

**OMAHA WOMEN'S TRIATHLON**  
**JUNE 22, 2019**  
**ATHLETE GUIDE**

## **RACE OVERVIEW**

The Omaha Women's Triathlon is celebrating its 9<sup>th</sup> year! This year, we have moved to a new venue at Flanagan Lake Recreation Area in Northwest Omaha. The lake features a boat ramp and paved running trail. The roads adjacent to the recreation area are scenic and in great condition. We expect a great experience for all our participants in 2019. Please review the important information below to be better prepared for the race. We are developing this new venue to accommodate several races options for the coming years. We plan to grow the women's race further and also offer other race distances. If you would like to race Sunday in the [Flanagan Lake Sprint Distance Triathlon](#), the Women's Wave is the first wave of the triathlon separated by at least 10 minutes before any male participant may start the race.

### **Open Water Swim Practice Thursday, June 20**

We encourage all women to attend the Open Water Swim Practice this week on Thursday, June 20 at 6 p.m. at Flanagan Lake Recreation Area too. This is the only chance anyone can swim in the lake prior to the race. The lake does not allow any unsupervised swimming in the lake. Please register in advance at [www.raceomaha.com](http://www.raceomaha.com). You may the register day of for \$20. May sure to bring your USA Triathlon valid membership card to avoid paying the single day fee. Check-in between 5 p.m. and 5:45 p.m. The swim starts at 6 p.m. and ends no later than 7 p.m. Please bring your swim cap to wear for visibility to the lifeguards.

### **Race Day**

Upon arriving in the morning, please proceed to the race site near the lake on the east side of the Recreation Area on 168<sup>th</sup> Street north of Fort Street. Please note: If you arrive after 7:45 a.m., police will have closed the roads to access the park so don't arrive late. Look for the timing large flag and pick up your race bib and timing chip (placed on your left ankle using the Velcro strap). Also, please get body marked with your race number by volunteers. Place your bike into transition on the numbered assigned spot. Do **not** place your bike on the ground or any other location other than the assigned race number (same as bib). Make sure all your race gear fits directly under your bike (note in the aisles or neighbors area). It should not take up more than 2x3 area to include your running and biking gear.

**SCHEDULE:**

**PACKET PICKUP:** 6:30 a.m. to 7:30 a.m.

**TRANSITION OPEN:** 6:30 a.m. (for bike check and gear setup)

**RACE START TIME:** 8:00 a.m.

**FINISH TIME:** Most participants should finish between 8:45 a.m. and 9:15 a.m.

**AWARDS:** Presented as soon as possible. Estimated at 9:30 a.m.

**RACE RULES:** Please visit the [USAT website](#) for the rules and the most common rule violations.

**COURSES:** See race courses on the [Race Omaha](#) website.

**PARKING:** No parking is permitted in the parking and streets entering the park area. Parking is recommended at Stone Creek Park at Kansas Ave and 168<sup>th</sup> Street.

**VOLUNTEERS:** Please invite friends and/or family to volunteer for the event. Please stay after the race to help us with the youth girls doing their version of the race.

Thanks again for joining us the 2019 Omaha Women's Triathlon at Flanagan Lake Recreation Area. We look forward to seeing you on Saturday!