



ATHLETE GUIDE
OMAHA DUATHLON SATURDAY APRIL 21, 2018
RACE STARTS AT 9AM

OFFICIAL RACE SCHEDULE:

Packet Pickup/Check in: 7:30am to 8:30am

Transition Opens: 7:30am

Transition Closes: 8:45am

Race Briefing: 8:50am

National Anthem: 8:55am

Race Start: 9:00am (mass run start)

First Finisher Estimated: 10:15am

Award Ceremony Estimated: 10:50am (don't miss any of the Nebraska FB Spring Game!)

PARKING:

Please park in the park in any available parking area. Dodge Park Rd is the main road into the park and through the park. Do not park in the parking lot near the entrance to the park at you enter near the trail. The largest parking lot is near the soccer fields, however parking may be somewhat limited due to soccer games that may be occurring.

COURSES:

The Run Course is an out and back course north along the trail from the transition area. The Bike Course is an out and back course along Pershing Drive and River Road into Washington County. Please note the road is not closed to vehicles, but very little traffic is present or expected along the course. A volunteer will be at the course turnaround as well as clearly marked turnaround signage. Bike support is available from GreenStreet. However, don't expect support to be there immediately. Please make sure to pack an extra tire tube and kit in the event of blown tire and be prepared for any minor adjustment. All participants will start in the grassy field south of the transition on the West side of the trail. When returning for the bike portion, all participants must enter at the Bike In/Out marked by our Race Omaha Course Flags. Course maps are located on our website at <http://raceomaha.com/event/race-omaha-duathlon/>

RELAY TEAMS:

Relay teams are required to stay in their transition location throughout the race. The exchange of the timing chip acts as the baton. When the runner exchanges with the biker, the runner removes the chip from their left ankle and gives it to their relay member to place upon the biker's left ankle securely. When the biker has completed their portion, the chip is removed and given to the runner for the second run segment. The race bib is on the biker at all times. Lastly, some relay team members may be required to sign a physical waiver upon check-in.

TIMING and CHIPS

Please pickup your timing chip from our Timer located near the finish line on the trail southeast of the transition area. Place your timing chip securely on your left ankle. If for any reason, you do not having a timing chip at any point during the race, please ask the timer for another chip. It is important to put your race bib number facing forward when crossing the finish to assure a finish time in case of a lost chip at any point during the race. Please make sure to return your timing chip to the timer immediately following the race. Results will be displayed by the timer on a continual basis. As soon as most if not all of the participants have completed the race all awards will be announced. The results link will posted on our Race Omaha Facebook Page and www.raceomaha.com as soon possible after the race. All results will be sent to USA Triathlon for rankings within two weeks of the event.

RULES:

Follow all USA Triathlon rules. Rules may be reviewed at <https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>. A race official from USA Triathlon are monitoring before and during the race. Here a few common rules to follow.

1. Always wear your bike helmet before you touch your bike and do not remove it until the cycle portion is complete.
2. Do not draft (must pass within in 15 seconds of an attempt).
3. Do not listen to any music while racing on any electronic device.
4. Keep all your gear within your transition location.
5. Make sure you have bicycle has bare end plugs.
6. All relay teams members must not impede any athlete in the transition. Do not wander the isle while waiting for your turn.
7. Wear your race bib on your front side through the race so proper timing and identification.
8. Do not discard any trash, water bottles, wrappers, etc. on the course for any reason.
9. Rack your bike properly so when your are standing in front of your bike and your seat is mounted on the bike rack that you can view your race number facing you.
10. Maximum of six bikes per rack. If the rack is full, each other bike should be facing the same direction.
11. Please do not mount your bike until crossing the bike mount/dismount line. Participants must walk/run their bike until they completely cross this line.

The mount/dismount line will be placed on the north end of the transition on Pershing Drive. Do not ride your bike on the grass.

POWERADE AND POST RACE FOOD:

Complimentary bananas and granola bars at the finish. Powerade and Water at the aid stations.

AWARDS:

Awards are given to the Top 3 overall male and female and top in each age group. Gift certificates from Trisports.com will be given to overall and age group winners.

WEATHER DELAY:

In the event of a weather event, the Race Director will determine any impact upon the race.

BIKE COURSE AND SUPPORT:

Greenstreet Cycles is providing bike support before and during the race. A bike support vehicle will be roaming the course. However, please make sure to have the proper bike tubes on hand and be prepared to handle a flat yourself. The course is open to vehicle traffic. Traffic is typically minimal, but please observe normal driving judgment. Do not ride on the trail adjacent to the bike course.

SPONSORS:

Please thank our sponsors for all their support. These sponsors include Greenstreet Cycles, Chesterman Co., Core Physical Therapy and Sports Performance. Complete Nutrition, and Athlos.

RACE SWAG:

24X48 HIGH QUALITY TRANSITION TOWEL.



UPCOMING EVENTS:

- Omaha Women's Triathlon – June 3, 2018 - Youngman Lake - June 3rd
- Omaha Triathlon and Multi-sport Endurance Festival - Werner Park - July 8th, 2018 - Featuring many race options from Olympic, Sprint, Team Relay, Mixed Team Relay (4 team members race simultaneously on a very short distance triathlon. Results use the cumulative time of all team participants. The cost is currently only \$40 per team member.

Thank you for registering for the Omaha Duathlon in 2018! We look forward to seeing everyone on race day. If you have any questions, please email us at alan@raceomaha.com.