



Athlete Guide

Omaha Kids Triathlon

Standing Bear Lake and Recreation Area

Entrance at 138th and Fort Street.

Saturday July 17, 2021 at 8:30 a.m. (Start Time)

Thank you for registering for the Omaha Kids Triathlon on July 17, 2021.

IMPORTANT LOCATION CHANGE NOTICE: Due to construction delays at Lake Cunningham, the race location has been moved to Standing Bear lake and Recreation Area located between 132nd and Street and 144th Street off of Fort Street.

Please read this information and review with your triathlete(s). We have made some updates to the courses based on final review of the venue to provide a safe and fun race for all.

What to Bring:

- ✓ Bike
- ✓ Bike Helmet
- ✓ Running Shoes
- ✓ Goggles
- ✓ Swim Trunks/Shorts (whatever is preferred on the swim)
- ✓ Socks (optional based on the preference of the triathlete. Takes time to put socks on wet feet)
- ✓ Sunglasses (recommended)
- ✓ Sunblock

- ✓ Flotation (if you must wear a life vest, you are allowed. Many of skilled at swimming so should not be a problem)
- ✓ Parents, grandparents, a friend to watch.
- ✓ Towel
- ✓ Water Bottle with water

Where to Go:

The event is located at Standing Bear Recreation Area. Please enter at the park entrance at 138th and Fort Street. Follow the road (stay left) until reaching the transition area and race venue. You may park along the road leading to the venue, but do not park in the parking lot near or in the venue area.

Volunteers:

We encourage spectators to volunteer for the race this include family members and friends. Please look for the Volunteer Flag if you would like to volunteer on race day. We can always use help with youth events to make sure our youngest triathletes have a good experience. Please contact us in advance if possible if you would like to volunteer or have a group that would like to volunteer together by emailing us at alan@raceomaha.com.

Schedule:

7:15am – Packet Pickup, Transition and Registration Open

8:20am - Transition area closes

8:25am – Pr- Race Briefing for Parents and Triathletes at Swim Start

8:30am – Start for Age Groups 10 and under.

9:00am- Start for Age Groups Above 10

10:30am – Awards Ceremony or earlier once all results are calculated

Course Map and Distances:

<https://www.raceomaha.com/event/omaha-kids-triathlon/>

Results and Age Group Awards:

All finishers receive a finisher medal.

The Results Link is <http://my.raceresult.com/174739/>

Awards are the top 3 in each age group.

- **6 to 8**
- **9 to 10**
- **11 to 12**
- **13 to 14**

*Based on age on December 31, 2021.

This is important to make sure you know your age groups and not go by your age when racing so you do the correct distance. Parents and athletes are responsible to help the triathletes go the appropriate distance and laps as described in the courses.

Timing Chips:

Please make sure to retrieve your numbered timing chip for the Timing Trailer after you have received your race bib and packet. Your race Bib must match the Timing Chip Number. Please help your triathlete secure the race chip on their left ankle so it won't fall off during the race especially on the swim portion. Make sure to remove the chip before exiting the finish line area. Any chips not returned require a fee of \$40. If your child loses the chip in the water, a volunteer will give them a new chip when exiting the water to make sure we get their time. No body marking is needed.

What's in the Race Bag:

- ✓ Swim Cap (Wear for the Swim)
- ✓ Race Bib (Must be worn during the bike and run – Pin to running shirt facing forward)
- ✓ Safety Pins (To secure race bib to shirt)
- ✓ T-shirt (To wear during or after the race)

Thank you again for registering for the Omaha Kids Triathlon 2021.

See everyone on Saturday July 17th at Standing Bear Recreation Area!

Your Race Team from Race Omaha!