



# OMAHA DUATHLON ATHLETE GUIDE

## APRIL 26, 2015

Welcome to the **Fourth Annual Omaha Duathlon at Memphis State Recreation Area!**

Click [here](#) for map

It is our objective to bring multi-sport events to Nebraska that are safe, fun and challenging. We welcome any comments and suggestions to help make this event better for participants, spectators and volunteers . . . after the race, of course.

**VOLUNTEERS** - We can't do these events without trusted volunteers. Please thank them when you see them!

The race venue is a busy place prior to the race. We encourage athletes to come early so they have plenty of time to get their equipment organized, get some nutrition, fluids and get ready before the race starts. Part of the fun of multi-sports is the excitement in and around the transition area. So, come early and stay late to enjoy Memphis State Park and the multi-sport experience!

Lastly, we are sharing this park with other outdoor enthusiasts. Let's respect their space and clean up after ourselves.

**RACE HARD, RACE SAFE, HAVE FUN, SEE YOU AT THE FINISH!** - The Race Omaha Event Team

## SCHEDULE OF EVENTS

### April 27 – Sunday – Race Day

**7:00 a.m.** – Remember to have a valid NE State Park Permit. They will be available on race morning.

**7:30 a.m.** – Transition area opens. Select your spot on a first-come-first-serve basis.

**8:00 a.m.** – Registration opens. (Pick up your consent form, swag bag, race bib and timing chip)

**8:55 a.m.** – Transition area closes.

**8:55 a.m.** – Mandatory race briefing for athletes

**9:00 a.m.** – Race starts!

**11:00 a.m.** – Awards ceremony and giveaways

**11:30 a.m.** – Recovery party begins – Enjoy the park, drink some chocolate milk and have a BEER (1 free). Talk with the people that support our races: The Bike Way, Olympia Cycle, Trek Bicycle Shop, Qdoba, Omaha Physical Therapy Institute, Performance Chiropractic and Schmitt Chiropractic.

## REGISTRATION

**Bring your USAT Membership Card:** If you forget, we will have to charge the one-day fee of \$12.

**Sign a consent form:** There is one online, but technology is not perfect. We may need you to sign another consent form.

**Pick up your SWAG:** Omaha Duathlon beanie!

**Pick up your Race Number (BIB):** Wear your BIB the entire race. **Please fill out the backside** of your race number with emergency contact information, primary physician information, medical conditions, etc.

**Pick up your Timing Chip:** Timing chips should be picked up last. Look for the timing area near the transition area. Please identify yourself to the timing chip staff by showing your race number. 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 will be charged \$35. Please return timing chips at the finish line.

**Body Marking:** No body marking will take place. Make sure you have your chip on your ankle.

## TRANSITION AREA

ONLY participants can be in this area. The transition area is set up on a first-come-first-serve basis. Select your area and be courteous of the other athletes' gear. Rack your bike by the seat/front tire on the ground.

## ATHLETE EQUIPMENT

**Bike Helmet** - All participants must wear a helmet during the bike portion of the race. The helmet must meet or exceed the safety standards of (i) the American National Standard Institute (ANSI Z-90.4), (ii) The Snell Memorial Foundation (Protective Headgear for Bicycle Users), or (iii) ASTM F-1446 or F-1447, Helmets will be clearly labeled by the manufacturer as satisfying such standards.

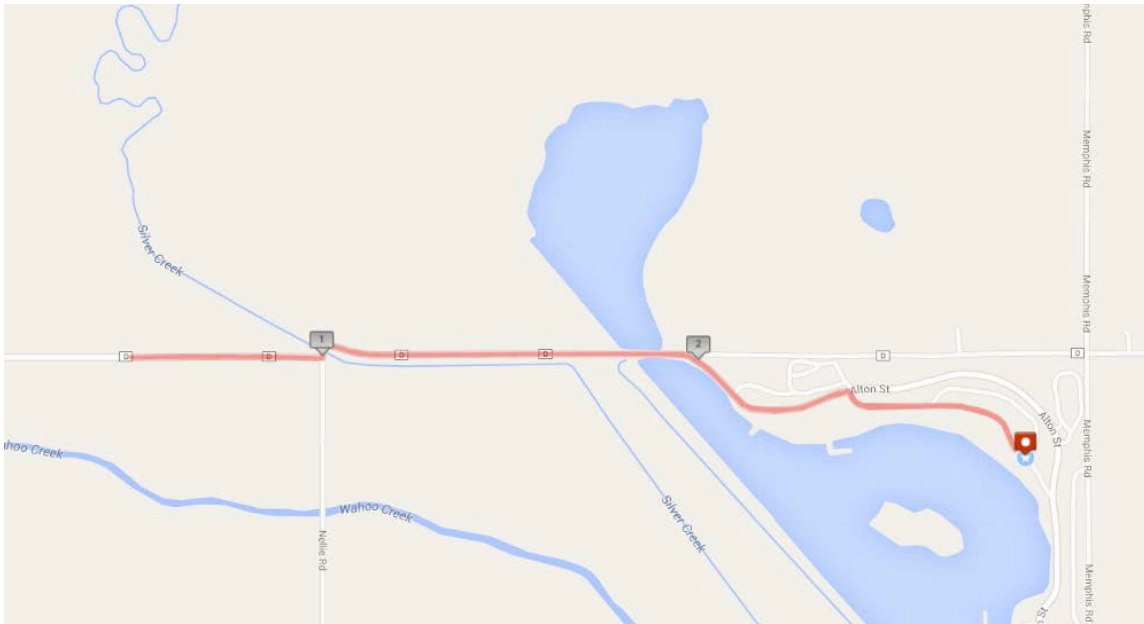
The **chin strap** of the helmet must be fastened before the participant first mounts the bicycle, at all times when the participant is on the bicycle, and must not be unfastened until the participant has dismounted.

**No open bar ends.** We will have bar end plugs available if any athlete needs them.

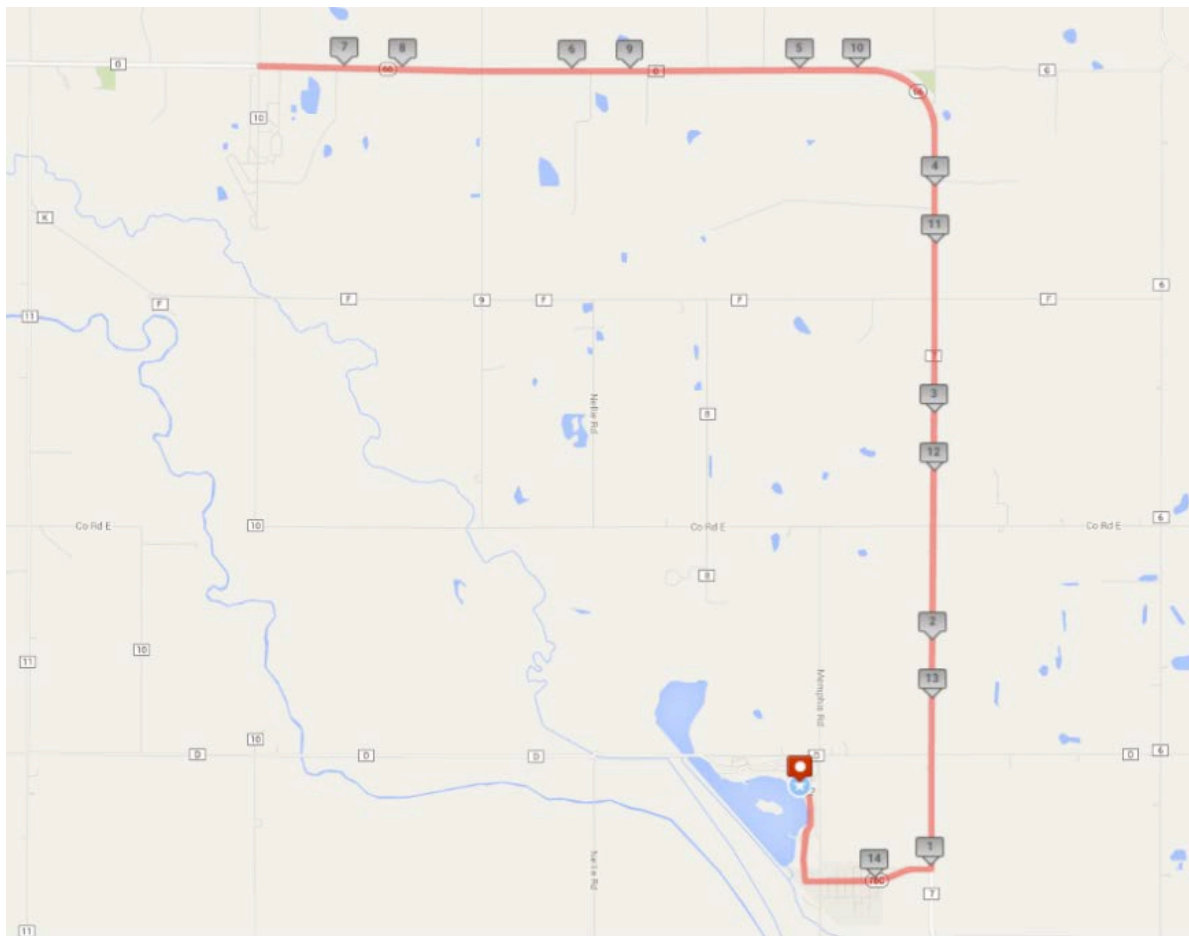
## COURSE MAPS – RUN/BIKE ROUTE

The Run and Bike courses are out-and-back. The run is 2.5 miles and has one water station. The bike is approximately 14.5 miles and has no water station. The bike course is open to vehicular traffic. Athletes must follow the traffic laws.

### Run Course



### Bike course



## AWARDS AND GIVEAWAYS

**Awards:** Top 3 overall teams, and top 3 male and female winners will receive custom glass awards.

Top 3 age group winners – male and female—win a custom beer bottle opener. These are cool! Age group awards are in 5 year increments: 19-24, 25-29, 30-34, etc. up to 80+.

**Giveaways:** You need to be present to win any giveaways from our sponsors.

## PARKING AND CAMPING INFORMATION

Nebraska State Parks requires access permit. Day permits will be available at the park.

- \$5 Day Permit
- \$7 Tent Camping
- \$9 Pad Site

Parking is available near the entrance of the Park and near the transition area. Please follow the signs and look for volunteers directing you to a parking spot.

Bathrooms are available around the park. Sorry, there are no shower facilities.



# Thank You to our Sponsors

