



**Athlete Guide**  
**Flanagan Lake Sprint Triathlon**  
**June 23, 2019**  
**8:00 A.M. Race Start Time**

**Race Review:**

We want to welcome everyone to the newest triathlon race in the Omaha area. The race features a swim in a new picturesque lake, followed by a scenic out and back bike course in NW Douglas County and Omaha, Nebraska followed by a 5K out and back run around the lake. The race venue is located on 168<sup>th</sup> Street north of Fort Street. The bike course is closed to vehicle traffic and controlled by Douglas County Sheriffs.

**Courses:** The course information is located at the [Race Omaha](#) website. A brief pre-race meeting will review the course information prior to the race start.

**Open Water Practice Swim at Flanagan Lake this Thursday at 6 p.m.**

Please register online in advance [here](#). This is a sanctioned swim practice which will be the only chance to get into the lake before race day. You may register in person between 5 and 5:30 p.m. for \$20 not including a single day USA Triathlon fee without an annual membership. Please bring your own swim cap.

**Schedule:**

Transition Opens: 6:30 a.m.

Packet Pickup: 6:30 to 7:30 a.m.

Transition Closes: 7:45 a.m.

Race Start: 8:00 a.m. (Women Only)

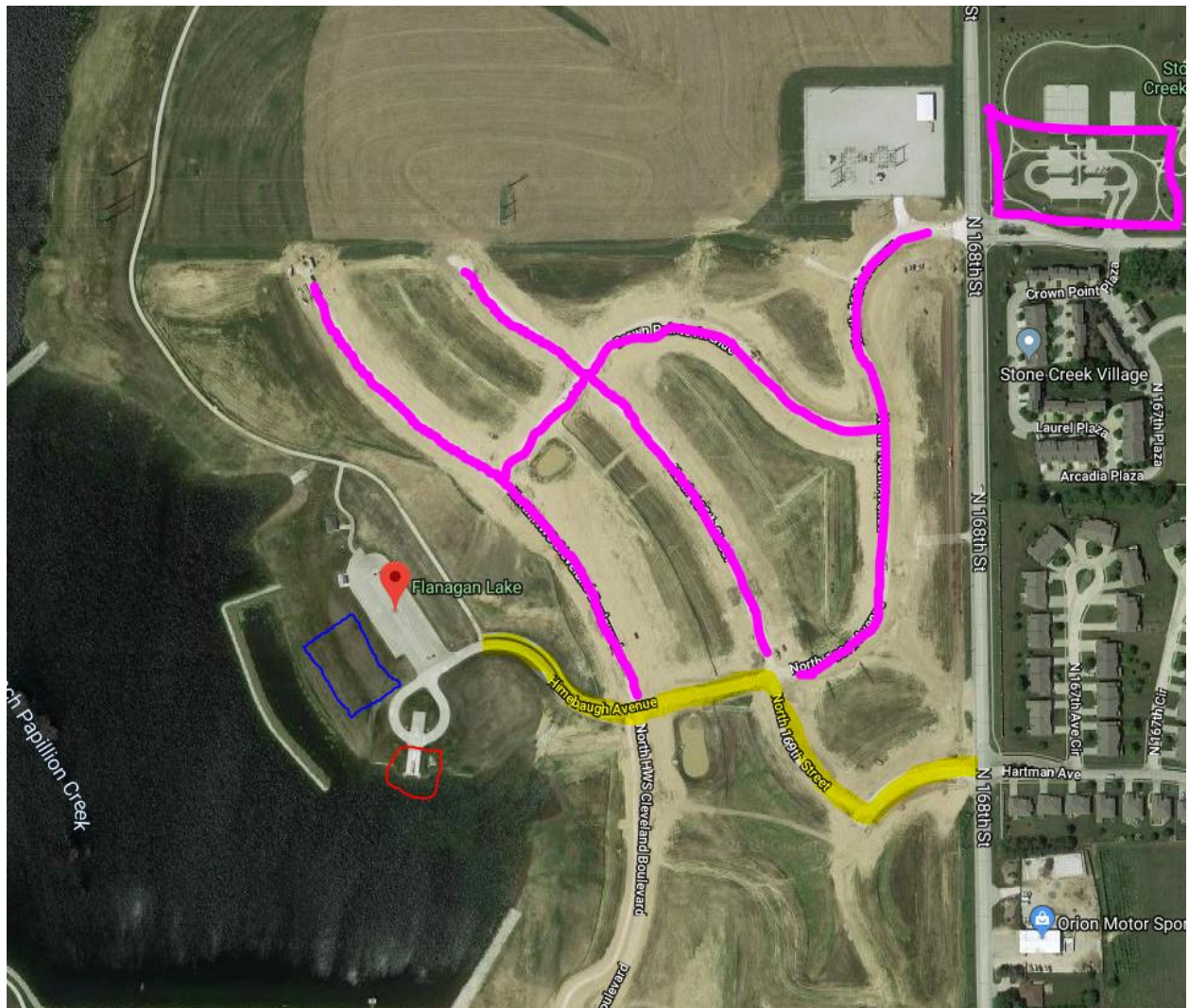
Race Start: 8:15 a.m.

Race Finish Time: 10:15 a.m. (estimated – most finishers)

Awards: As soon as possible - Top 3 overall and top 3 in each age group.

**Packet Pickup:** Optional packet pickup is on Saturday, June 22 between 1 and 3 p.m. at Flanagan Lake Recreation Area at the race site. Please locate the “Registration Flag” next to a Race Omaha branded tent. Each participant receives a race bib, swim cap, t-shirt, timing chip, and get body marked. Once you have your packet materials, please rack your bike properly in transition.

**Parking:** There is no parking allowed in the race venue nearest the lake. Some parking is available at Stone Creek Park across 168<sup>th</sup> Street at Kansas Avenue (See Pink Box in Map below) or use the adjacent residential streets at your own risk nearest the venue (Streets highlighted in pink). Parking will be restricted along the bike course as it leaves the venue on Himebaugh Avenue and North 168<sup>th</sup> Avenue (Streets highlighted in yellow below). The map outlines the transition area in blue and the swim start in red just for information.



**USA Triathlon Sanctioned Event:** This is a USA Triathlon sanctioned event which means that all participants must follow USA Triathlon rules and regulations. A USA Triathlon race official will be enforcing the rules throughout the race. Please visit the [USAT website](https://www.usatriathlon.org) for a complete rules review. Properly racking, bike helmets, use of music devices, and proper passing are just some of the rules that require strict adherence.

**Assigned Waves:** Each participant will receive a swim cap color associated with their swim wave. The swim wave order will be provided at packet pickup. Please make sure to be in the correct wave.

**Volunteers:** Please volunteer or recruit volunteers from friends and family. Please email [beth@raceomaha.com](mailto:beth@raceomaha.com) or [derek@raceomaha.com](mailto:derek@raceomaha.com) if you can help out with any race preparation or tear down. We need help to put on these events and greatly appreciate the assistance.

**Water Temperature:** The official temperature will be provided on race morning only. It is wetsuit legal up to 78F. The temperature on this Thursday's practice swim will be a strong indicator of what the temperature will be race morning. In a sprint distance race, not much time is gained by using a wetsuit. However, the added flotation may be a benefit to some participants. Please refer to the USA Triathlon rules regarding the use of wetsuits.

**Questions:** Please email your questions to [alan@raceomaha.com](mailto:alan@raceomaha.com). Don't worry, I have heard almost any type of question and make every effort to get back to everyone as soon as possible.