



Athlete Guide

September 6, 2020

Official Race Start Time: 8:00AM

Levi Carter Park

Omaha, Nebraska

Race Omaha Team

- Alan Kohll, Race Director
- Beth Dworkin, Registration Director/Event Planning
 - Derek Schuler, Assistant Race Director
 - Jeff Zdan, Assistant Race Director
- Brady Murphy, Bike Course and Run Course Director
- Cullen Smith, Swim Course Director and Course Assistant
 - Jake Schroeder, Event Timing

Event Overview

Race Omaha is excited to put on this race in 2020 at a new location at Levi Carter Park. The courses are flat and fast! We are sorry for the reschedule from April! Planning for 2021 is underway so keep your training going in the off season!

Volunteers:

We need volunteers so please ask your family and friends to help! Please have them contact Beth@raceomaha.com to volunteer or just show up race morning by 7am. No spectators are allowed at the event due to Covid-19 guidelines.

Event Schedule

Saturday September 5:

1pm to 4pm – Packet Pickup at Levi Carter Park. (we encourage pre-race packet pickup). We are not requiring bike drop off on Saturday.

Sunday September 6

7:00am – Transition Area Opens and Day of Packet Pickup

7:45am- Transition Area Closes

7:50am – National Anthem

7:55am – Final Race Instructions

8:00 am – Race Start Time (Time Trial Start – one person starts approximately every 5 seconds on the run course) We estimate about 12-15 minutes for all participants to be on the run course.

9:15am – First Finisher Estimated.

10:00am – All finishers have completed the courses.

Covid-19 Guidelines

Open Racking of bikes. Find a bike rack with no more than 3 to 4 bikes per racks. (Please rack your bike properly). Side Note: Please check you bike handle bars for bar end plugs. They are plastic covers that are typically on road bikes that cover any exposed metal. As a USA Triathlon Rule and also for your own personal safety, please make sure you check your bike before showing up on Sunday that these are in place. You can typically visit a bike shop and get replacements for very little money.

Spend no more than 10 minutes in the transition area pre-race.

No award presentation after the race. Notifications of awards will be sent 1 to 2 weeks following the race.

Results will be online immediately following the race online. Do not congregate at the finish line. Once it is safe to remove your gear from transition. Most bikes should be clear of the bike course around 9:30am.

A post-race recovery bag with food, drink, and finisher medal will be available at the finish line.

All participants are requested to wear a mask prior to and after the race.

All volunteers and Race Omaha Staff will be required to wear face masks.

No spectators allowed. Please have your family and friends volunteer if they wish to attend.

Portable toilets will be available and separated by space. Please line up and keep your distance if someone is in front of you.

Groupings

Time trials starts will follow the groupings below. Please line up at least 6 feet apart. We will call each group below one at a time. It will go fast so each group needs to be ready to line up and ready to race. If your group has not been called, do not assemble together. Levi Carter Park has a large amount of space to physically separate. Please listen for your group. If you happen to miss your group, your time will not be affected. Our objective is to keep people organized and get everyone on the course quickly.

MEN- INDIVIDUAL

GROUP 1 30 & Under

GROUP 2 31-34

GROUP 3 35-39

GROUP 4 40-44

GROUP 5 45-54

GROUP 6 55-59

GROUP 7 60+

RELAY- MEN & MIXED

GROUP 8 RELAY TEAMS (MEN & MIXED)

WOMEN - INDIVIDUAL & RELAY

GROUP 9 34 & Under

GROUP 10 35-39

GROUP 11 40-49

GROUP 12 50-59

GROUP 13 60+ PLUS RELAY TEAMS

Courses

The bike and run courses are available at <https://www.raceomaha.com/event/race-omaha-duathlon/>.

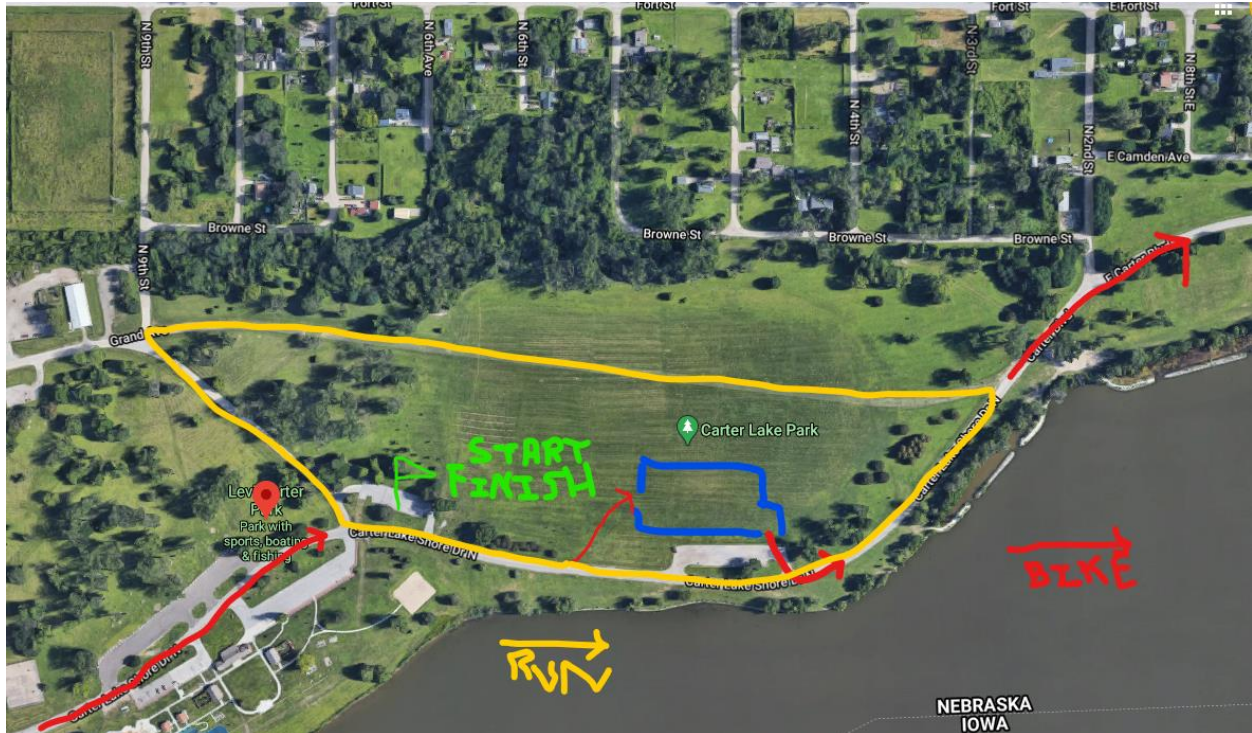
Please note the venue map below indicates where the transition area is located as well as the Start/Finish location. The Run Course is the same course distance, but the starting line has been adjusted along the course. This is somewhat of a rough drawing, but I wanted to give everyone a good idea of the venue layout. Bike In/Run In are on the left side of the blue transition box and Bike Out/Run Out is on the right side of the blue transition box. Basically, always enter whether biking or running on the left side and exit on the right side.

It is always two laps of each course. The Duathlon is a Run 2 Miles/ Bike / Run 2 Miles.

Run 2 Laps – Please make sure to cross the timing mat on each lap of the run course

Bike 3 Laps – Please make sure to complete **three** full laps of the bike course.

Run 2 Laps – Please make sure to cross the timing mat on lap 1. Lap 2 is the finish of the race and the run course



The Start/Finish, Transition Area will be marked with feather flags. Run and biking are going in the same direction on the road. The Bike uses the lake side of the road and the run uses the other side.

Relay Teams

Relay Teams are composed of only two members. Each relay team member must wear a “reusable timing chip” rather than a disposable timing chip. These will be provided to each relay team race morning. The number on the chip coincides with your bib number. Please make sure the runner wears the bib facing forward. Relay Team members need to limit their time in the transition area. The runner should exit the transition area carefully after removing their chip and handing to the biker. Upon the completion of the bike course, the biker needs to exchange the chip with the runner for the second run leg.

Parking

Please park in the parking lots adjacent the splash park or any other parking lot in Levi Carter Park. Do not park along the road. The parking lots are all a short walk to the transition area. Do not park in the neighborhoods outside the park for any reason!

Results/Awards

Results will be posted as soon as possible after the race at <https://my.raceresult.com/157638/>

Notifications of awards will be sent approximately 2 weeks after the event by Race Omaha. If you have any questions, please email beth@raceomaha.com.