

RACE BRIEFING



Brad Hildebrandt
Alan Kohll

The Finer Points

- Read the athlete guide.
- Park **only** at Methodist Women's Hospital
 - Nearest to 192nd Street (**do not park in patient parking**)
- Run In/Bike In
 - North end of transition
- Bike In around circle/Run In from swim
 - South end of transition (Run Out south end as well)
- Drive the course if it sounds unfamiliar.
- No passing in the park on the bike.
- Smile at the finish!



On the Swim

- Wetsuits are allowed and encouraged.
 - Water temperature will probably be less than 78F. Official time given race morning.
- You must wear the swim cap that is the color of your wave.
- Resting is allowed as long as no forward progress is made.
 - If you get tired, look for a kayaker. They can provide you a flotation device or you can hold either the front or rear of the kayak.



Swim Rules

- You can't receive outside assistance to move forward or advance.
- You can receive assistance if you need to rest.
 - Noodles and flotation devices may be used to rest.
 - Kayaks are there to assist if needed.



Transition Area Tips

- Keep all of your gear in your designated space, not in the aisles or along the fence.
- Rack your bike with “wheel down” in your designated numbered spot.
 - Rack by the seat, front wheel down
 - Rack by the handlebars, rear wheel down
- Honor the mount/dismount line.



Helmets

- Your helmet must be on **completely** before removing your bike from the rack.
 - Your helmet cannot be removed until the bike is re-racked.
- Snap your helmet strap completely underneath your chin.
 - It's best to snap your helmet before you even mount your bike.
- Wear your helmet any time you are riding your bike at the race venue.



The Draft Zone

- Drafting is riding alongside or immediately behind another cyclist.
- That's three bike lengths behind the cyclist in front of you, except to pass.
- Must be able to pass within 15 seconds successfully otherwise drop back before attempting again. Do not ride side to side.



Passing on the Bike

- Be confident of your pass.
- Pass on the left.
- Complete your pass within 15 seconds.
- Once passed, drop completely out of the zone, before attempting to repass.



Avoiding Penalties on the Bike

- Ride on the right to avoid a position or blocking penalty. Blocking is preventing someone from passing on the left.
- If you are being passed, don't suddenly speed up to prevent the pass. Allow the rider to complete the pass. If you approach the same rider or another rider from the rear and feel your can pass in 15 seconds, you are encouraged to attempt.



A few important Items!

- Don't be a litter bug. Be Green!
- NO GLASS!
- Do not accept assistance from any one except a volunteer.
- No headphones, radios, iPods, or other personal audio devices at any time during the race. This is for safety of all participants.



Athlete To Do List - Race Morning

- Get up early and give yourself plenty of time.
- Park at Methodist Women's Hospital.
- Gather all your equipment, and walk to the race venue and transition area.
- Enter the transition area and organize the area near your bike.
- Check your bike.
 - Make sure tires are properly inflated. Ask for help if needed.



Athlete To Do List - Race Morning

- Get body marked if not done at Packet Pickup.
 - Left shoulder, left calf and left hand
- Get timing chip.
 - Place on left ankle only
- Proceed to the swim start staging area.
 - Make sure you have your goggles and swim cap.
- Wait for your wave to start.
- Have a great race!



Questions at the Race

If you have a question, look for an event team member before the race. They are happy to answer your questions then.



Race Day Schedule

Sunday, June 5, 2016

6:30 a.m. Transition area opens

7:45 a.m. Transition area closes

7:50 a.m. 5k Run and Duathlon Start

8:00 a.m. First swim wave start (3 minutes between waves)

8:20 a.m. First athlete on the bike course

8:55 a.m. First athlete on the run course for triathlon and duathlon

9:15-20 a.m. First finisher estimated

10:15 a.m. Transition area opens (for removal of bikes and equipment) or when last cyclist is on the run course

10:30 a.m. Final finisher estimated

10:40 a.m. Age group award presentations or as soon as possible

12 noon Transition area closes (no exceptions) – All gear picked up and removed



Course Descriptions



RaceOmaha.com/Event/Omaha-Women-Triathlon

Swim Course

- 750 meter Sprint course (less than half a mile)
- Counter-clockwise course
- Swim Wave Start (3 Min between Waves)
- **Yellow are Sight Buoys** and Large **Orange Buoys are Turns** (Keep buoys on left shoulder until making final turn into swim finish)
- Buoys are always on your left-hand side.
- Waves and Start Times: Make sure you are with the correct wave color corresponding to your swim cap color.



Bike Course

- 20K/12.4 mile sprint course
- Closed out and back course
- Bring extra tire tubes in case you get a flat.
- Slow down when nearing transition.
- Bike mount and dismount line is important!
- USA Triathlon Race Officials on the course to assure safety and rules enforcement.
- Omaha Police support on bike course



Run Course

- Same course for the triathlon, duathlon and 5K.
- 5K/3.1 mile out and back course
- There is a water station.
 - 1.5 mile run turnaround



MANDATORY Race Packet Pickup

Athleta Village Pointe

Saturday, June 4, 2016

11 a.m. to 4 p.m.



MANDATORY Race Packet Pickup

- Please bring a proper ID and USA Triathlon ID (if you have one).
- Complete and sign the USA Triathlon Waiver if requested.
- Check your race packet for the following:
 - Helmet Number – Place on front of helmet
 - Bike Number – Double Fold over sticker
 - Lutz Race Bib – Pin to clothing for bike and run or use race belt if have.
 - Proper Color Swim Cap (Listed at Packet Pickup)
 - Swim Cap Sticker
 - Race Number Bracelet – Place on either wrist at packet pickup
 - Omaha Women's Triathlon Tech Shirt Courtesy of New Balance Omaha and Race Omaha



Mandatory Bike Check

Youngman Lake

Saturday, June 4, 2016

11:30 a.m. to 5:30 p.m.



Mandatory Bike Check

(for triathlon and duathlon participants)

- Check in your bike at the transition area at Youngman Lake.
- Place your race bracelet on your wrist prior to placing your bike into the transition area
 - Do not remove it until you have retrieved your bike following the race on Sunday June 5th.
- Verify your bike number is placed onto your bike prior to placing it into the transition area.
- Do not leave any other equipment in the transition area overnight.
- See our bike support personnel from local bike shops for quick checks and fixes for your bike today!



“Show me the Money”

- We have some super generous sponsors and awards this year for the Women’s Triathlon.
- Top 3 Overall
 - \$100, \$75, \$50 gift certificates, respectively
- Top in Each Age Group
 - \$25 gift certificate from Village Pointe Shopping Center

Gift certificates for top in each age group, as well as special Spirit of Sport \$50 gift certificate presented by Tri-Sports and Village Pointe.



TriSports.com
VillagePointeShopping.com



Final Tips For Success!

- The physical preparation is over. Trust and believe in your ability.
- Get your gear together this evening.
 - Bike helmet, goggles, shorts, shoes, water bottles
- Have an early, reasonable meal.
- Drink water.
 - Don't drink alcohol tonight.
 - Don't drink soda.



Final Tips For Success!

- Don't worry about things you can't control.
 - Like the weather or other racers
- Be mentally prepared—whatever that means for you!
- Stay within yourself.
- Relax on the swim.
- Do your personal best.
- Have a very memorable race!



We want to thank all of our generous sponsors for their support of the Omaha Women's Triathlon.

- TotalWellness
- Methodist Health System
- TriSports.com
- Scheels
- Lutz
- Athleta
- Village Pointe Shopping Center
- GreenStreet Cycles
- New Balance Omaha
- And many others



Training and Event Calendar 2016

RaceOmaha.com/Race-Omaha-Events/

Open Water Swims

June 16 and July 7

Omaha Kids Triathlon

July 16

Omaha Triathlon

July 17

Race Omaha Youth Triathlon Camp

July 18-22

Stroke and Stride

July 28

USA Triathlon Age Group National Championships

August 13-14



Sunday, June 5, 2016



Questions?

alan@raceomaha.com