

ATHLETE GUIDE

Omaha Women's Half Marathon & 5K

Presented by 

9/10/2023

DOWNTOWN OMAHA, NEBRASKA

To help get you ready for the event from Charles Schwab Field, the enclosed information here will assist you with your weekend experience



WELCOME!

Thank you for your participation in the Omaha Women's 5K and Half Marathon, presented by Hy-Vee.

For those athletes joining us from the very first time, our wish is that you reach our finish line and your personal fitness goals, whatever they may be!

Be safe and enjoy the beautiful community of Downtown Omaha, Nebraska!

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**'H' IS FOR
SAVINGS**

(SCAN THE 'H' CODE.)

OUR PRESENTING SPONSOR

Premier Event Management is again proud to work with Hy-Vee on another athletic event in 2023. As the title sponsor of the Hy-Vee Triathlon from 2007 to 2014, a new tradition begins with the inaugural running of the Omaha Women's Half Marathon & 5K Road Race.

As the largest partner of any event in the National Women's Half Marathon Series currently held in 8 cities across the country, Hy-Vee once again shines with its sponsorship of four midwestern women's events for 2023.

Thank you, Hy-Vee, for your support of women, young girls and children everywhere, to live a healthy lifestyle not just today but every day.

Our Host Community

The community of Omaha, Nebraska will play host to the running of the Omaha Women's Half Marathon & 5K presented by Hy-Vee. From its wonderful downtown area to its fantastic parks and jogging trails, the City of Omaha has something for everyone! Few communities can make you feel at home every time you visit but Omaha is one of them.



HY-VEE KIDSFIT - A FAMILY EVENT!

The highlight of weekend will be when the youngest and most energetic competitors take the starting line in the Hy- Vee KidsFit One Mile Fun Run at 10:00am.

Starting and finishing from the start/finish line of the Hy-Vee Women's 5K and Half Marathon, the Hy-Vee KidsFit One Mile Fun Run is an event for children ages 5 to 15 years old. The race is open to every ability level who wants to be a part of the morning's activities. Registered participants will receive a Hy-Vee KidsFit t-shirt at packet pick-up and a Hy-Vee KidsFit finisher medal when they cross the finish line.



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Looking for more **FREE & FUN** ways to build healthy habits at home as a family? Join the Club!

Your Race Course, running through two states!

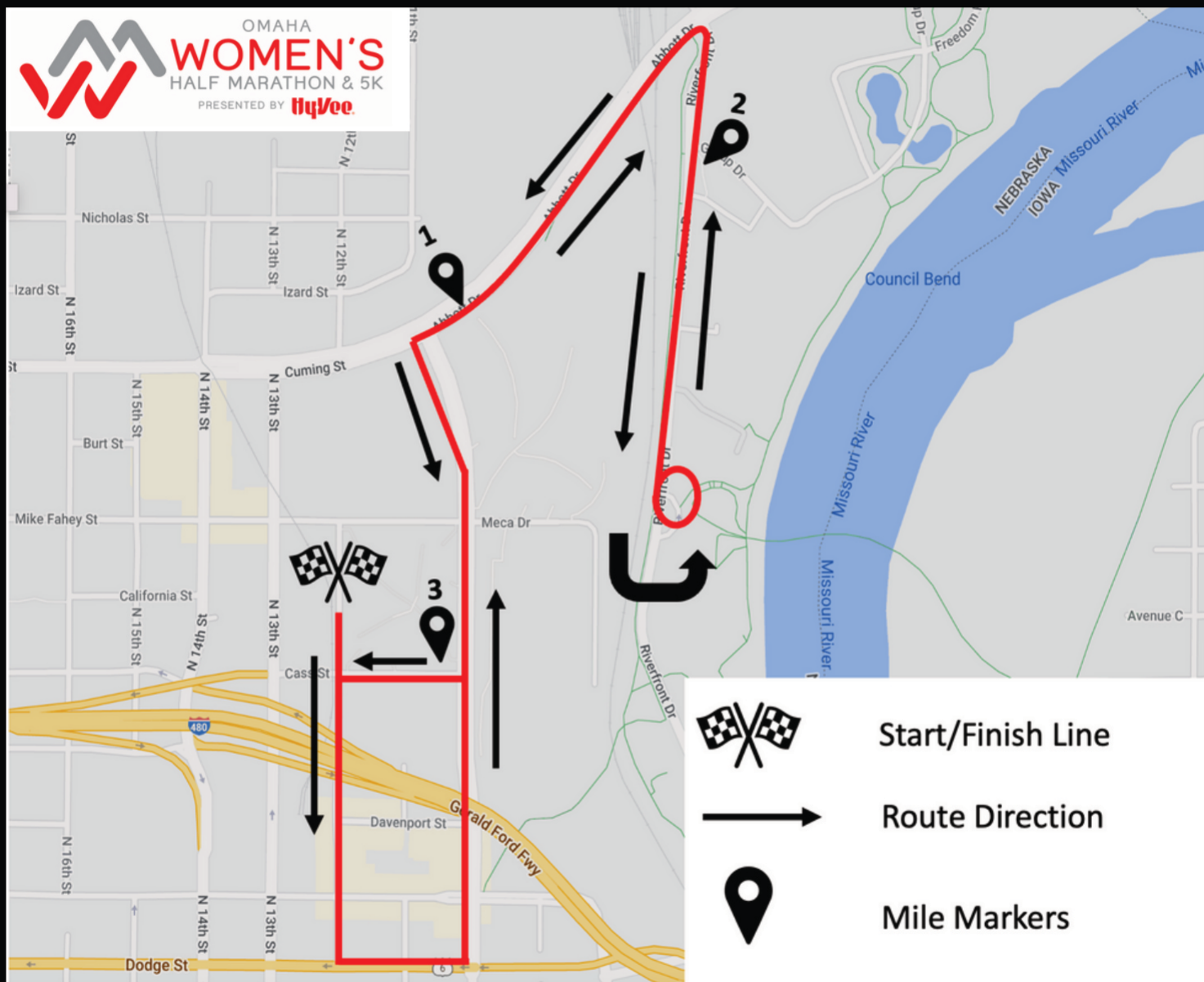
The course of this year's event is flat, fast, and scenic and will start and finish on the corner of 12th Street and Mike Fahey Street in the heart of downtown, Omaha, NE.

The course tour begins as you pass Charles Schwab Field, and continue along Abbott Parkway to the Missouri River as you will cross the Bob Kerrey Pedestrian Bridge for the first time.

Athletes will then run along the Trail System South to the Council Bluff's Athletic Fields, where you will make a U-turn to begin the second half of your Half Marathon course.

Runners will continue on the Trail System heading north back to the Bob Kerrey Pedestrian Bridge on their way back to the start on 12th Street.

5K RACE COURSE MAP

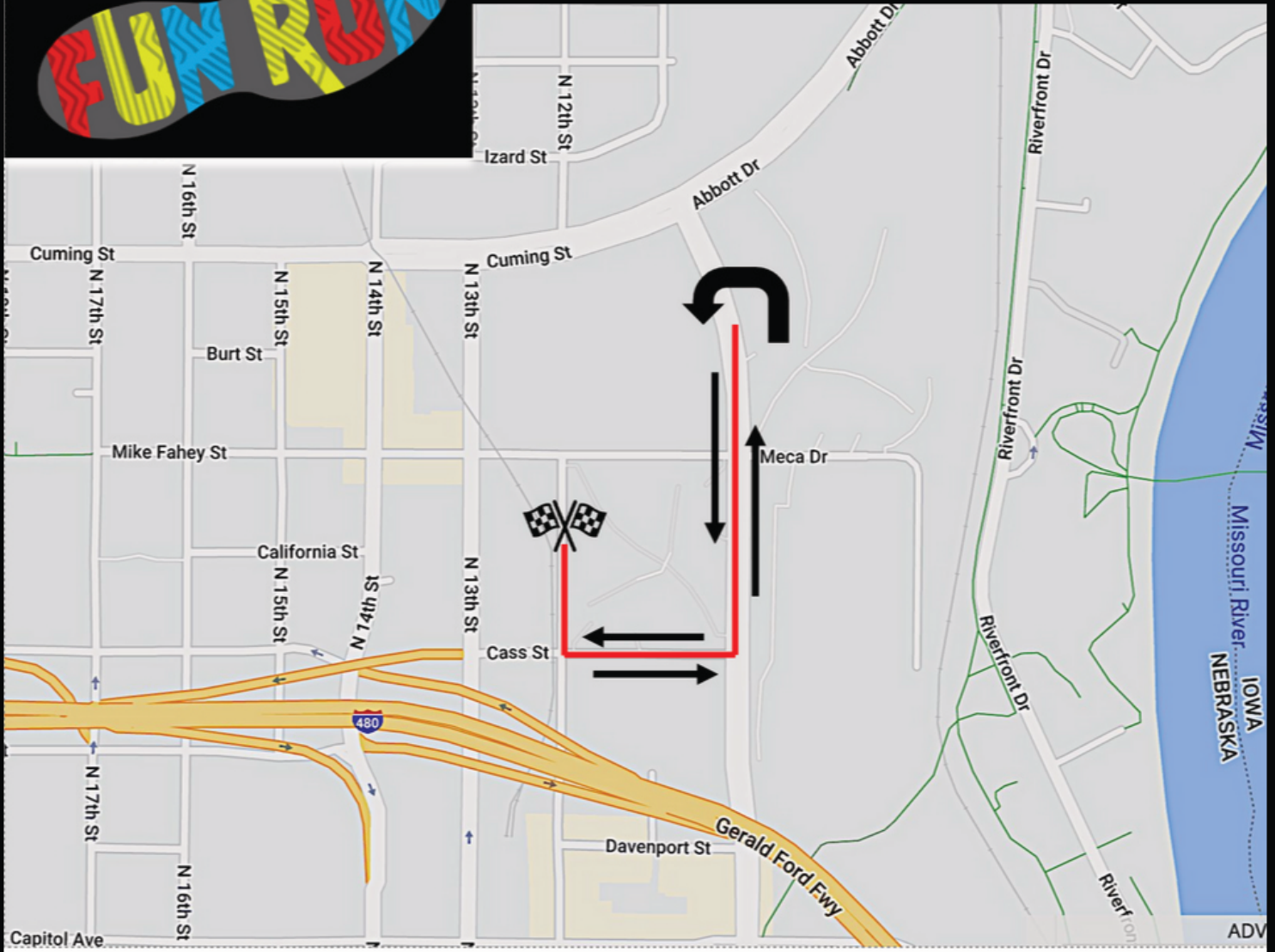


ONE MILE FUN RUN COURSE

HyVee
KIDSFIT



Start/finish line will begin Mike Fahey St & N 12th St Omaha, NE at 10:00 am



BIB NUMBER & DISTRIBUTION

Packet pick-up will take place at the Q Street Hy-Vee located at 9707 Q St, Omaha, NE 68127. Packet pick-up will be on Saturday, October 1st from 10:00am to 6:00pm at this location.

At Packet Pick-Up you will receive:

- Race Bib
- Race T-Shirt - Women's Cut V-Neck T-Shirt
- Commemorative Drawstring Bag
- Commemorative Gear Bag



SCHEDULE OF EVENTS

Saturday – September 9, 2023

Packet Pick-Up & Registration – 10:00am to 6:00pm –
Omaha Hy-Vee Store #6 (9707 Q St, Omaha, NE 68127)

Sunday – September 10, 2023

5:30am to 7:00am - Packet Pick-Up – (This will take
place outside near the starting line on 12th Street –
please arrive early)

7:15am – Athletes Move to 12th Street for

Staging 7:20am – Final Announcements Begin

7:25am – National Anthem

7:30am – START – Half Marathon & 5K

7:55am – First 5K Runner Crosses the Finish Line

8:50am – First Half Marathon Finisher Crosses the Finish Line

9:30am – 5K Awards Presented

10:00am – START – KidsFit One Mile Fun

Run 10:45am – Half Marathon Awards

Presented 11:35am – Half Marathon Course

Closes 12:30am – Post Event Activities Close Down

COVID-19 RESTRICTIONS

At this time the City of Omaha does not have any COVID Restrictions in place. Have a great race!

COURSE SUPPORT

Athletes will have six different water stations on course for your support & convenience. Locations will offer water, Gatorade, ice, bananas, and energy gels at our 3rd stop at or near mile 6 with portable restrooms!

PARKING

There is plenty of On-Street & Off-Street parking for this event in and around the start/finish Line. The entire area surrounding Charles Schwab Field has plenty of parking garages in this event's downtown area, making this a very convenient location to host an event at this location!

WALKING / STROLLER DIVISION

That's correct! The Omaha Women's Half Marathon & 5K presented by Hy-Vee, will offer a walker & stroller division for our new mom's and their kids. Remember, the Half Marathon has a 4-hour time limit for walking or running with your baby stroller.

MOTHERS TENTS

The Omaha Women's Half Marathon & 5K presented by Hy-Vee, will offer two mother tents for privacy and convenience. Our first tent will be near the start/finish line area, and our second location will be on the half marathon course at or around the mile 6 water stop. Each location will offer the following: a 10' x10' pop-up tent with side walls for privacy, 1 table, 4 chairs, an ice chest with bottled water & Gatorade, 1 trash can, and a female volunteer for assistance.

COURSE TIME LIMITS

The Omaha Women's Half Marathon & 5K presented by Hy-Vee will have a 4-Hour time limit for the Half Marathon event. While the 5K Road Race has no time restrictions.

MEDICAL SUPPORT

The Omaha Women's Half Marathon & 5K presented by Hy-Vee will have EMS units on the course and at the start finish line for your safety.

- Unit #1 – Start/Finish Line
- Unit #2 – Race Course Mobile Unit

A special thanks, to Omaha Fire & EMS for providing this essential service!

AWARDS

Awards will be presented to top three winner, top three masters, and the top three in each age group. Age groups are contested in 5-year increments.