



Omaha Duathlon

Saturday April 13th, 2019

New Location due to Flood at NP Dodge Park and River Road

Power Park

Adjacent to OPPD on Pershing Drive

(Venue Map at end of Athlete Guide)

**PRE-EVENT PACKET PICKUP AVAILABLE AT GREENSTREET CYCLES
LOCATED AT 2452 Harney St, Omaha, NE 68131**

- **Thursday April 11th from 3:30pm to 7pm**
- **Friday April 12th from 11am to 7pm**

Required: Provide proper identification (Driver's License) at packet pickup.

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.

PARKING: Park only in the parking lot on the North side of Power Park. Do not Park in the small parking lot south of the transition.

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 using the River Trail and Lindbergh Plaza. 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 and any locations that may require some direction to participants. Please proceed with caution on passing on the bike trail. Also, there is a 90 degree turn near the railroad bridge underpass. Bike support is available from GreenStreet Cycles. However, please 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.

Bike Course Link: <https://www.mapmyrun.com/routes/view/2433326974>

Run Course Link: <https://www.mapmyrun.com/routes/view/2433327397>

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 have 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 be 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 approximately two weeks of the event by the timer.

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 you 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 outside the transition area as you get on the River Trail. Do not ride your bike on the grass.

POWERADE AND POST RACE FOOD: Complimentary cookies and granola bars at the finish. Powerade and Water at the aid stations.

AWARDS: Awards are given to the Top 2 overall male and female and top two in each age group. The Top 2 Relay Teams also receive an award.

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 follow 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, Scheels, and Chesterman Co.,

**RACE SWAG: High Quality Custom
Designed by Headsweats™**

Finisher Medals: All Participants receive a finisher medal at the finish Line (new in 2019)

Upcoming Adult Events

- **Omaha Women's Triathlon** – June 22, 2019 – Flanagan Lake Recreation Area – Super Sprint (new 2019)
- **Flanagan Lake Sprint Triathlon – New in 2019** – Sunday June 23, 2019 – Flanagan Lake Recreation Area – 168th and Fort Street – Sprint Distance Triathlon – Women's Wave is 1st wave separated by approximately 15 minutes by all male waves. Females can do both the Women's Super-Sprint Triathlon and the Flanagan Lake Sprint Triathlon on Sunday will receive a special participation medallion.
- **Nebraska State Championships Age Group and High School at the Omaha Triathlon** on July 21st, 2019- Standing Bear Lake and Park (New Location 2019). The Omaha Triathlon is the State Championships for USA Triathlon. Only Nebraska Residents are eligible. Special awards and SWAG provided by USA Triathlon. Also, a higher percentage of age groupers qualify for nationals.
- **Omaha Water Swims** at Carter Lake (Creighton Crew Dock) – 4 Thursdays at 6pm from June through August) – Information at www.raceomaha.com
- **Black Squirrel Sprint Triathlon** – Lake Manawa – August 18, 2018 – Individual, Team Race Options
- **United States Obstacle Race Championship hosted by Race Omaha** September 21-22, 2019 (Location to be announced by June 1st). Unique Obstacle Race features 12 fun yet challenging obstacles in a gauntlet layout. Participants will be able to compete in fun or competitive waves. Participants may race once or multiple times. Youth downsized obstacle course also available. Please watch for information and updates on our website, newsletter, and social media by June 2019.

Youth Races 2019

- Wonder Girls Youth Triathlon – June 22, 2019 – Flanagan Lake Recreation Area immediately after the Women's Super Sprint Triathlon.
- Omaha Kids Triathlon - Saturday July 20, 2019 at Standing Bear Lake and Park.

Thank you for registering for the Omaha Duathlon in 2019! We look forward to seeing everyone on race day. If you have any questions, please email us at alan@raceomaha.com.

Venue Map

