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USA TRIATHLON
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National Championships

OMAHA TRIATHLON AND MULTI-SPORT ENDURANCE FESTIVAL ATHLETE GUIDE SUNDAY JULY 8, 2018 WERNER PARK AND PRAIRIE QUEEN RECREATION AREA

Welcome to the 9th Annual Omaha Triathlon and Multi-Sport Endurance Festival. We are celebrating our 9th year by moving to a great new venue that we hop everyone will find exciting and fun! A lot of work has gone into planning this event for our communities, so we would like to thank the City of Papillion, Sarpy County, and the City of La Vista for helping us coordinate this event.

For those who have participated in the Omaha Triathlon in the past, thank you for being a loyal participant! We think you'll love this new venue enough to keep participating year after year. Plus, we have even bigger and better plans for our 10th anniversary in 2019 at this same location.

If you're a new participant, welcome! We truly hope you'll enjoy your first Omaha Triathlon experience. It's important to start by reviewing this guide. It'll help educate you on what to expect during your first Omaha Triathlon and help you get mentally focused for your start on Sunday!

So, let's get this party started! To begin, let's go over the schedule of events.

The best way for me to get back to everyone is by email at alan@raceomaha.com. I check FB as often as possible, but email me. I promise to respond in a reasonable timely manner.

EVENT SCHEDULE:

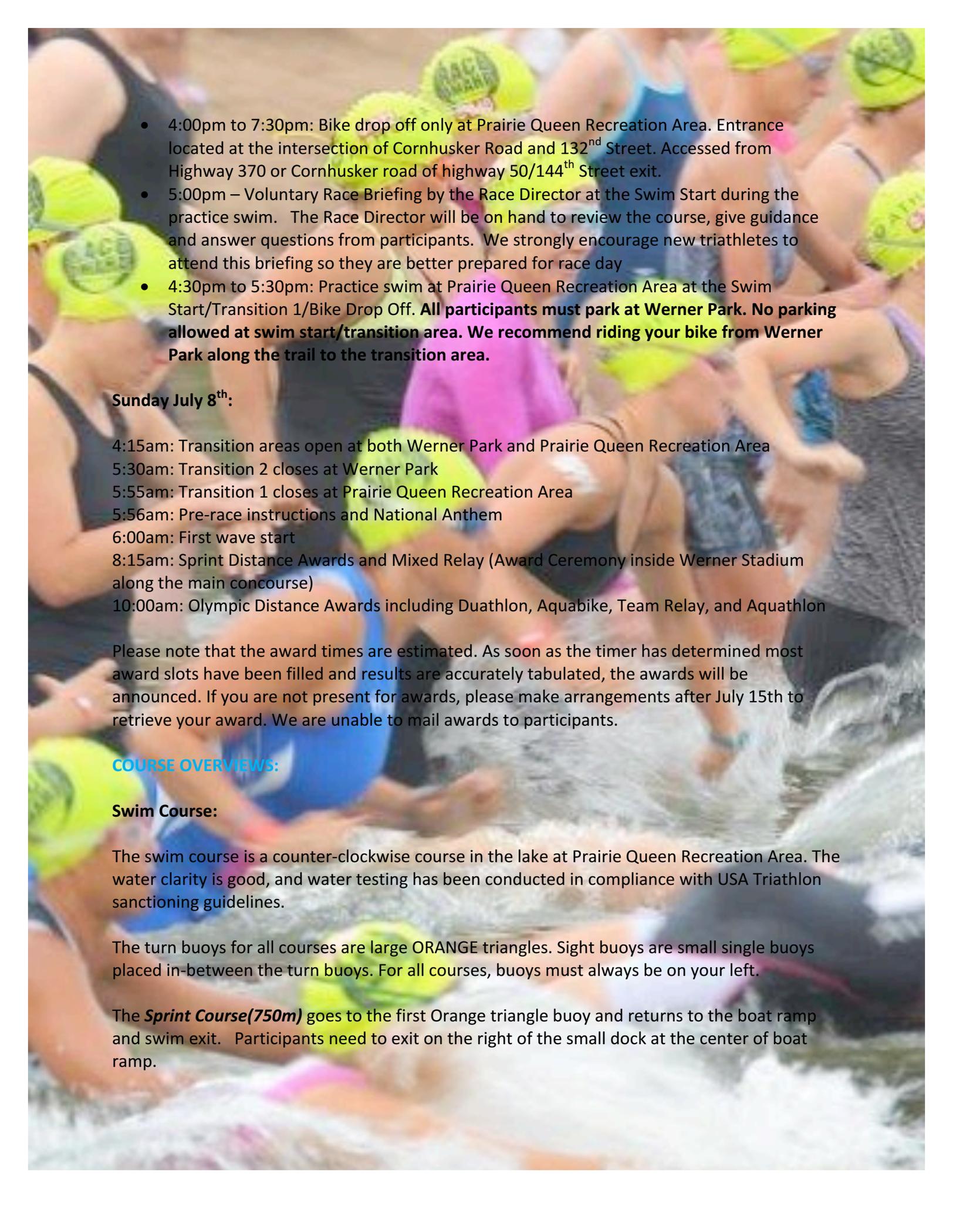
Thursday, June 28th at 6pm: Group ride of the bike course hosted by Greenstreet Cycles meeting at 6pm at Prairie Queen at Swim Start/Boat Ramp. The ride starts immediately following a race review by the race director, Alan Kohll, at approximately 6:30pm.

Thursday, July 5th at 6pm: Group ride of the bike course hosted by Greenstreet Cycles – Tentative. Information posted once finalized.

Friday July 6th 11am to 7pm: Packet pickup at Greenstreet Cycles on 84th Street in Papillion.

Saturday July 7th:

- 11am to 7pm: Packet pickup at Greenstreet Cycles on 84th Street in Papillion.

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- 4:00pm to 7:30pm: Bike drop off only at Prairie Queen Recreation Area. Entrance located at the intersection of Cornhusker Road and 132nd Street. Accessed from Highway 370 or Cornhusker road of highway 50/144th Street exit.
 - 5:00pm – Voluntary Race Briefing by the Race Director at the Swim Start during the practice swim. The Race Director will be on hand to review the course, give guidance and answer questions from participants. We strongly encourage new triathletes to attend this briefing so they are better prepared for race day
 - 4:30pm to 5:30pm: Practice swim at Prairie Queen Recreation Area at the Swim Start/Transition 1/Bike Drop Off. **All participants must park at Werner Park. No parking allowed at swim start/transition area. We recommend riding your bike from Werner Park along the trail to the transition area.**

Sunday July 8th:

4:15am: Transition areas open at both Werner Park and Prairie Queen Recreation Area

5:30am: Transition 2 closes at Werner Park

5:55am: Transition 1 closes at Prairie Queen Recreation Area

5:56am: Pre-race instructions and National Anthem

6:00am: First wave start

8:15am: Sprint Distance Awards and Mixed Relay (Award Ceremony inside Werner Stadium along the main concourse)

10:00am: Olympic Distance Awards including Duathlon, Aquabike, Team Relay, and Aquathlon

Please note that the award times are estimated. As soon as the timer has determined most award slots have been filled and results are accurately tabulated, the awards will be announced. If you are not present for awards, please make arrangements after July 15th to retrieve your award. We are unable to mail awards to participants.

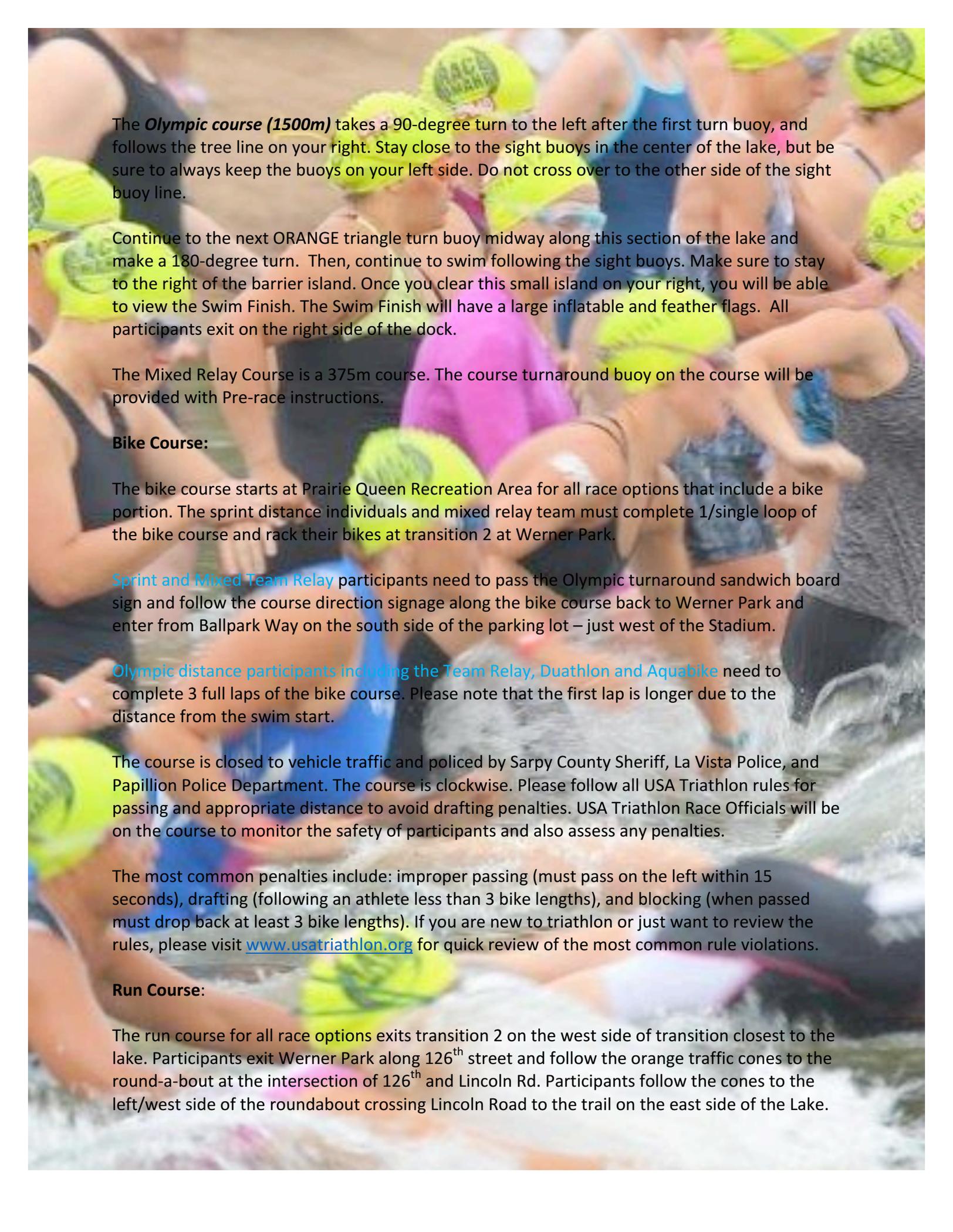
COURSE OVERVIEWS:

Swim Course:

The swim course is a counter-clockwise course in the lake at Prairie Queen Recreation Area. The water clarity is good, and water testing has been conducted in compliance with USA Triathlon sanctioning guidelines.

The turn buoys for all courses are large ORANGE triangles. Sight buoys are small single buoys placed in-between the turn buoys. For all courses, buoys must always be on your left.

The ***Sprint Course(750m)*** goes to the first Orange triangle buoy and returns to the boat ramp and swim exit. Participants need to exit on the right of the small dock at the center of boat ramp.



The **Olympic course (1500m)** takes a 90-degree turn to the left after the first turn buoy, and follows the tree line on your right. Stay close to the sight buoys in the center of the lake, but be sure to always keep the buoys on your left side. Do not cross over to the other side of the sight buoy line.

Continue to the next ORANGE triangle turn buoy midway along this section of the lake and make a 180-degree turn. Then, continue to swim following the sight buoys. Make sure to stay to the right of the barrier island. Once you clear this small island on your right, you will be able to view the Swim Finish. The Swim Finish will have a large inflatable and feather flags. All participants exit on the right side of the dock.

The Mixed Relay Course is a 375m course. The course turnaround buoy on the course will be provided with Pre-race instructions.

Bike Course:

The bike course starts at Prairie Queen Recreation Area for all race options that include a bike portion. The sprint distance individuals and mixed relay team must complete 1/single loop of the bike course and rack their bikes at transition 2 at Werner Park.

Sprint and Mixed Team Relay participants need to pass the Olympic turnaround sandwich board sign and follow the course direction signage along the bike course back to Werner Park and enter from Ballpark Way on the south side of the parking lot – just west of the Stadium.

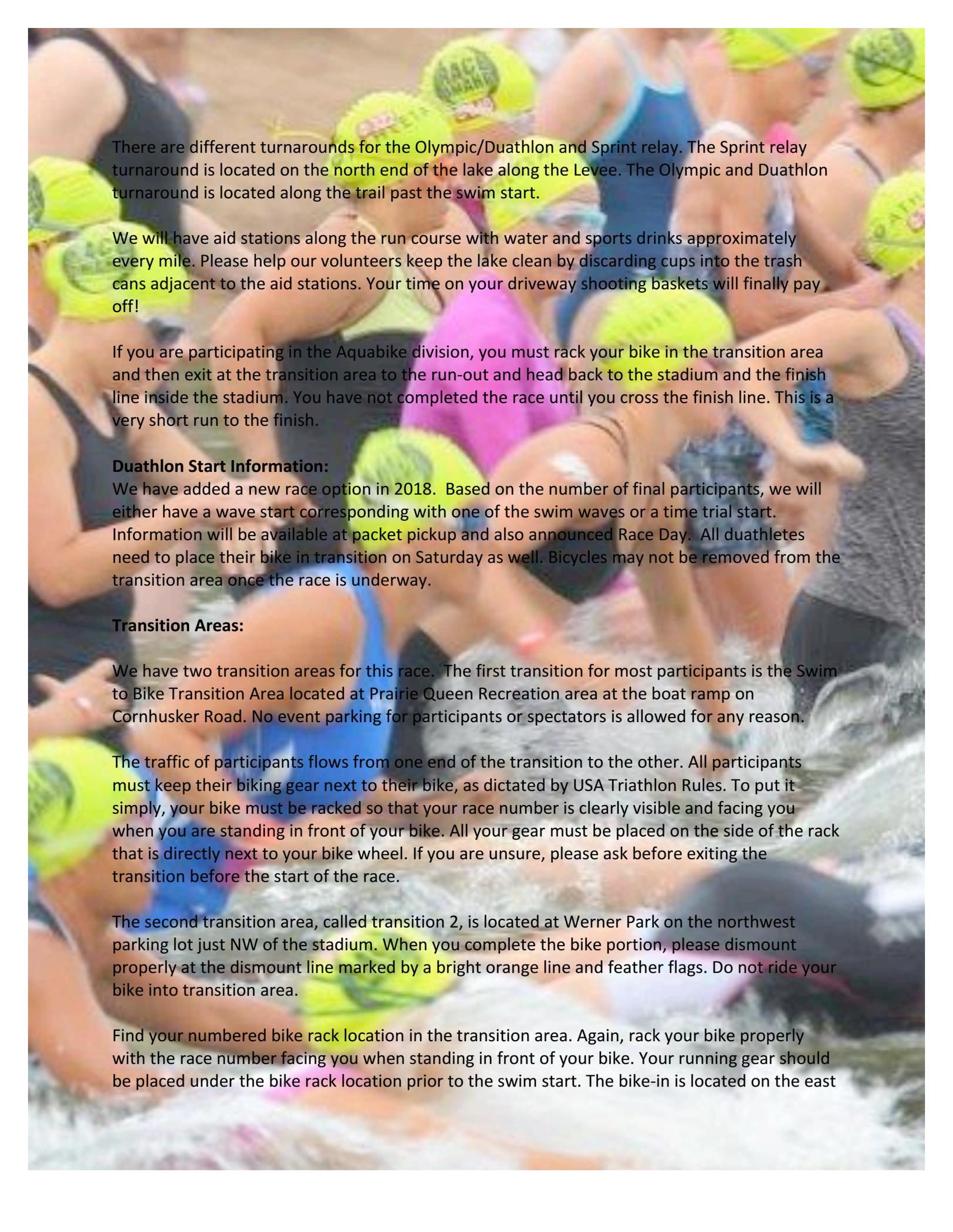
Olympic distance participants including the Team Relay, Duathlon and Aquabike need to complete 3 full laps of the bike course. Please note that the first lap is longer due to the distance from the swim start.

The course is closed to vehicle traffic and policed by Sarpy County Sheriff, La Vista Police, and Papillion Police Department. The course is clockwise. Please follow all USA Triathlon rules for passing and appropriate distance to avoid drafting penalties. USA Triathlon Race Officials will be on the course to monitor the safety of participants and also assess any penalties.

The most common penalties include: improper passing (must pass on the left within 15 seconds), drafting (following an athlete less than 3 bike lengths), and blocking (when passed must drop back at least 3 bike lengths). If you are new to triathlon or just want to review the rules, please visit www.usatriathlon.org for quick review of the most common rule violations.

Run Course:

The run course for all race options exits transition 2 on the west side of transition closest to the lake. Participants exit Werner Park along 126th street and follow the orange traffic cones to the round-a-bout at the intersection of 126th and Lincoln Rd. Participants follow the cones to the left/west side of the roundabout crossing Lincoln Road to the trail on the east side of the Lake.



There are different turnarounds for the Olympic/Duathlon and Sprint relay. The Sprint relay turnaround is located on the north end of the lake along the Levee. The Olympic and Duathlon turnaround is located along the trail past the swim start.

We will have aid stations along the run course with water and sports drinks approximately every mile. Please help our volunteers keep the lake clean by discarding cups into the trash cans adjacent to the aid stations. Your time on your driveway shooting baskets will finally pay off!

If you are participating in the Aquabike division, you must rack your bike in the transition area and then exit at the transition area to the run-out and head back to the stadium and the finish line inside the stadium. You have not completed the race until you cross the finish line. This is a very short run to the finish.

Duathlon Start Information:

We have added a new race option in 2018. Based on the number of final participants, we will either have a wave start corresponding with one of the swim waves or a time trial start. Information will be available at packet pickup and also announced Race Day. All duathletes need to place their bike in transition on Saturday as well. Bicycles may not be removed from the transition area once the race is underway.

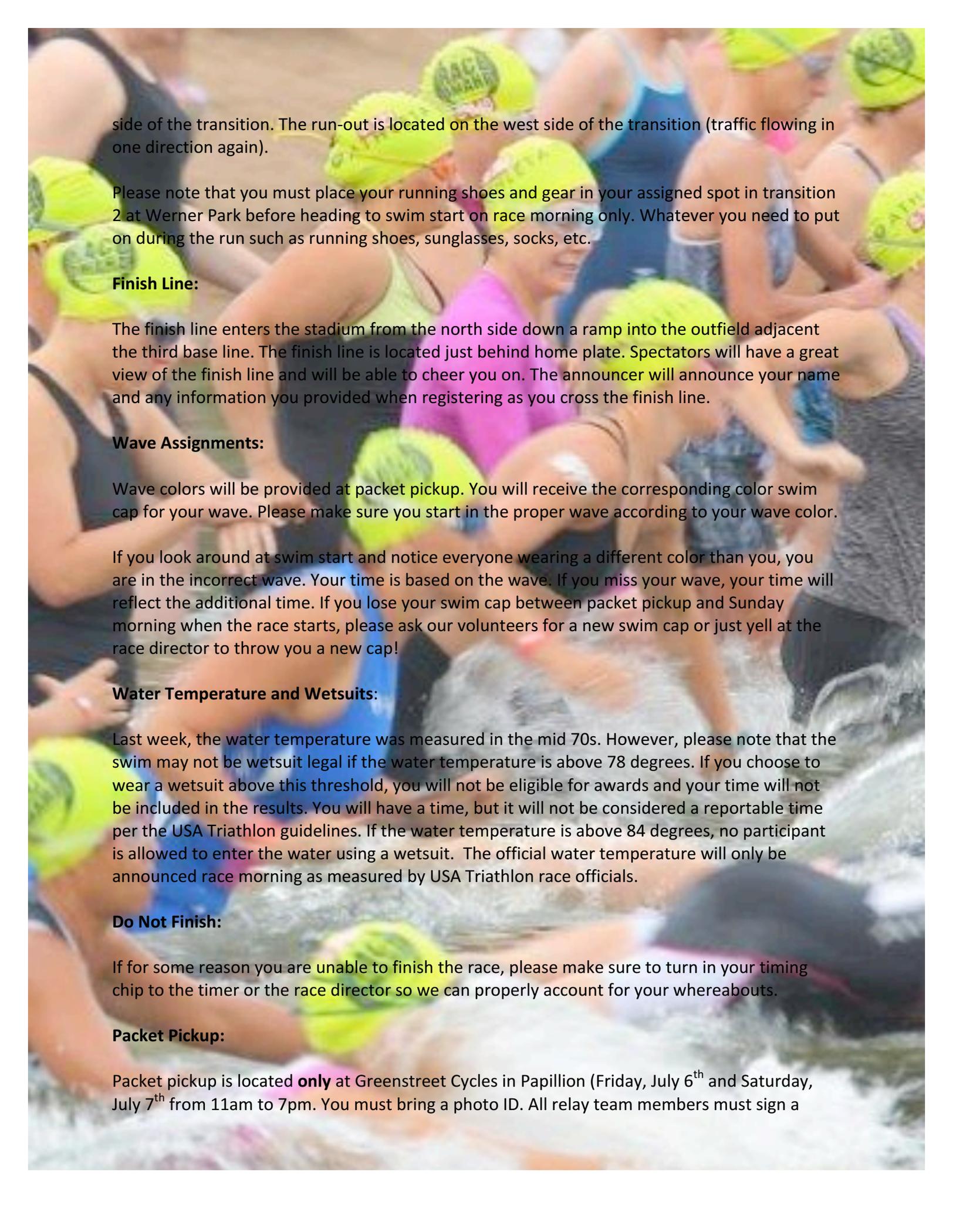
Transition Areas:

We have two transition areas for this race. The first transition for most participants is the Swim to Bike Transition Area located at Prairie Queen Recreation area at the boat ramp on Cornhusker Road. No event parking for participants or spectators is allowed for any reason.

The traffic of participants flows from one end of the transition to the other. All participants must keep their biking gear next to their bike, as dictated by USA Triathlon Rules. To put it simply, your bike must be racked so that your race number is clearly visible and facing you when you are standing in front of your bike. All your gear must be placed on the side of the rack that is directly next to your bike wheel. If you are unsure, please ask before exiting the transition before the start of the race.

The second transition area, called transition 2, is located at Werner Park on the northwest parking lot just NW of the stadium. When you complete the bike portion, please dismount properly at the dismount line marked by a bright orange line and feather flags. Do not ride your bike into transition area.

Find your numbered bike rack location in the transition area. Again, rack your bike properly with the race number facing you when standing in front of your bike. Your running gear should be placed under the bike rack location prior to the swim start. The bike-in is located on the east



side of the transition. The run-out is located on the west side of the transition (traffic flowing in one direction again).

Please note that you must place your running shoes and gear in your assigned spot in transition 2 at Werner Park before heading to swim start on race morning only. Whatever you need to put on during the run such as running shoes, sunglasses, socks, etc.

Finish Line:

The finish line enters the stadium from the north side down a ramp into the outfield adjacent the third base line. The finish line is located just behind home plate. Spectators will have a great view of the finish line and will be able to cheer you on. The announcer will announce your name and any information you provided when registering as you cross the finish line.

Wave Assignments:

Wave colors will be provided at packet pickup. You will receive the corresponding color swim cap for your wave. Please make sure you start in the proper wave according to your wave color.

If you look around at swim start and notice everyone wearing a different color than you, you are in the incorrect wave. Your time is based on the wave. If you miss your wave, your time will reflect the additional time. If you lose your swim cap between packet pickup and Sunday morning when the race starts, please ask our volunteers for a new swim cap or just yell at the race director to throw you a new cap!

Water Temperature and Wetsuits:

Last week, the water temperature was measured in the mid 70s. However, please note that the swim may not be wetsuit legal if the water temperature is above 78 degrees. If you choose to wear a wetsuit above this threshold, you will not be eligible for awards and your time will not be included in the results. You will have a time, but it will not be considered a reportable time per the USA Triathlon guidelines. If the water temperature is above 84 degrees, no participant is allowed to enter the water using a wetsuit. The official water temperature will only be announced race morning as measured by USA Triathlon race officials.

Do Not Finish:

If for some reason you are unable to finish the race, please make sure to turn in your timing chip to the timer or the race director so we can properly account for your whereabouts.

Packet Pickup:

Packet pickup is located **only** at Greenstreet Cycles in Papillion (Friday, July 6th and Saturday, July 7th from 11am to 7pm. You must bring a photo ID. All relay team members must sign a



waiver form at packet pickup. If a relay team member does not come to packet pickup, a waiver must be completed prior to participating in the race. The race packet contains your numbered bib, race number body tattoos, bike sticker, helmet sticker, swim cap and sticker, race hat, and water bottle.

Bike Drop Off:

Bike drop off occurs from 4pm to 7:30pm on Saturday, July 7th. No gear should be left overnight in transition.

Practice Swim:

To get rid of a little race day anxiety and make sure everyone sleeps like a baby, we are offering a free practice swim to all participants. You must be wearing your wristband with your race number. The course will be set exactly as it will be for race day. You don't have to swim the entire course – you can use this time just to get acquainted with the lake. We will post the water temperature, but it is not official until race morning. Again, as of last week, it was in the mid 70s.

Timing Chips:

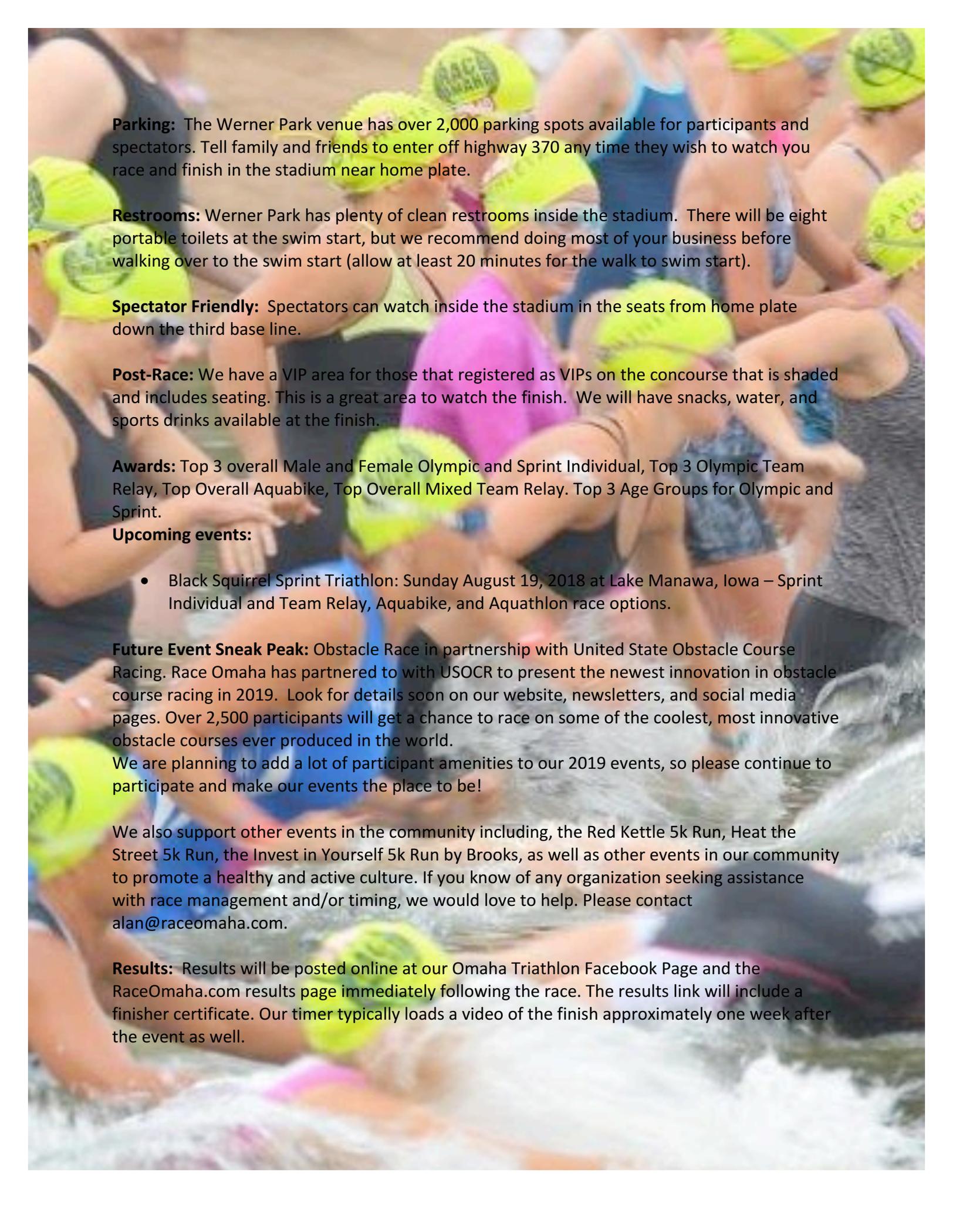
Timing chips are picked up at Werner Park near transition 2. Look for the timing feather flag and black event trailer. Make sure you have the correct timing chip. If you happen to lose your timing chip, please advise a volunteer, the race director, or the timer, and they will issue you a new chip. It's not uncommon for timing chips to fall off during the swim portion, so if you notice that your timing chip is missing when you exit the water for example, please request a new chip upon exiting the water. Please turn in your chip at the finish line to volunteers.

Switching to Sprint form Olympic: Don't worry if you haven't trained. Not every race is your best. Just have fun. But if you choose to switch, please let us know no later than packet pickup time. We can't accurately time the race with last-second switches on race day.

Olympic Team Relay:

Bikers must remain at their numbered location next to their bike until the swimmer hands off the chip in transition area 1 at Prairie Queen. The relay team runner can watch the swim portion of the race, but needs to get back to Werner Park by 7am.

Do not enter the transition area at Werner Park until a race volunteer allows you to proceed. Do not enter and exit. Once you are in the transition area, you need to stay there until your biker returns for your portion of the race. Please do not impede other participants and relay team members while in the transition area that may necessitate DQ your relay team.



Parking: The Werner Park venue has over 2,000 parking spots available for participants and spectators. Tell family and friends to enter off highway 370 any time they wish to watch you race and finish in the stadium near home plate.

Restrooms: Werner Park has plenty of clean restrooms inside the stadium. There will be eight portable toilets at the swim start, but we recommend doing most of your business before walking over to the swim start (allow at least 20 minutes for the walk to swim start).

Spectator Friendly: Spectators can watch inside the stadium in the seats from home plate down the third base line.

Post-Race: We have a VIP area for those that registered as VIPs on the concourse that is shaded and includes seating. This is a great area to watch the finish. We will have snacks, water, and sports drinks available at the finish.

Awards: Top 3 overall Male and Female Olympic and Sprint Individual, Top 3 Olympic Team Relay, Top Overall Aquabike, Top Overall Mixed Team Relay. Top 3 Age Groups for Olympic and Sprint.

Upcoming events:

- Black Squirrel Sprint Triathlon: Sunday August 19, 2018 at Lake Manawa, Iowa – Sprint Individual and Team Relay, Aquabike, and Aquathlon race options.

Future Event Sneak Peak: Obstacle Race in partnership with United State Obstacle Course Racing. Race Omaha has partnered to with USOCR to present the newest innovation in obstacle course racing in 2019. Look for details soon on our website, newsletters, and social media pages. Over 2,500 participants will get a chance to race on some of the coolest, most innovative obstacle courses ever produced in the world.

We are planning to add a lot of participant amenities to our 2019 events, so please continue to participate and make our events the place to be!

We also support other events in the community including, the Red Kettle 5k Run, Heat the Street 5k Run, the Invest in Yourself 5k Run by Brooks, as well as other events in our community to promote a healthy and active culture. If you know of any organization seeking assistance with race management and/or timing, we would love to help. Please contact alan@raceomaha.com.

Results: Results will be posted online at our Omaha Triathlon Facebook Page and the RaceOmaha.com results page immediately following the race. The results link will include a finisher certificate. Our timer typically loads a video of the finish approximately one week after the event as well.

Venue Map:

