



**Omaha Women's Triathlon, Duathlon and 5K Run  
Triathlete Guide  
June 2-4, 2017**

**Welcome**

Race Omaha is very excited that you have chosen to participate in the seventh annual Omaha Women's Triathlon on June 4, 2017, beginning at 8 a.m. at Lawrence Youngman Lake. This year is very special for Race Omaha. We are hosting Allysa Seely, Para-Triathlete Gold Medalist from the Rio Olympics. Allysa will be sharing her inspiring story at a special event on June 2<sup>nd</sup> (RSVP required). The event starts off with our first Diaper Derby with 36 cute baby crawlers compete on a grueling 10 feet course. The excitement continues into the weekend with packet-pickup and bike drop-off on Saturday with another chance to learn from the Allysa Seely at our first pre-race practice swim from 2 p.m. to 4 p.m. at Youngman Lake. Of course, the final highlight is seeing everyone cross the finish line!

## Schedule of Events

### ***Friday, June 2, 2017***

5:30pm to 6:30pm – Check in For Diaper Derby

6:30pm – Diaper Derby Start

7:00pm – Allysa Seely Keynote (RSVP required)

8:00pm – Event Ends

### ***Saturday, June 3, 2017***

Packet Pickup at Rudolph's Shoes – 11am to 4pm

Mandatory Bike Drop Off – Noon to 5pm Youngman Lake and Park

Practice Swim – 2pm to 4pm Allysa Seely to be on hand to compete and give instructions and tips.

### ***Sunday, June 4, 2017***

Transition Opens: 6:30am

Transition Closes: 7:45am

Race Begins: 8:00am

Awards Presentation: 10:30am

Race Concludes: 10:45am

***\*All times are approximate.***

## Diaper Derby

Join us for the Diaper Derby on June 2 at 6:00pm. Race time is 6:30pm. Watch 36 babies cross the finish line as a warm up for Allysa Seely and the Omaha Women's Triathlon weekend! The cost is only \$35 and includes a custom branded Diaper Derby onesie. If you have a champion crawler, register them at <http://raceomaha.com/event/diaper-derby/>.

## Allysa Seely Keynote Event

All registered participants may attend the special keynote event on June 2 at 7pm at Infiniti of Omaha off 180<sup>th</sup> and West Dodge at Infiniti of Omaha. If you did not RSVP through your registration to attend the Allysa Seely event during your Women's Triathlon registration, RSVP [beth@raceomaha.com](mailto:beth@raceomaha.com) to secure your spot. We **only have 125** spots available to see Allysa, so please make sure to reserve your spot. You may bring a guest. A voluntary donation of \$15 is suggested for guests. We must have their name on the registration list as well.

## Packet Pickup

Packet Pickup occurs at Rudolph's Shoes located at 2757 S 140th St, Omaha, NE 68144 near Oakview Mall from 11am to 4pm on Saturday, June 3 ONLY. Allysa Seely will be on hand to sign autographs from 11am to 11:30am. The Race Packet contains the following items: Race Bib, race bracelet, body tattoos, race-shirt, sponsor items and information.

## Mandatory Bike Drop Off

Bike drop off is required on ***Saturday, June 3<sup>rd</sup> between Noon and 5pm only*** at Lawrence Youngman Lake and Park off 192<sup>nd</sup> and West Dodge across from Methodist Women's Hospital. Olympia Cycle will be on hand for basic bike maintenance and checks. The participant must have their race number bracelet on that matches the bike number placed on the bike. Each bike is placed in the assigned transition zone based on your race number. There is a maximum of six bikes per rack. Every other bike must face the same direction with the front wheel down and the bike number viewed only when standing in front your bike.

## Duathlon and 5K Run Options

If you decide to switch to the Duathlon option, you may advise our timer up until 7:45am race day. Also, get some friends to get the triathlon spirit and register for the 5K run. 5K run registration is available at packet pickup between 11am and 4pm at Rudolph Shoes on Saturday, June 3.

## Relay Teams

If you are registered on a relay team, please obey the following rules: All relay team members must wait in your assigned bike location throughout the race until their portion is complete. For example, once the swimmer has completed their leg of the race, the chip is passed in the transition zone at the assigned transition location to the relay team member doing the bike portion. The run portion team member is the only person remaining at the assigned transition location. Please make to stay away from other participants in the isle, so you don't cause problems for other participants. The biker should wear the numbered bracelet corresponding to your race bib number. There is a race belt provided in your race bag. Place the bib on the race belt. Both the biker and runner need to wear the race belt. The timing chip must be worn by the relay member currently competitor in one of the three portions of the race.

## USA Triathlon Rules:

The Omaha Women's Triathlon is sanctioned by USA Triathlon which ensures the safest race for our participants. The Race Directors and Race Officials are on hand to assure the best race day experience and prevent any safety issues. USA Triathlon race officials will

be checking bikes for bar end plugs, walking the transition area to assure your gear is within your space as well as on the course throughout the race to ensure rules are being followed. You can see the most common rule violations at

<https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules/Most-Common-Rules-Violations> or review the entire rules at <https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules>

If this is your first triathlon, please ask us any question you may have. You will also find out that our triathletes are helpful too!

## Wetsuits

The Omaha Women's Triathlon typically experiences water temperature below 78 F which is wetsuit legal (this means that you may wear a wetsuit until the water temperature is at least 78F). Race day temperatures vary from the mid 60's to middle 70's depending on the year. We will announce the water temperature during the practice swim on June 3. We recommend registering for the practice swim to help reduce race day anxiety. The official water temperature race morning will be announced as verified by the USA Triathlon Race Official. Typically, the temperature drops a few degrees overnight.

Need a wetsuit? Xterra has provided a big discount to Race Omaha using discount code **R-OMAHA** at [www.xterrawetsuits.com](http://www.xterrawetsuits.com).

## Courses

Swim, Bike and Run Courses are posted at <http://raceomaha.com/event/omaha-women-triathlon/>. Changes and adjustments to the course due to unforeseen circumstances may occur. We will notify participants when we are aware of any changes that may occur.

## Parking on Race Day - IMPORTANT

Parking is NOT available in Youngman Park on Race Day. You may park only in the Methodist Hospital Clinic parking lot. Please do not park near the front entrance to the main hospital. It is about a half mile walk to the transition area from the parking lot or about 10-minute walk.

## Results

Results from the race are available during and immediately after the race at the timer results monitor. We will post the final results here: <http://raceomaha.com/results/>. It takes up to 3-4 weeks for results to be processed by USA Triathlon.

## Photos

**New this year** – Photos at the finish will have a branded back drop. Wear your finisher necklace with a smile and share it with your friends and family!

Race photos are posted beginning race day at our Facebook page at <https://www.facebook.com/womenstriathlon/>. We will post hundreds of pictures of our triathletes in action for free!

## Volunteers

If you have any friends and/or family that can volunteer before, during, or after the race, please have them register at <https://login.registertime.com/raceomaha/volunteer>. Duties vary, but it's a great way to help support the event and the sport of USA Triathlon. Also, Omaha is the host city for the USA Triathlon Age Group National Championships again in 2017. Please volunteer for this once in a lifetime event week, August 6-13, 2017.

## Women's Triathlon Race Apparel

NEW THIS YEAR! Race Omaha is selling a limited number of hats for the Omaha Women's Triathlon. Hats and race apparel will be for sale at Packet Pickup. Hats are high-quality Boco™ Gear brand hats!

## Schedule-at-a-Glance:

- May 18 - First Open Water Swim - 6pm Youngman Lake
- May 25 - Stroke and Stride #1/Youth Splash and Dash Series
- June 22-25 - **Ironhawk Endurance Camp** - Evergreen, CO (Adult) - All inclusive at our VIP retreat
- July 6 - Stroke and Stride #2/Youth Splash and Dash 6pm Lake Cunningham
- July 8 - Nishna Valley Classic Sprint Triathlon - Individual and Relay
- July 15 - Omaha Kids Triathlon 9am and Practice Swim for Omaha Triathlon 2pm
- July 16 - Omaha Triathlon - Olympic, Sprint, Aquabike, Olympic Relay.
- October 7 - Dirty Duathlon and Fred's Gravel Fondo

Register for all these events at <http://raceomaha.com/race-omaha-events/>



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