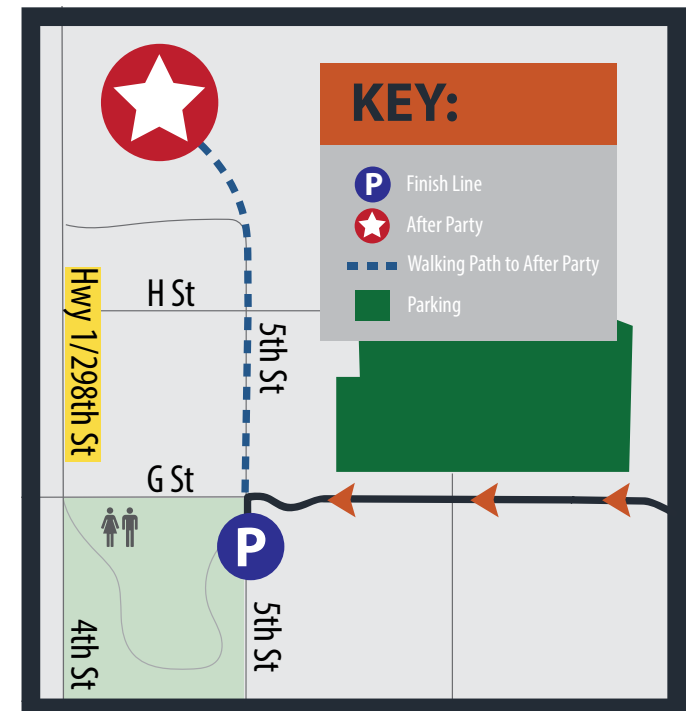
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THE ROUTE

The Mango Cart After Party is located at the Elmwood Firehall just North of the finish line.

For your safety, follow the orange blinking cones along 5th Street that will light your path.



AWARDS & RESULTS

AWARDS

The award ceremony will take place after the race at the after party at the Elmwood Firehall, a short walk from the finish line. Open and Masters Divisions awards will be at 8:15 pm and Age Divisions awards will be at 8:45 pm. Join us!

- Top 3 Male & Top 3 Female
- Top Masters Male and Female Award (40+)
- Awards to the Top 3 in each Age Group (Male and Female):
19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

LIVE RESULTS

Mobile results will be made immediately at: harvestmoonhustle.com/results/



HALFSY THE DISTANCE DOUBLE THE FUN!

HURRY! RACE IS 85% FULL!

GOODLIFEHALSY.COM **RACE DAY: 10.23.2022** **REGISTER: NOW!**



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CONGRATS TO ALL THOSE COMPLETING THE BRIN RUNNING SERIES!

REGISTER FOR THE NEXT BRIN RUNNING SERIES THIS BLACK FRIDAY!

POWERED BY BlueCross BlueShield Nebraska