



# ATHLETE GUIDE

July 16 and 17  
2016

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Thank for participating in the **7<sup>th</sup> Annual Omaha Triathlon and Omaha Kids Triathlon!** We hope you enjoy the experience! Race Omaha's objective is to provide a safe, fun and challenging event. We welcome any comments and suggestions to help make this event better for participants, spectators and volunteers. PLEASE READ THE ATHELETE GUIDE EVEN IF YOU HAVE DONE THIS RACE IN PREVIOUS YEARS.

## Schedule of Events:

**Saturday, July 16, 2016**

**Location:** Glenn Cunningham Lake, Omaha, Nebraska:

<http://maps.google.com/maps?q=glenn+cunningham+lake&ll=41.33842,-96.047995&spn=0.003343,0.006877&oe=UTF-8&fb=1&gl=us&cid=0,0,3552157849525959620&t=h&z=17&iwloc=A>

### **Omaha Kids Triathlon:**

- **7:30 a.m.** – Transition Area opens for Kids Triathlon Only
- **8:40 a.m.** – Kids Triathlon Mandatory Race Briefing for kids and parents.
- **8:45 a.m.** - Transition Area Closes for Kids Triathlon Only
- **9:00 a.m.** - Omaha Kids Triathlon Swim Start
- **10:30 a.m.** – Awards Ceremony Omaha Kids Triathlon
- **11:30 a.m.** – Transition Area closes for Omaha Kids Triathlon (All bikes and equipment must be removed from the transition area)

### **Age Groups & Awards:**

Ages 6 to 8 – Male/Female – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Ages 10 to 11 – Male/Female – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Ages 11 to 12 – Male/Female – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Ages 13 to 14 - Male/Female – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

**Each Age Group winner receives a \$10 Gift Card to SCHEELS**

**Parking:** Parking is allowed inside the Park near the transition area and expo in marked grassy areas.

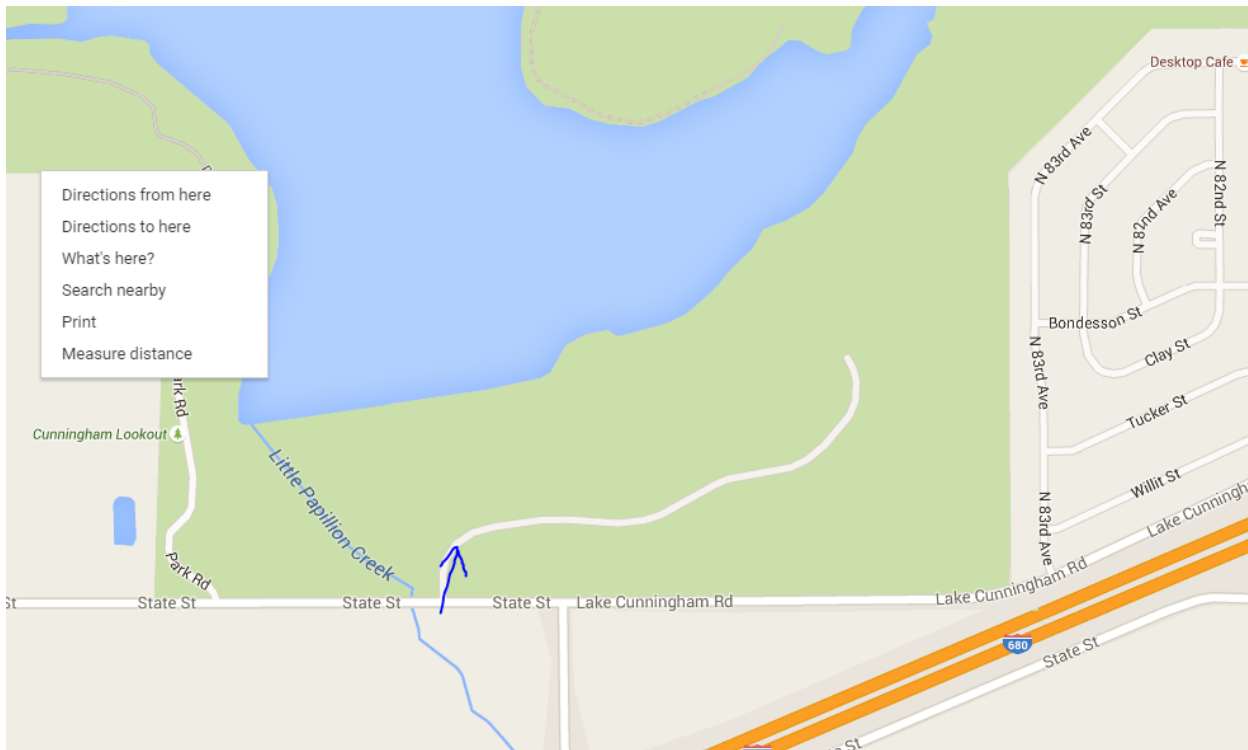
Kids Triathlon – Park entrance will be closed from 8:30 a.m. to 11:00 a.m. during the triathlon.

**Course Maps Omaha Kids Triathlon:** <http://raceomaha.com/event/omaha-kids-triathlon/>

**Course Notes:** The Swim course will be setup with course buoys at 50 meters and 150 meters. Buoys are always on the left and athletes go in a counter-clockwise direction. It is a beach time trial start with each participant about 5 seconds apart. The Bike Course is 2 laps for the 6-8 and 9-10 age group and 4 laps for the 11-12 and 13-14 age groups). The Run course is approximately 1k or .6 mile for 6-8 and 9-10 age groups and 2k or 1.2 miles for the 11-12 and 13-14 age groups). There will be a course reset between the lower age group and the higher age groups.

**Course Maps Omaha Triathlon:** <http://raceomaha.com/event/omaha-triathlon/>

**Omaha Triathlon Mandatory Race Briefings:** Each participant in the *Omaha Triathlon* is required to attend a race briefing. The purpose of the race briefing is provide participants important information regarding the race including course layout, rules and regulations, safety reminders, and to build excitement for the race the next day. Each individual participants as well as each member of a relay is required to attend. Race briefings are at Glenn Cunningham Lake near the boat ramp and marina. (See map below for entrance location).



**Race Briefing Schedule:** Briefings start promptly and will last 15 to 20 minutes. Please feel free to ask questions to the Race Director as the conclusion of the briefing.

- 1:00 p.m. – First Briefing
- 2:00 p.m. – Second Briefing (Least Busy)
- 3:00 p.m. – Last briefing

**Packet Pickup / Registration:**

At the conclusion of the race briefing, each participant picks up his or her race packet. Since we use an on-line registration system, we should have record of 1 Day USAT membership purchases, Annual Membership purchases and current USAT members.

If we don't have record of this information, we will ask you to provide documentation and/or sign a USAT waiver. Teams usually fall into this category because one person (Team Captain) signs up the team.

Annual USAT members will need to show a current USA Triathlon Membership Card and a Photo ID to the Registration Staff. If either the participant fails to bring a current card or does not have a current USA Triathlon Member Card, a \$15 USA Triathlon Fee is required to participate in the triathlon. If you purchased a \$15 USA Triathlon single day membership, we should have that information at registration. Only annual memberships receive a member number from USA Triathlon.

Please be patient with the registration volunteers.

**Transition Area/Bike Check-in:**

Once you have completed both the race briefing and secured your race packet, you are empowered to place your bike in the transition area. Your race packet has a sticker for your bike, bike helmet and a numbered bracelet for your wrist.

Do not leave any shoes or equipment overnight in the transition area. On race morning, the transition re-opens and all transition equipment such as sunglasses, running shoes, bike helmets, water bottles, biking shoes, towels, etc. may be

organized in your rack area. Bike mechanics are on hand just outside the transition area to address most minor bike maintenance issues and questions. Event staff will be on hand to control entry and exit to the transition area to participants/athletes only. Each participant/athlete must have their race number attached to the bike and the corresponding wrist band with the same race number to gain entry to the transition area. No other individuals are allowed entry into the transition area for any reason.

**Bike Transition Split Olympic and Sprint Distance:** Please note that the transition area is separated this year. Olympic Distance and Sprint Distance will each have a designated part of the transition area. An official announcement will be made when Sprint and Olympic Distance may re-enter the transition after completion of the race. This will occur shortly after all cyclists have completed the bike portion of that race distance and out of the run course. Any athletes caught entering the transition prior to this official announcement will be disqualified by USA Triathlon and the Race Director. This is for safety of all participants. The transition is an active race zone until all participants have racked their bike and entered the running portion of the race.

**Relay Teams:** If you are relay team member, all relay team members must attend the race briefings. The bike member of the relay team must wear the bracelet with the race number and place their bike into transition and remove only when allowed to do on Sunday. The chip is passed from one relay member to the next and must always be worn on the left ankle. All relay team members must stay near their bike position until their turn. Do not congregate in the isle or impede any other participants.

**Bike Support:** Bike support is provided courtesy of Green Street Cycles. Mechanics will be on hand to doing basic maintenance during bike drop-off on Saturday as well as for race day!

**Equipment and Important Notes:** Please make sure that your bike handle bars have bar end plugs. We cannot guarantee the bike support will have enough for everyone. USA Triathlon Race Officials will be at this race and will be checking for bar ends plugs. Also, please make sure to rack your bike properly in the transition area at your bike numbered position. Please do not lay your bike against the fence. Do not leave any gear in the transition area overnight. Security is on-site all night to make sure you bike is safe and secure.

#### **Transition Area Closes at 5 p.m. on Saturday, July 16, 2016**

Once the transition area closes, all bikes are secured and monitored on a continuous basis by Omaha Triathlon Event Staff and Security.

#### **Race Day Schedule – Sunday, July 17, 2016**

- 4:45 a.m.- Transition area Opens
- 5:45 a.m. - Transition area Closes
- 5:58 a.m. – National Anthem
- **(Age Groups will be assigned to Each Wave on Saturday at race briefings)**
- 6:00 a.m. – First Swim Wave Start - **Orange**
- 6:03 a.m. – Second Swim Wave Start - **White**
- 6:06 a.m. – Third Swim Wave Start – **Green**
- 6:09 a.m. – Fourth Swim Wave Start - **Pink**
- 6:12 a.m. – Fifth Swim Wave Start - **Yellow**
- 6:20 a.m. – First athlete on the Bike Course
- 6:18 a.m. – Last Swim Wave Start
- 7:30 a.m. – First athlete on the Run Course
- 8:15 a.m. – First Finisher estimated
- 10:00 a.m. – Final Finisher estimated
- 10:30 a.m. – Overall and Age Group Award Presentations
- 10:30 a.m. – Transition Area Opens for Removal of bikes and equipment
- 1:00 p.m. – Transition Area Closes.

The race venue is a busy place prior to the race. We encourage participants/athletes to come early so they have plenty of time to get organized with their equipment, get some nutrition, fluids and get ready before the race starts. Part of the fun of triathlons is the excitement building in and around the transition area prior to the race. Don't miss out on this experience!

**Wetsuit:** Also, we anticipate the water temperature will be above 78F on race day, but will make an official announcement during the race briefings on Saturday. It is wetsuit legal up to 78F. If you wear a wetsuit between 78F and 84F, you are not eligible for awards. Above 84F, no wetsuits can be worn.

**Parking:** Parking is available in the park near the transition area until 5:45 a.m. on race day. Please arrive early to avoid any parking issues. Parking attendants will be stationed along the road leading the race venue and transition area. Please follow their parking instructions on race day. Access to the race venue entrance will cease at 5:45 a.m. Alternative parking is located along 96<sup>th</sup> Street with access only from State Street. Spectators can enter the park along west side of the lake entrance off 96<sup>th</sup> Street.

The transition area opens at 4:45am a.m. to place your equipment and race day needs near your bike. Bike maintenance staff will be on hand in the transition area to assist with tire inflation and any last second bike maintenance needs. Only athletes are allowed in and out of the transition area. You must have a wrist band on to enter and exit the transition area with or without your bike. Team Members will be allowed in the Transition Area after body marking on Race Day.

Portable bathrooms are available in and around the transition area and race venue.

**Race Tattoos:** You will receive your body tattoos in your race packet. Tattoos must be placed on both on your left arm and left calf before you arrive to the race on Sunday morning. Please see pictures below for proper placement. Instructions are included with the tattoos.



**Race Number Information:** Please fill out the back side of your race number with emergency contact information, primary physician information, medical conditions, etc.

**Timing Chips:** Timing Chips must be picked up from the Timing Tent near the transition area. Please identify yourself to the timing chip staff by showing your race number bracelet and/or tattoos. The timing chip is placed on the left ankle using the Velcro straps provided with the timing chip. Make sure the timing chip is secure to your ankle. Any lost timing chips are the responsibility of the participants and are charged accordingly.

**BIB Number:** The number must be worn on the run facing forward.

**Wave Start Times:** Wave start times occur every 3 minutes with the first wave going off at 6 a.m. sharp. Each wave will have a designated swim cap color. Please make sure you start in your designated wave/cap color.

**Finish Area:** The finish area is located beyond the finish line. Once you cross the finish, please make sure to remove your timing chip. Volunteers are on hand to collect the timing chips. Any lost timing chip will be assessed a fee of \$35. Once your timing chip is removed, please move out of the finishing shoot. Event Staff will be directing you to the Finish area.

**Award Ceremony:** The award ceremony is scheduled to start at approximately 10:30 a.m. Age group awards are in 5 year increments: 19 and Under, 20-24, 25-29, 30-34, etc. up to 60+ following the USA Triathlon rules.

Olympic Distance – Overall Male/Female. Age Group Male/Female – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Sprint Distance – Overall Male/Female. Age Group Male/Female – 1<sup>st</sup> place

Olympic Team Relay – Overall 1<sup>st</sup>

Aqua Bike – Overall Male/Female

**Transition Area and Post Race:** The transition area opens immediately after the last finisher exits the transition area. At this time, the athlete/participant may remove their bike and equipment from the transition area. Event staff will be checking that your race bracelet number matches the bike number. No other individuals other than the participant/athlete will be allowed to remove a bike from the transition area. The transition area will close at 1 p.m.

**Post-Race:** Hang around after the race and watch everyone cross the finish line and watch the awards ceremony. There will be the post-race snacks and fruit from Whole Food Market Omaha!

RACE HARD, RACE SAFE, HAVE FUN, SEE YOU AT THE FINISH LINE!



**SANCTIONED EVENT**



**CERTIFIED RACE DIRECTOR**

Thank You to All of Our Sponsors



mind what matters

