



## **Athlete Guide**

**Sunday April 23, 2023**

**Official Race Start Time: 9:00AM**

**Levi Carter Park**

**Omaha, Nebraska**

**Race Omaha**

- - Alan Kohll, Race Director
- Beth Dworkin, Registration Director/Event Planning
  - Derek Schuler, Assistant Race Director
    - Brady Murphy, Bike Course
    - Jake Schroeder, Event Timing

## Event Overview

Race Omaha is excited to put on this race in 2023 at Levi Carter Park. The courses are flat and fast!

### Volunteers:

We **need** volunteers so please ask your family and friends to help! Please have them contact [alan@raceomaha.com](mailto:alan@raceomaha.com) to volunteer or just show up on race morning by 7am. If you can help with setup on Saturday afternoon from Noon to 3pm, please come to Levi Carter park at the race location.

## Event Schedule

### Sunday April 23, 2023

8:00 am – Transition Area Opens and Day of Packet Pickup (packet pickup only on race morning)

8:45 am- Transition Area Closes

8:50 am – National Anthem

8:55 am – Final Race Instructions

9:00 am – Race Start Time (Gun Start)

10:15 am – First Finisher Estimated.

11:00 am – All finishers have completed the courses.

### Bibs and Swag:

Bibs and timing chips will be distributed race morning at packet pickup along with the race swag (hat). Any late registrants are not guaranteed a hat.

### Waiver

We have a few participants that have not signed the USA Triathlon waiver online. We may request you complete the online at check in if you have not completed this online prior.

### Courses

The bike and run courses are available at <https://www.raceomaha.com/event/race-omaha-duathlon/>. Please note the venue map below indicates where the transition area is located as well as the Start/Finish location. The Run Course is the same course distance, It is always two laps of the run course. The Duathlon is a Run 2 Miles/ Bike 15 Miles / Run 2 Miles.

**Run 2 Laps** – Please make sure to cross the timing mat after the 1st lap of the run course for the first 2 miles. When completing the second lap, enter the transition area at Run In.

**Bike 3 Laps** – Please make sure to complete **three** full laps of the bike course. The Bike course is clockwise going the opposite direction of vehicle traffic i.e. when exiting the transition area (Bike Out) you are on the left side of the road. When completing the 3rd lap, enter the transition area at (Bike In). Do not mount your bike until crossing the mount/dismount line.

**Run 2 Laps** – Please make sure to cross the timing mat on lap 1. Lap 2 is the finish of the race and the run course

**Transition Area and directional map:** (See website for all course maps at <https://www.raceomaha.com/event/race-omaha-duathlon/>)



The Start/Finish, Transition Area will be marked with feather flags and as shown above. Runners pass the transition after completing the 1st lap of each 2 Mile Run before and after the bike on Start/Finish Line Side of the transition pictured here.

### Relay Teams

Relay Teams are composed of only two members. Each relay team member must wear a “reusable timing chip” rather than a disposable timing chip. These will be provided to each relay team race morning. The number on the chip coincides with your bib number. Please make sure the runner wears the bib facing forward. Relay Team members need to limit their time in the transition area. The runner should exit the transition area carefully after removing their chip and handing it to the biker. Upon the completion of the bike course, the biker needs to exchange the chip with the runner for the second run leg.

### Parking

Please park in the parking lots adjacent to the splash park or any other parking lot in Levi Carter Park. Do not park along the road. The parking lots are all a short walk to the transition area. Do not park in the neighborhoods outside the park for any reason (No security and not safe)!

### Finisher Medals:

All participants receive a finisher medal at the finish line.

### Results/Awards

**LIVE RESULTS ARE AVAILABLE DURING THE RACE USING THE “QR” Posted near the Race Omaha Trailer near the transition area and/or a link provided.**

Final Official Results will be posted as soon as possible after the race at <https://www.raceomaha.com/results/>

#### **USA Triathlon Rules:**

Please note that USA Triathlon has recently updated its rules. There is no drafting allowed. This means that each participant must have at least 5 bike lengths between them and the bike in front of them and must be able to pass within 20 seconds. Previously it was 3 bike lengths and 15 seconds to complete the pass. Time penalties are applied during the race so your finish time will not be adjusted after the race. As always, do not remove your bike helmet until your bike is completely racked in the transition. Once crossing the dismount line, do not ride the bike into the transition area. Walk your bike to your transition location/rack location as quickly and safely as possible. These are typical areas when penalties may be assessed. You will be notified if you need to serve a penalty at the designated area in the transition area. The complete USA Triathlon rules are [here](#). If you are new to the sport of triathlon or a long time participant, I would strongly recommend reviewing these new rules.

Awards will be presented when most participants have finished the event.

#### **Upcoming Events in 2023:**

Our 2023 events schedule is exciting with us hosting the USA Triathlon Nebraska State Championships for High School and Age Groups. You don't have to be from the State of Nebraska to qualify for the State Championships. USA Triathlon Nationals are in Milwaukee in August 2023

3 Open Water Swims at Lake Cunningham. Register now at <https://www.raceomaha.com/event/open-water-swimming/>

2 Youth Events on July 16 and July 30th -

Race Omaha and Triathlon Coach Brett Petersen/Petersen Performance are partnering to provide youth and adults clinics and training help. Youth clinics are focused on 13+.

Have a great race!