



NEBRASKA

STATE CHAMPIONSHIPS

AGE GROUP ★ HIGH SCHOOL

2019

OMAHA TRIATHLON

ATHLETE GUIDE

SUNDAY JULY 21, 2019

6:00am

STANDING BEAR RECREATION AREA

Welcome to the 10TH Annual Omaha Triathlon

We are celebrating our 10th year by moving to a great new venue that we hope everyone will find exciting and fun! A lot of work has gone into planning this event for our community! We are planning to return to Cunningham Lake in 2020 for various multi-sport events. The Lake is undergoing some improvements including a newly paved trail around the lake as well as some additional nice amenities. Many of you may know that the lake has been drained.

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 at Standing Bear Recreation Area.

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 Facebook at often as possible, but it's best to email me. I promise to respond in a reasonable timely manner.

Packet Pickup and Race Briefings:

Packet Pickup times and locations are on the schedule in the next section. Packets are available race morning until 5:30 a.m. We encourage picking up your packet prior to race day if possible. There are NO Mandatory Race Briefings. If you a newer triathlete and need some additional information and questions answered, please see me at the race venue on Friday during the day or Saturday afternoon.

EVENT SCHEDULE:

Thursday, July 18 at 6 p.m.

Open Water Practice Swim at **Standing Bear Lake**

Register online at <https://www.raceomaha.com/event/open-water-swimming/>.

You may register same day as well.

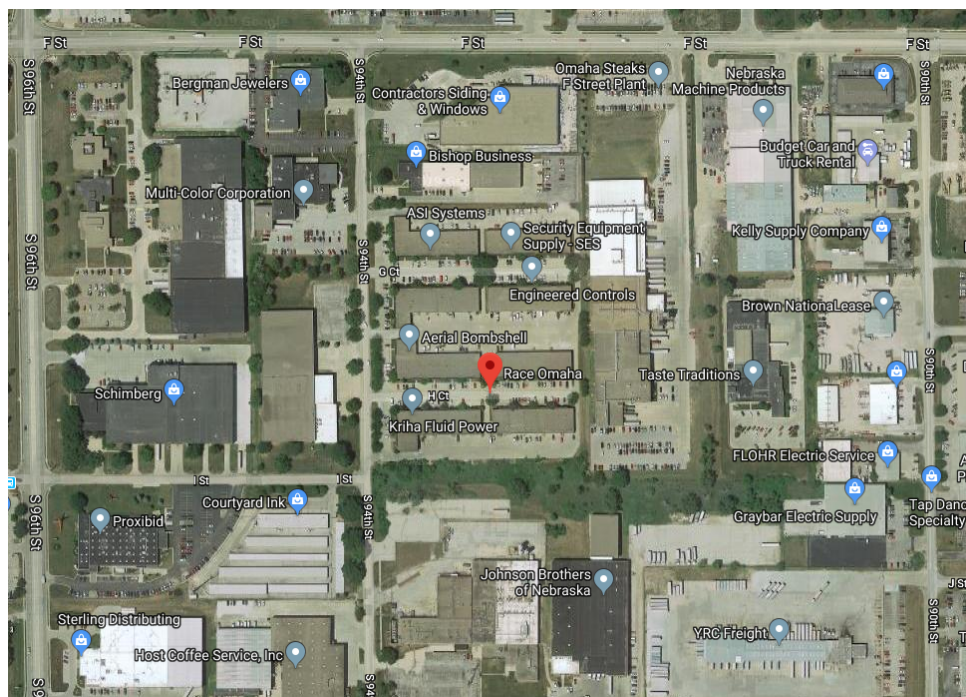
Friday, July 19

Noon to 2 p.m.

Packet pickup at Race Omaha at 9320 H Court Omaha (see map below). We are located just off 96th and L Street. You may also exit I-80 at 84th Street and go to F Street, then go west to 94th Street, take left turn until H Court on the left. You will see a sign for Packet Pickup. We encourage picking up your packet prior to Race Day.

Friday, July 19 4 p.m. to 7 p.m.

Packet Pickup at Greenstreet Cycles located at 225 South Washington Street, Omaha, NE 68046 (in Papillion on 84th Street) – Parking in the rear of the building.



Saturday, July 20

- **8:30am to 10:30am – Omaha Kids Triathlon**
- Same Registration available for youth ages 6 up to 14 years of age. Register at www.raceomaha.com
- **Noon to 3 p.m.** Packet pickup at Standing Bear Recreation Boat Ramp Area.

Sunday, July 21, 2019

4:30 a.m. Transition area opens and day of packet pickup available (recommend getting your packet on Friday or Saturday as outlined above)

5:50 a.m. Transition area closes

5:55 a.m. Pre-race instructions and National Anthem

6:00 a.m. First wave start

8:15 a.m. Sprint Distance Awards – Nebraska High School Championship

10:00 a.m. Olympic Distance Awards including Duathlon, Aquabike, Team Relay, SwimRun/Aquathlon, USA Triathlon Nebraska Age Group Championship

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 15 to retrieve your award. We are unable to mail awards to participants.

COURSE OVERVIEWS:

Swim Course:

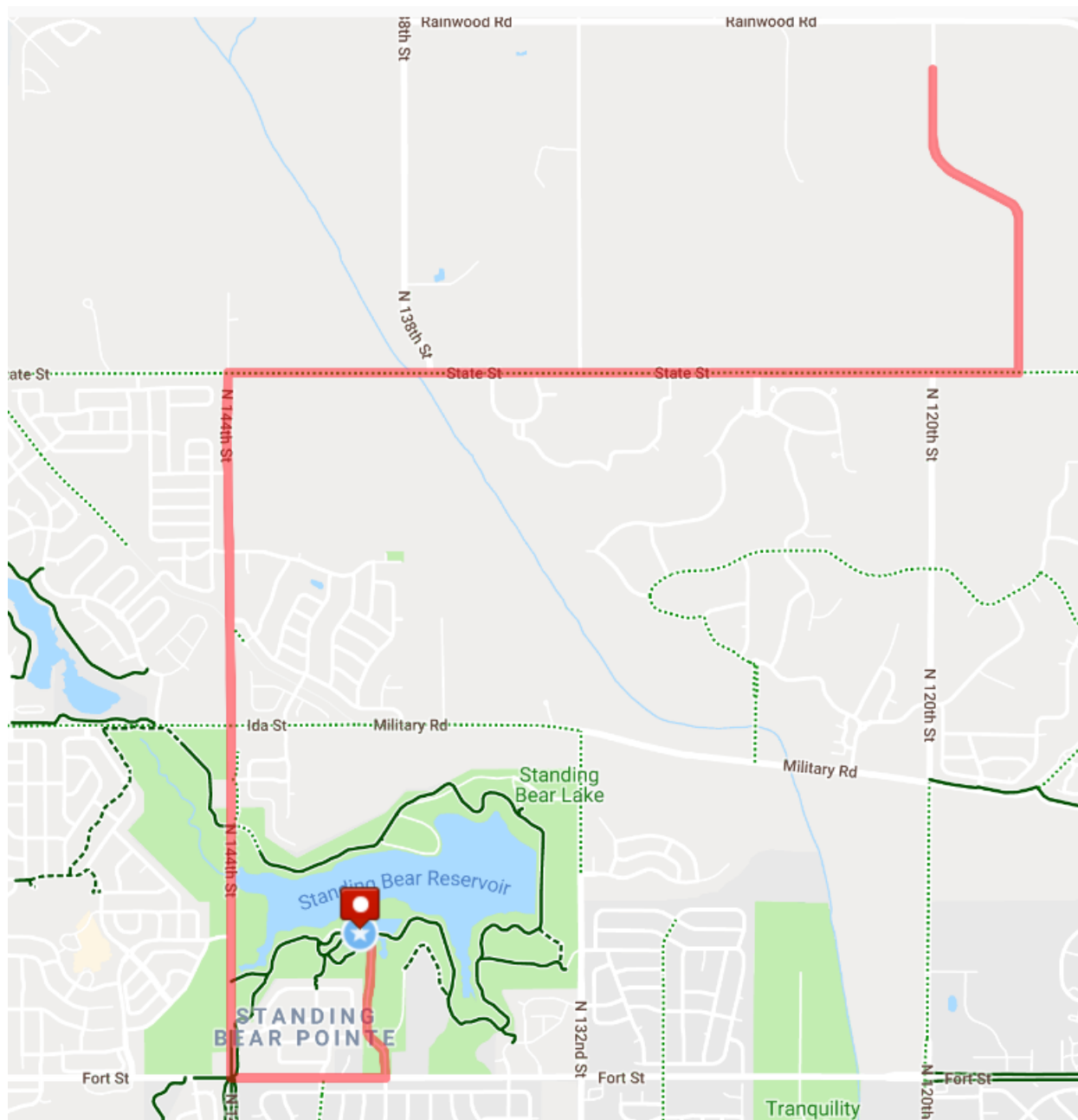


Above is the Olympic Course. Sprint Course turns half way.

The swim course is a clockwise course in the lake at Standing Bear Recreation Area. The water clarity is good, and water testing has been conducted in compliance with USA Triathlon. The Buoy will be on your right side until the final buoy to the finish. Course buoys will be setup on Saturday Afternoon for race day/Sunday!

The turn buoys for the Olympic swim course are large ORANGE triangles. Sight buoys are small single buoys placed in-between the turn buoys. The Sprint Course turn will be marked with two smaller Double Buoys. The final buoy on both courses will be the only buoy on the left side

Bike Course:



Sprint and Olympic Courses - Sprint Distance is 1 lap and Olympic 2 laps of the course. Turnaround for 2nd lap is just prior to the North 138th Street entrance to Standing Bear (Entrance 1).

The Bike Course flows the same way as traffic. The Sprint and Olympic course proceed out of the Park on North 138th Street taking a right turn until 144th Street and taking another right turn to State Street. From State Street (some newly paved) go east to North 117th Street and make a left turn going north. The Turnaround is just prior to Rainwood Road and will be clearly marked and staffed by Race Omaha Staff.

Due to flooding affecting several major highways, we had to change the course for Olympic Distance requiring two laps of the Sprint Course. There will be a turnaround for the 2nd Lap just prior to the North 138th Street Entrance to the Park. Race Omaha completed all the necessary permits and permissions were granted months ago to use Highway 36 to Bennington. Unfortunately, due to the short time frame between the race and when other highways were open again to traffic, Nebraska State Law did not provide adequate time to get the City of Omaha to file the proper agreements and get City Council approval in place. We apologize for this change that was out of our control. We will make every effort to make the race safe and fun despite this change.

The course is closed to vehicle traffic and policed by Douglas County Sheriff and Omaha Police Department. The course is counter-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.

A map of Standing Bear Lake Park and Lake, showing a 6-mile loop trail. The trail is marked with a thick black line and numbered 1 through 6. The trail starts at the intersection of N 134th St and N 142nd Ave (marked with a green dot), goes north along N 142nd Ave, then east along the north shore of Standing Bear Lake, then south along the east shore, then west along the south shore, and finally north along the west shore back to the start. The map includes labels for Huntington Ave, N 142nd Ave, N 144th St, N 132nd St, N 134th St, Park Rd, Standing Bear Lake, Flower Hill Cemetery, Hartman Ave, Ellison Ave, Jaynes St, Ogden St, and Omahawks Airport. A scale bar indicates 0 to 1 mile.

Duathlon Start Information:

The 5k Run starts with the 4th wave of the triathlon. The Starting Line will be outside transition near the lake. Please listen for instructions from the Race Director. Make sure to enter the transition area on the return in the Run in from the Swim nearest the lake. Do not enter in the bike in/out.

Transition Area:

The transition area is only for triathletes/participants. Relay team members (biker and runner) may remain in the transition area until their turn occurs. Relay team members must stay at their bike position.

Finish Line:

Finish Line is location adjacent to the Transition Area. Please help us and remove your timing chips (disposable and reusable) immediately after finishing. This prevents us getting false reads if you walk near the timing mats after you have finished. Please enjoy the water and post-race food. Please visit our sponsors and vendors at the finish line.

Wave Assignments:

Wave Order is as follows

Wave 1 – Olympic Men - Orange

Wave 2 – Olympic Women - Red

Wave 3 - Sprint High School Division - Blue

Wave 4 – Olympic Relay Teams, SwimRun, Duathlon, Aquabike - Yellow

Wave 5- Sprint Male - Green

Wave 6- Sprint Female – Pink

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. Duathletes will not need a swim cap, but please know your wave number and 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!

Racking Bikes:

We place 6 bikes per rack. Make sure you can see your number when standing in front of your bike. Also, please check that your bike has bar-end plugs. If they are missing, please replace prior to the race or visit Greenstreet Cycles. You will not be allowed to race on your bike without bar-end plugs.



Water Temperature and Wetsuits:

Last week, the water temperature was measured in the upper 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 (DNF):

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 Contents:

The race packet contains your numbered bib, race number body tattoos, bike sticker, helmet sticker, swim cap, disposable timing chip (not relay teams), race shirt if registered by July 1st. Also, if you purchased towels and ¼ zips, they will be provided at packet pickup.

Practice Swim:

To get rid of a little race day anxiety and make sure everyone sleeps like a baby, we are offering a practice swim to all participants. The Cost is \$10. 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 above 78F.

Timing Chips: Your Packet contains a disposable timing chip. Please make sure to place the timing chip securely on your ankle. Relay Teams will have a reusable timing chip since removing the disposable chip is difficult. Reusable timing chips for relay teams must be picked up near the Timing/Results Trailer.

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 the timer know before the race begins. No refunds.

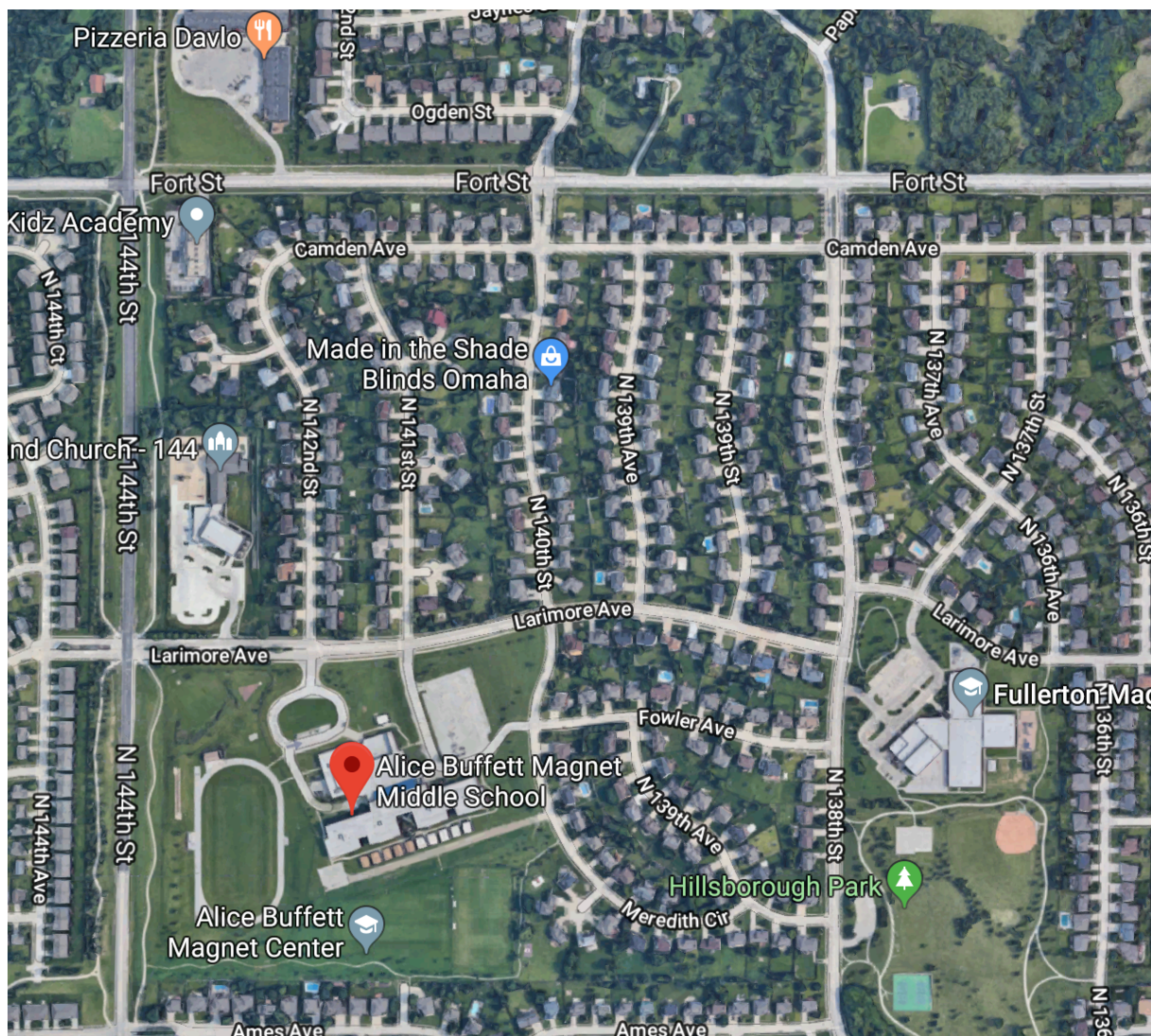
Olympic Team Relay:

Bikers must remain at their numbered location next to their bike until the swimmer hands off the chip in transition area.

Do not enter the transition area 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:

There is "no" parking within the park entrance entering from North 138th Street. Parking is available at Alice Buffett Middle School and Hillsborough Park (See Map Below). Both Omaha Public School and Omaha Parks and Recreation have granted participant and spectator parking for this event at these locations. We suggest using these parking locations and biking or walking over the morning of race. There is limited if any parking available in the park. The main road into the venue is used for the bike course.



Awards:

Top 3 overall Male and Female Olympic and Sprint Individual, Top 3 Olympic Team Relay, Top Overall Aquabike, Top Overall Aquathlon/SwimRun. Top 3 Age Groups for Olympic and Sprint. This includes Top Overall

Upcoming events:

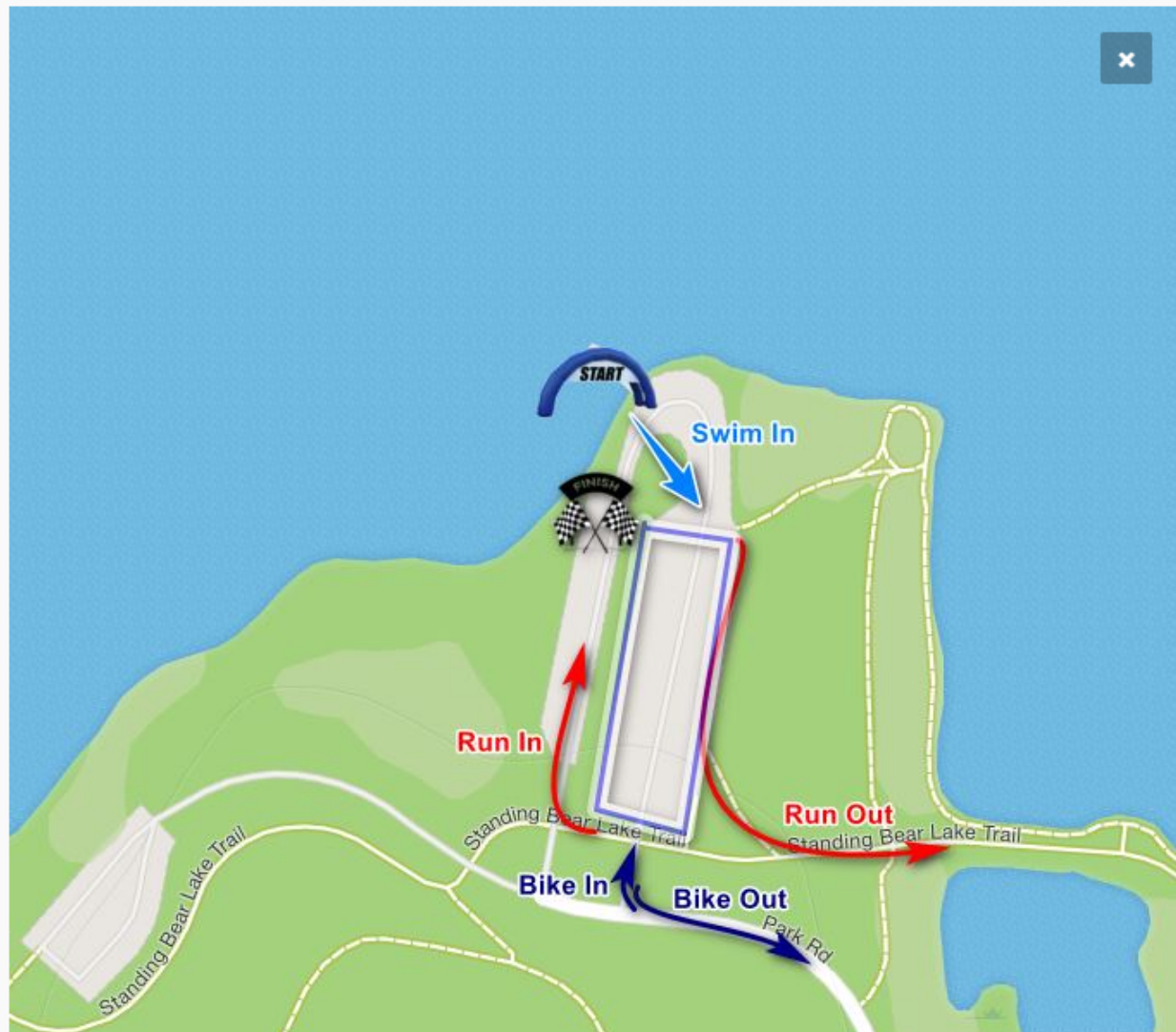
- **Black Squirrel Sprint Triathlon:** Sunday August 18, 2019 at Lake Manawa, Iowa – Sprint Individual and Team Relay, Aquabike, and Aquathlon race options. A flat and fast course to end your summer with a great race!
- **Omaha Field Day** – September 21, 2019 – Details announced the week of July 22nd.

We also support other events in the community including, the Red Kettle 5k Run, Heat the Street 5k Run, Native Omaha Days, Brunch 5k 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:



The Map above depicts the flow of participants. After the Swim please enter the transition nearest the lake and find your bike at its numbered location. Exit the Bike Out/In furthest from the lake by walking (not riding) your bike until completely crossing the “Mount/Dismount” Line clearly marked on the road. Please follow instructions of transition volunteers stationed in this area. Once you have completed the bike course, dismount and walk your bike back to your numbered bike location and rack the bike correctly. Exit for the run course closest to the Lake and follow the course signage on the cones. The first short segment of the run course is parallel to the transition area by doing a quick 180 right turn. Follow the paved trail around the lake following the course markings. The turnaround for the Sprint 5k and Olympic 10k Run is clearly marked by a Turnaround Sign. The very last section of the run course crosses near transition exit for bike in/out. Volunteers will be stationed at the intersection. Please be aware of the cross point and keep your eyes up. The Finish Line is just a few steps around the corner.

Omaha Triathlon Marketplace:

You may purchase 10th Anniversary Omaha Triathlon special edition ¼ zips, towels, and additional race shirts at <https://runsignup.com/Race/Store/NE/Omaha/OmahaTriathlon>. Items purchased are shipped usually within 3 to 4 weeks of the order.