



The Race is ON!

Your Beer & Bagel Run is coming up this weekend! It's a REAL LIVE RACE -- not a virtual event -- and we want to assure you that we are observing state, county and local directives, and following CDC guidelines for public gatherings and events. We want to stay safe and have fun. Here's how we do it:

Beer & Bagel Nebraska

Half-ish: Saturday, November 7, 2020 – 9:00 am

Four-ish: Sunday, November 8, 2020 – 9:00 am

Quarry Oaks Golf Club, 16600 Quarry Oaks Drive, Ashland NE 68003

PREPARING FOR RACE DAY: We have done a lot of extra planning to make this race possible. We ask that you do a little extra as well. Plan to bring your own water for the race, as there will not be a water stop out on the course. Have a mask or face covering to wear at check in and at the finish. Keep 6-feet from everybody, except maybe the run buddy you came with. We will have hand sanitizer and hand washing stations and will advise frequent hand cleaning. Staff and volunteers will be pre-screened and will wear face coverings. If you are sick with COVID-19, or have been exposed to someone sick with COVID-19, please stay home to avoid spread.

PACKET PICKUP: You have the option to pick up your shirt and race bib in advance or at the race. Advance Packet Pickup is highly recommended, as this will help reduce crowding at check-in on race day. Advance Packet Pickup will be available as follows:

LOCATION: Peak Performance, 519 N 78th street, Omaha, NE 68114 (402)398-9807

FRIDAY, November 6 (Both 4-mile and Half-ish)

Hours: Noon until 6 pm.

SATURDAY, November 7 (4-Mile ONLY)

Hours: 10 am to 5 pm.

NOTE: There will be NO packet pickup location in Lincoln this year. Lincoln area runners will have a dedicated line at race day check-in for expedited service.

YES! You can pick up packets for others, with a copy of their ID.

WAVE START: All runners will be chip-timed and started in small waves. Your wave assignment will be based in part on the 10K time you submitted at registration, and also by registered teams. As you wait for your wave start, please be patient and don't crowd the starting area. More detailed information on wave starts will be coming from the Race Director later this week.

PRE-RACE: We will establish waiting areas near the start line where wave groups will assemble. Around 8:45 am, we will begin the process of getting the first wave group into start position. Runners who arrive early for check-in will be asked to wait in or near their cars until this time.

COURSE: Wave groups will go off in intervals, giving ample time and space to spread out on the course. As before, we will be using the trails and pathways throughout the Quarry Oaks property to create an off-road course of 4-ish miles (looped three times for the Half-ish). The start and finish lines will be separated and expanded. There will be no water stop, so bring your own water. Face coverings will be used pre- and post-race, but will not be required while on the course.

POST-RACE: Upon finishing the run, you will swing through the post-race area and grab your finishing swag, a wrapped bagel, and cans of beer or soda. Stay as long as you are comfortable and can maintain social distance. It is especially important this year to bring chairs or blankets for yourself or your pod group, so you can claim a space to call your own. A special “Red Zone” will be available for any individuals or groups looking for more physical separation from the main party area.

REGISTRATION IS STILL OPEN! We have room for a few more runners. Let your friends know that registration is still open. On-line registration is open until midnight, Wednesday, November 4. People can also register at Peak Performance during the packet pickup hours shown above.

LASTLY! We would like to thank everyone for your patience and participation! We also thank Quarry Oaks, Peak Performance, Precision Race Results, Nebraska Brewing Co. and Panera Bread for their continued support.

Someday we will #RunEatParty like we used to. **Stay Strong, Train Well, and Be Safe!**