



**Black Squirrel Sprint Triathlon
Athlete Guide
August 18, 2019
8:00 Am Start Time**

Thanks again for registering for the Black Squirrel Sprint Triathlon at Lake Manawa, Iowa. If you are interested in joining the Race Omaha team in any way from small role or larger, please reach out to us. We not only produce our own events but also help with other events. We expect over 250 participants to enjoy perfect weather. Also, if you can volunteer for any pre-race, post-race or have friends or family members that can volunteer, please have them email beth@raceomaha.com. We typically provide incentives to volunteers or gift cards to volunteer as a small token of appreciation.

Event Schedule at-a-glance:

7:00am - Packet Pickup and Transition Opens
7:50am - Transition Area Closes
7:51am - Pre-Race Announcements and Review at Swim Start on the Beach
7:55am - National Anthem
8:00am - First Wave Start (each wave is about 3 to 4 minutes apart) 3 waves estimated
8:15am - First Triathlete on the Bike Course (estimated)
8:45am - First Triathlete on the Run Course (estimated)
9:05am - First Finisher estimated.

Awards are presented as soon as most of the age groups have been filled.

Awards are for the Top 3 Overall Female, Top 3 Overall Male, Top 3 in each age group male and female, Top Aquabike Male and Female, Top SwimRun Male and Female, Top 3 Relay Teams.

Waves and Swim Cap Colors:

- **Wave 1** - Male Sprint Triathlon (Pink)
- **Wave 2** - Female Sprint Triathlon (Green)
- **Wave 3** - Relay Teams, Aquabike, SwimRun (Red)

Transition:

The Transition Area is numbered with your race number on the race. You must see your race number facing you when you are standing facing the front of your bike to be racked correctly. There

is a maximum of six bikes per rack. All race gear must fit in an area next to your front wheel only! If your neighbor is racked incorrectly, don't duplicate the error.

Race Bibs/Numbers:

Please wear your race bib during the run portion facing forward. This helps us identify you better in the event of a lost chip or time should that occur for any reason! There is no required body marking. However, markers will be available at packet pickup.

Timing Chips:

Please pick up your timing chip at Packet Pickup. The timing chip must be securely attached to your left ankle using the velcro strap. Make sure the chip number matches your Bib Number. If you lose your chip anytime during the race, please advise a race volunteer as you return to transition. Race volunteers at the swim exit will have extra chips if it detached during the swim. Please turn in your timing chip at the finish line. They are not keepsakes or family heirlooms.

Wetsuits:

We don't anticipate the race being wetsuit legal (water temperature under 78F). You may wear a wetsuit above 78F to 84F, but your timing and results won't be included in any results and you will not be eligible for any awards.

Courses:

The swim course is an out and back 750m course. You should always have the buoys on your right side (swim to left of the buoys going out and back - both directions). The swim course is straight out from the beach. As you exit the water, please make sure your timing chip is still on your left ankle. If you are missing a chip, please inform a volunteer as you exit the beach through the gate. The bike course is a two loop clockwise course. You need to complete two full loops of the course. The Run course is an out and back 5k course. Please note that the run course crosses over the bike course to get to the paved trail. Volunteers will be there to monitor any bike and run traffic, but please be cautious as you cross this section going either direction.

Parking:

All participants must NOT park in the northern or top parking lot in the image below. Please park in the other adjacent lots to the south or below in the image here.



Results:

Results are available at the Race Omaha Timing Trailer. You may view the most recent results on our display screen or print out a personalized receipt. All results will be posted later on Race Day at <http://my7.raceresult.com/129660/> or just go to <http://raceomaha.com/results/>. If you have any questions, please email us within two weeks of the race so we can address any issues.

Aquabike and SwimRun:

All Aquabike participants must rack their bike and cross the finish line by exiting the transition area and running across the finish line. All SwimRun participants must finish the swim and transition to the run. All running gear must be placed at your rack position. You must exit the transition nearest the lake and follow the run course.

Relay Teams:

We have at least 8 relay teams registered for the triathlon. All relay team members must stay at their bike rack position until their portion. If you are the biker, please wait immediately next to your bike position and wait for your swimmer to enter the transition area and meet you at your team rack position. The chip is exchanged with the swimmer just like a baton. It is the same for the Biker to the Runner. If you are doing two legs of the triathlon, please make sure you exchange to your team member. Please do not impede other participants during the course of the race!

At the Finish:

Please make sure to keep your timing chip on your left ankle at the finish! Do not remove the chip and carry it in your hand. Please cross the finish line and remove your own chip immediately. Your results will be available on the results kiosk at the timing trailer.

Have a fantastic race! See you on Sunday morning August 18, 2019 at Lake Manawa Beach.