

Athlete Guide
Ethan A. Rhodig Memorial Triathlon
Sunday June 6, 2021



Race Review:

The Ethan A. Rhodig Memorial Triathlon welcomes everyone to the newest triathlon race in the Omaha Area. The race features a swim either 750m or 1500m 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 or 10k run out and back run around the lake. The race venue is located on 168th Street north of Fort Street. The bike course is **closed** to vehicle traffic and controlled by Police from Douglas County Sheriff.

Courses: The course information is viewed by clicking [here](#).

If the link does not work, please go the race site at

<https://www.raceomaha.com/event/lake-flanagan-sprint-triathlon/>.

Please be familiar with the course prior to race day. We will do a quick review just prior to the race. The courses are well marked, but it the athlete's responsibility to have knowledge of the course.

Swim Course: Olympic – 1500m – two laps of swim course

Swim Course: Sprint – 750m – one lap of the swim course

Bike Course: Olympic – 2 Laps of the bike course

(Turnaround for the 2nd lap is located on 168th Street and marked just prior to the last leg back into the neighborhood to the venue.

Bike Course: Sprint – 1 lap of the bike course

Run Course: Out and Back. Make sure to turnaround at the right distance according to your distance.

Run Courses:

5k Sprint Triathlon Run Course

<https://www.mapmyrun.com/routes/view/4405444741>

10k Olympic Triathlon Run Course

<https://www.mapmyrun.com/routes/view/4405450954>

Schedule:

Transition Opens: 6:30am (no earlier)

Packet Pickup: 6:30am to 7:30am

Transition Closes: 7:40am

Race Start: 7:45am Olympic Distance

Race Start: 8:00am Sprint Distance

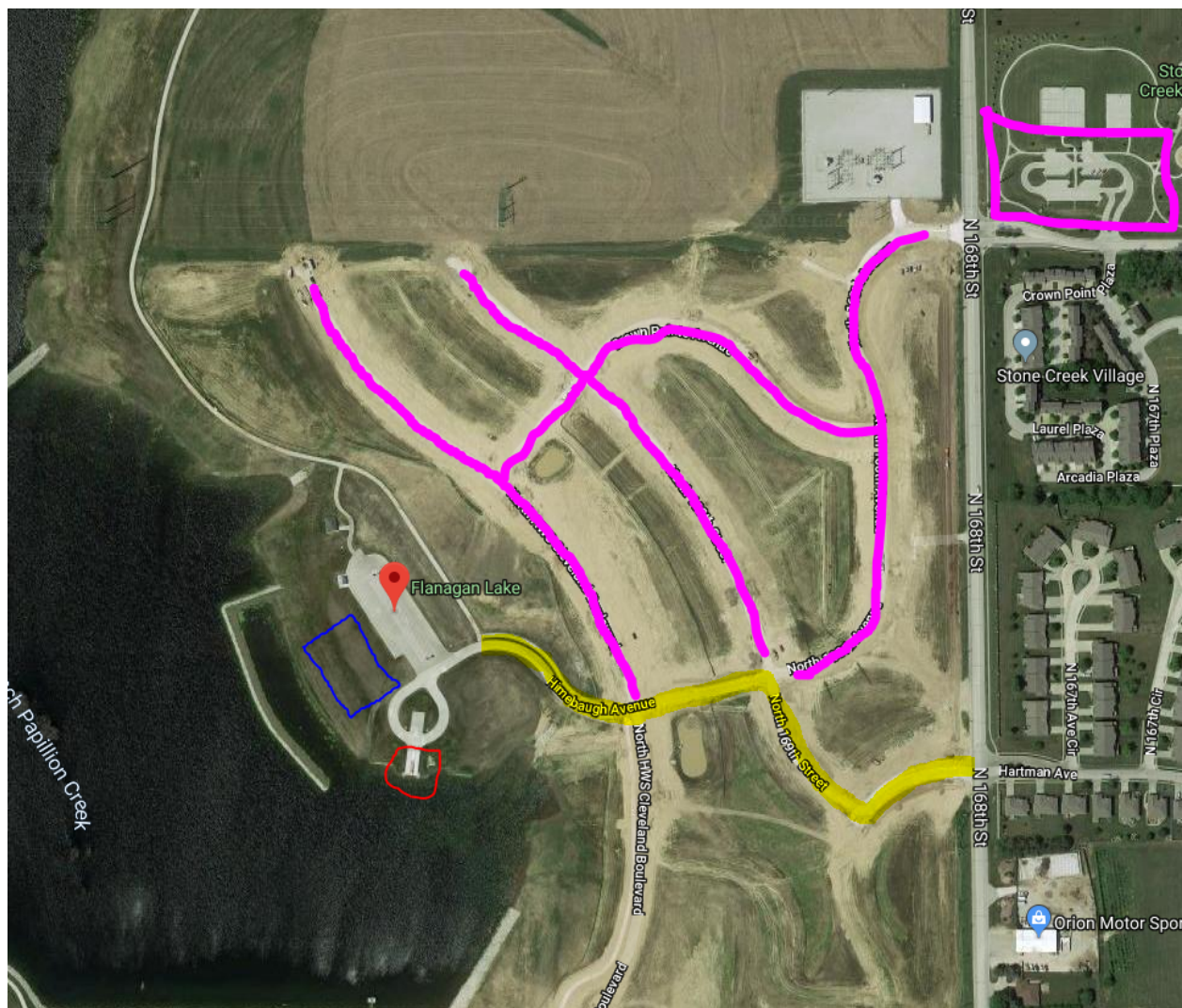
Race Finish Time: 11:00 am (estimated – most finishers)

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

Olympic Bike Course Maximum Time: All Olympic distance athletes be able to complete the bike course in 2 hours or less. If you are unable to complete the bike portion in this time, please advise race staff and switch to the Sprint distance triathlon.

Advance Packet Pickup: (Optional but highly recommended) - Available only between 5pm and 7pm on Friday June 4th and Saturday June 5th from 1pm to 4pm 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, race shirt, towel, timing chip, bike, helmet and gear sticker set.

Parking: There is no parking allowed in the race venue nearest the lake. Some parking is available at Stone Creek Park across 168th 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 168th Avenue (Streets highlighted in yellow below). The map outlines the transition area in blue and the swim start in red just for information. **DO NOT PARK ANYWERE ON THE YELLOW HIGHLIGHTED STREET!**



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 <https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules> for a complete rules review. Properly racking, bike helmets, use of music devices, and proper passing are just some the rules that require strict adherence.

Time Trial Swim Start: Each participant will start one at a time by crossing the timing mat near the entrance to the water approximately every 3 to 5 seconds apart. All Olympic triathletes and Relay Teams enter the water starting at 7:45am followed by the Sprint Distance triathletes.

Results:

Results are posted as soon as possible after the race. Results will be available at the timing trailer at the race site.

The Result Link is below:

<http://my.raceresult.com/170998/>

Awards: Awards will be presented following the race (most participants have finished). Overall Male and Female awards as well as Age Group awards (each 5-year USA Triathlon increment). A special award is presented the Ethan A Rhodig Spirit Award. Nominations are accepted prior to race day by emailing Lori Rhodig at loriandersonrhodig88@gmail.com. You don't have to be present for awards. If you are not present, email beth@raceomaha.com when you will be able to pickup your award at our office on a mutually agreed time and date.

Volunteers: Please volunteer or recruit volunteers from friends and family. Please email beth@raceomaha.com or alan@raceomaha.com if you can help out with any race preparation or tear down. We need help to put on these events. We greatly appreciate the assistance. We need help for setup on Friday, June 4, event days before, during and after the race.

Questions: Please email your questions to alan@raceomaha.com. I have heard almost any type of question and make every effort to get back to everyone as soon as possible.

Water Temperature: The official temperature will be provided on race morning only. It is wetsuit legal up to 78F. From 78F+ to 84F, you may still wear a wetsuit, but your results will not be officially included in the race standings and with USA Triathlon.

Bar End Plugs: Please check your bike thoroughly for bar end plugs. These are covers on the end of your handle bar ends. You may not participate in the bike portion without making sure you have covers for your bike handle bars. Replacements can be found at most bicycle stores.

Safety and Health: As an outside event, the risk is very low in regards to any covid-19 risk. We do not require any masking in the venue. A time trial start allows us to keep participants separated at the start until the finish. Monitor your physical distance especially in the transition area. Other than relay teams, we have provided disposable timing chips. Please do not congregate around the start and finish line. We ask that everyone line up according to the instructions provided during pre-race announcements.

Relay Teams: Each relay team is composed of 2 or 3 team members with each doing at least one part/discipline of the race. The swimmer must be at swim start while the biker and runner must be in their bike position in transition area until their turn to race a discipline. The timing chip is exchanged between team mates in the transition area only. If you don't have a timing chip, you are not in the race. Please make sure the runner wears the race bib with the number facing forward. The Bike Sticker with the corresponding number must be on the bike. Please make sure to remove and return the timing chip immediately at the completion to our volunteers and staff. Notes for Relay Teams: If any team member does not complete their discipline, please advise the timer and return your timing chip. You will be noted as a DNF. All relay team members must sign a waiver. Our registration staff may ask for a physical waiver to be signed prior to racing if we have no record of the waiver being signed electronically. The waivers must be returned to registration prior to the race. Each Relay Team member must have purchased a single day USA Triathlon fee or have an annual membership. We will have record of this through registration. If you have replaced a relay team member, our registration staff will advise of any payment required.

About Race Omaha: Race Omaha is the brand name under our non-profit 501c3 in Nebraska. Our mission is to organize and produce events that promote health and active lifestyles with a focus on multi-sport and triathlon for all ages. Please continue to participate in our future events and volunteer

whenever possible. We appreciate your love and passion to compete in endurance sports and hope to see everyone many times in the future!