



ATHLETE GUIDE
OMAHA DUATHLON APRIL 22, 2017

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
First Finisher Estimated: 9:15am
Award Ceremony Estimated: 11:00am

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.

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.

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. Have fun!

POST RACE FOOD:

Post-race food and drink provided by our sponsors, Natural Grocers and Chesterman's.

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. Omaha Police will be manning a few key areas along the course near NP Dodge Park. 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, Natural Grocers, Chesterman Co., Core Physical Therapy and Sports Performance, Athlos, and TriSports.com.

RACE OMAHA UPCOMING TRAINING AND EVENT SCHEDULE:

Continue training and racing. Group early training sessions are underway weekly including open water swims, group rides, brick workouts, intervals training sessions, track work, and more with our USA Triathlon coaching staff. If you have any interest our group or individual coaching sessions, please email brad@raceomaha.com.

Weekly indoor bike training sessions are ongoing at our *Ironhawk Endurance Training Center*. The focus during racing season is building off your pre-season training base and increasing interval and focused training sessions. Please visit www.raceomaha.com or our mindbodyonline.com site for full class and session schedule.

UPCOMING EVENTS:

- Open Water Swim – May 18th 6pm at Youngman Lake
- Stroke and Stride and Youth Splash and Dash – May 25th 6pm
- Diaper Derby and Allysa Seely Para Triathlete Gold Medalist Rio Keynote Event – June 2nd 6pm to 8pm at Infiniti of Omaha
- Practice Swim at Youngman Lake - June 3rd - 2pm to 4pm
- Omaha Women's Triathlon – June 4th 8am
- Stroke and Stride and Youth Splash and Dash – July 6th at Lake Cunningham 6pm.
- Nishna Valley Classic Sprint Triathlon – July 8th
- Omaha Triathlon Practice Swim – July 15th 2pm to 4pm
- Omaha Triathlon – July 16th
- Stroke and Stride and Youth Splash and Dash at Levi Carter Park and Lake - August 6th (Start from 300ft Nationals Dock)
- Fred's Paper Route Gravel Fondo and Dirty Duathlon – October 7th

REGISTER BY MAY 1ST AND USE DISCOUNT CODE "FRED" FOR \$10 OFF WHICH MEANS THE COST IS ONLY \$30 FOR ANOTHER DUATHLON THIS SEASON!

RACE APPAREL STORE:

The Race Omaha Store is finally open! Currently inventory includes Tri/Cycle Kits, Trucker Hats, Head bands, Running visors from quality vendors including Boco, Headsweats, Couer, and others. We are adding items daily. Please visit our store online at <http://raceomaha.com/pages/store/>

Thank you for registering for the Omaha Duathlon in 2017! We look forward to seeing everyone on race day. If you have any questions, please email us at alan@raceomaha.com.