



Omaha Triathlon

Athlete Guide

July 15-16, 2017

Welcome

Race Omaha is very excited that you have chosen to participate in the 8th Annual Omaha Triathlon! This year's event has moved to new and excited venue at Bluewater Development in Valley, Nebraska. This is private sand pit lake with extremely clean and clear water! The event offers a beach start and finish as well as very flat, fast, and scenic bike and run course. We hope you enjoy your race weekend as much or more than we will!

Race Director

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Event Coordinator

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Schedule of Events

Saturday July 15, 2017

Packet Pickup at Scheels Village Point Omaha 11am to 4pm

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

Practice Swim – 2pm to 4pm (Requires advance registration online for \$15 or at Packet Pickup for \$20 per person). This is the only chance prior to race day to get into the lake.

Sunday July 16th, 2017

Parking Shuttle Service: 4am to 6am and 8:30am to 10:30am

Transition Opens: 4:30am

Transition Closes: 5:45am

National Anthem: 5:55am

Race Begins: 6:00am

Awards Presentation: 10:30am

Race Concludes: 11:00am

*All Times are approximate.

VOLUNTEERS

We are always looking for volunteers! Please volunteer at our volunteer page at <https://login.registertime.com/raceomaha/volunteer>.

If you have friend or family member watching the race there is no better way to be involved in the race than to become a volunteer. Age Group Nationals are around the corner in August so please get involved in our local race team now!

If you have any questions about volunteering, please contact lane@raceomaha.com.

PACKET PICKUP

Packet Pickup occurs at Scheels at Village Pointe inside the North Entrance from 11am to 4pm on Saturday July 15th. Each race packet must be picked up by each participant with proper identification. All Relay teams must attend packet pickup to assure that each member has signed the participation waiver. I ensure all team members can participate make sure to have them sign the electronic waiver reminder prior to race weekend when they receive an email notification or have them attend the packet pickup to sign a paper waiver.

Race Packets include a special designed trucker hat for all participants, race tattoos, Bib, Race Number Stickers for your bike, swim cap, and bike helmet, race number bracelet. Apply all race tattoos in advance at home by the participant prior to arriving on race morning.

MANDATORY BIKE DROP OFF

Bike Drop off is required on Saturday July 15th between Noon and 5pm only at BlueWater Lake in Valley, Nebraska. All participants must put their bike into

transition at their numbered location. All participants must put on their race bracelet and bike number sticker prior to entering the transition area for proper security and identification. Bike **MUST BE RACKED SO YOU CAN SEE YOUR RACE NUMBER OF THE CROSSBAR OF THE BIKE RACK WHEN STANDING IN FRONT OF YOUR BIKE!**

SWITCH RACE OPTIONS

If you wish to switch from Olympic to Sprint for any reason, please inform our staff at packet pickup on Saturday and make sure you are assigned the corresponding wave and swim cap color for that wave.

USA Triathlon Rules

The Omaha Triathlon is sanctioned by USA Triathlon which insures 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 insure 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>

Wetsuits

The Omaha Triathlon typically experiences water temperature above 78 F which is NOT wetsuit legal. Race Day air temperatures have varied between the mid 70's to mid to upper 80's depending on the year. We will announce the water temperature during the practice swim on July 15th. However, the official water temperature will be announced race morning as measured by USA Triathlon race officials. We recommend registering for the practice swim so race day anxiety is at a minimum.

If you need a wetsuit, Xterra Wetsuits has provided a Big Discount to Race Omaha using discount code **R-OMAHA** at www.xterrawetsuits.com. They also offer many other items that you may need for your race season or leisure activities.

Courses

Swim, Bike and Run Courses are posted at <http://raceomaha.com/event/omaha-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

Race Day Parking is **only** available at DC West High School. See Map photo here. A shuttle bus will begin at 4am until 10:30am on race morning July 16th! No vehicles are allowed to enter the race venue on race morning. Shuttles will resume as soon as the last participant has returned from the bike course for both Olympic and Sprint Distance events. Please do not discard any trash in the parking lot and follow

directions of any parking attendants. Any vehicle parked outside the designated parking area will be towed at owner's expense.

Parking Lot Location Map:



Drop off Location near Venue: East of RR Tracks



RELAY TEAMS

Relay Teams are made up of two or three members. At the swim start, all other relay team members other than the swimmer must remain at their bike position in the transition area until their turn. The chip is used as the exchange baton. Make sure to place your timing chip on your ankle securely during each relay team member segment. The bib should be work by the biker and exchanged with the runner to wear along with the chip exchange. The easiest way is to use a race belt for quick change. The biker should face their race bib to the rear and the runner in the front.

TIMING CHIPS

All participants are required to pickup their timing chip that matches their bib number on race morning. Double check that your chip number matches you bib number. If you are not certain, please check with Timing and assigned volunteers. If you lose your time chip during the race (common on the swim), please make sure to notify a volunteer immediately. Our timer will have chips at swim exit that can be handled out to any participants that have temporarily lost their timing chip.

RACE WAVE ASSIGNMENTS

Your Wave assignment and swim cap color is posted at Packet Pickup. Each Wave has a corresponding color swim cap. Please do not leave your swim cap at home. If you happen to loose your swim cap, please look for a volunteer to assist in locating a replacement swim cap.

RESULTS

Results from the race are available during and immediately after the race at the timer results monitor. We will post the final results at <http://raceomaha.com/results/>. It takes up to 2 to 3 weeks for results to be processed by USA Triathlon.

AWARDS

Awards are presented to the top 3 overall female and male competitors as well as the top 3 in each age group for the Olympic and Sprint Distance Events. 1st Place Team and Aquabike Division also receive an award. NEW IN 2017, we have newly designed awards in our newest color (BLUE).

PHOTOS

New this year! "Photos at the Finish" with Omaha Triathlon Logo Photo Back Drop.

Race Photos from the weekend are posted beginning race day at our Facebook page at <https://www.facebook.com/OmahaTriathlon/>. We will post hundreds of pictures of our triathletes in action all for free!

RACE OMAHA UPCOMING 2017 EVENT SCHEDULE

- July 6th - **Stroke and Stride #2/Youth Splash and Dash** 6pm Lake Cunningham – 6PM
- July 8th - **Nishna Valley Classic Sprint Triathlon** - Individual and Relay- Race Starts at 8am and features a 750m Swim, 20k Bike and 5k Run. Individual and Team Relay. The town of Griswold, Iowa is helping to make this a special race day for all competitors. It is worth the drive for a great event to get warmed up for the Omaha Triathlon!
- July 15th - **Omaha Kids Triathlon 9am and Special Practice Swim** for Omaha Triathlon 2pm to 4pm.
- August 6th – Stroke and Stride Final at Levi Carter Park and USA Triathlon Race Omaha Youth Splash and Dash. A picnic follows with hot dogs and drinks courtesy of our sponsors, Omaha Steaks and Natural Grocers.
- **USA Triathlon Age Group National Championships** – August 12th and 13th, 2017.
- October 7th - **Dirty Duathlon and Fred's Gravel Fondo**

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