

ATHLETE GUIDE
OMAHA WOMEN'S TRIATHLON
HALF MARATHON, 10K AND 5K Run
JUNE 5, 2021



RACE OVERVIEW

The Omaha Women's Triathlon is celebrating its 11th year 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 2021. Please review the important information below to be better prepared for the race.

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 168th 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. Place your bike into transition with a maximum of 6 bikes per rack. There are no pre-assigned bike race positions. Place your bike seat over the bike rack bar. 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 neighbor area). It should not take up more than 2x3 area to include your running and biking gear.

EVENT SCHEDULE:

PRE-RACE PACKET PICKUP: 5 p.m. to 7 p.m. **(Friday at Flanagan Lake Recreation)**

RACE DAY PACKET PICKUP: 6:30 a.m. to 7:30 a.m.

TRANSITION OPEN: 6:30 a.m. (for bike check and gear setup) –
Any participants in the run only distances must not be in the

transition area. Make sure you have your timing chip placed properly on either your right or left ankle.

RACE START TIME: 8:00 a.m.

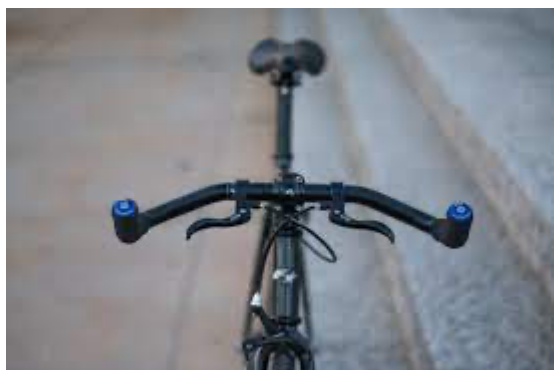
All participants must be ready to start at 8am. Participants in the Half Marathon, 10k Run, and 5k Run will start as soon as possible after the swim start for the triathlon. Please listen for announcements prior the race.

AWARDS: Presented as soon as possible. Estimated at 10:15 a.m. to 10:30 a.m. You don't have to present for the awards. However, we don't ship awards. You will need to contact us if not present to coordinate a pickup.

RESULTS LINK: <http://my.raceresult.com/170997/>

Results are posted as soon as possible following the race. Real Time results maybe be posted during the race, but are not official until after the race.

BIKE DROP OFF: There is “no” pre-race drop-off. Please bring your bike race morning and place into transition. GreenStreet Cycles will be onsite to do any quick fixes and checks on your bike. Please make sure that you have “bar end plugs” in place on your handle bars. No Participant will be allowed to race on the bike course without these in place. Please visit one of the 3 GreenStreet Cycle locations if you need any assistance. The newest location is in Aksarben Village.



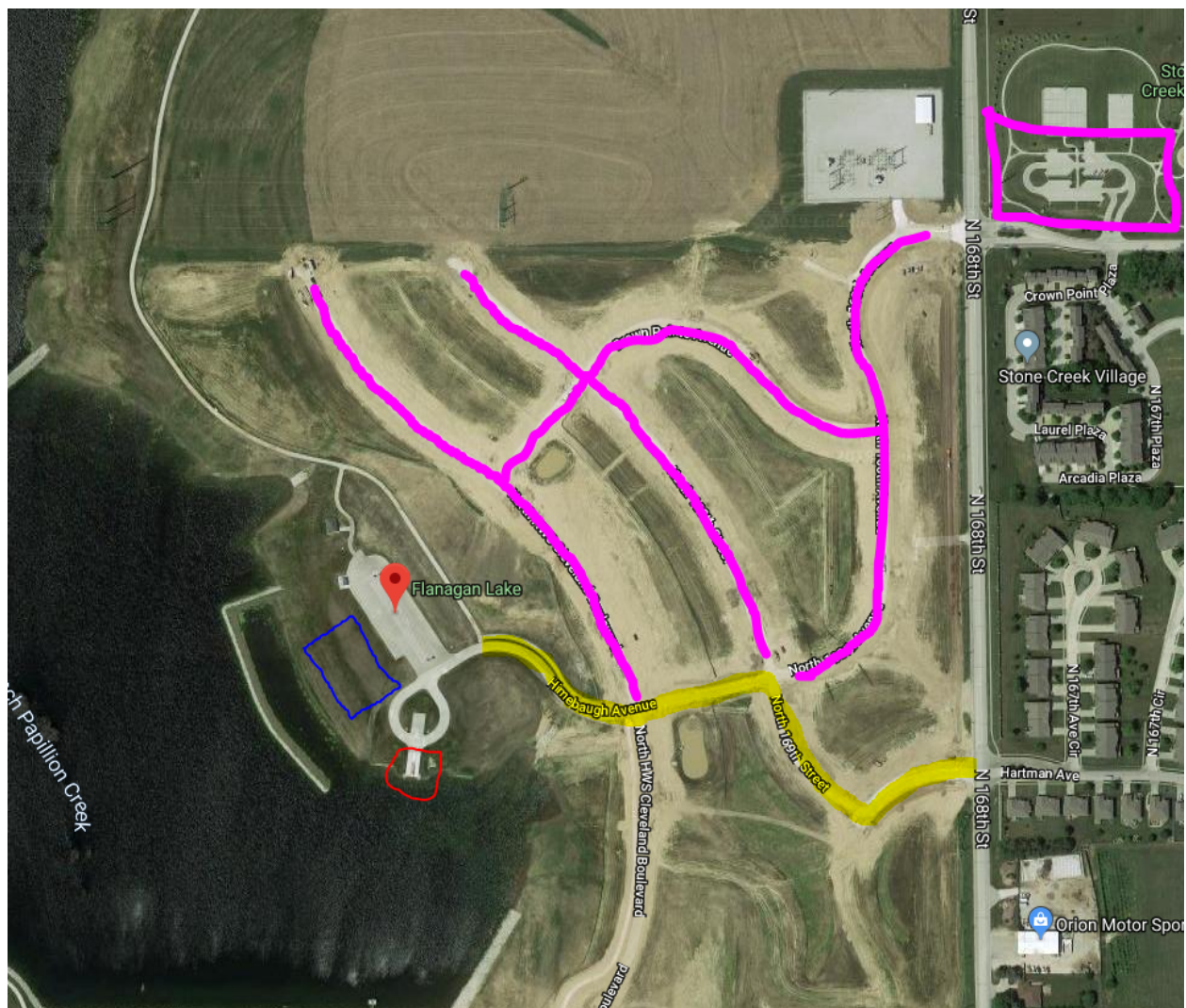
RACE RULES: Please visit the [USAT website](#) for the rules and the most common rule violations.

COURSES: See race courses on the [Race Omaha](#) website. The swim course is 750m for the Sprint and the 375m for the Super Sprint. The Bike Course is 20k that exits the park onto 168th Street and goes south to Fort Street. It is a closed course to vehicle traffic. The turnarounds for either the Sprint and Super Sprint will be marked. The Run courses are varying distances. The Sprint is a 5k run (2.5k out and 2.5 back) and the Super Sprint is 2.5k (1.25k out and 1.25k back).

back). The Half Marathon is approximately 2 and half times around the lake. The Half Marathon last few miles are around the south loop of the lake only. All run courses are counterclockwise from the transition area.

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 ANYWHERE 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

Water Temperature: The official temperature will be provided on race morning only. It is wetsuit legal up to 78F. In a sprint or super sprint distance race, not much time is gained by using a wetsuit. However, the added flotation may be a benefit to some participants. Please refer to the USA Triathlon rules regarding use of wetsuits.

VOLUNTEERS: Please invite friends and/or family to volunteer for the event. Please email us at beth@raceomaha.com or alan@raceomaha.com if can volunteer for this event or any other event. For volunteer groups of 10 or more from a non-profit group, we can offer a charity donation.

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.

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.

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!

Thanks again for joining us the 2021 Omaha Women's Triathlon and Half Marathon at Flanagan Lake Recreation Area. We look forward to seeing you on Saturday!